



7th Annual Westhill Spring Break Invitational

Date: Tuesday, April 4, 2023
Location: Westhill High School
Time: Warm ups to start at 12:15
All running and field events to start at 1:00pm

Our pledge:

- We intend to host a quality meet with a variety of events
- We intend to host a meet that runs on schedule and will be completed in time for everyone to be home for dinner

Entry process

- 1) Please email your intent to participate to runrunreid@aol.com as early as possible. We will accept a limited amount of teams and will not allow entry for any teams that may inquire after we have reached our entry limit.
- 2) All entries should be made through ny.milesplit.com.
- 3) Entry deadline is April 2 at 10:00pm.

Entry Fees

\$150.00 for a one-team (boys only or girls only) entry
\$200.00 for combined boys and girls entry from one school
\$10.00 for each individual or relay team

Please make checks or vouchers payable to
Westhill Cross Country

Please send checks or vouchers to:

Dan Reid
Westhill High School
4501 Onondaga Boulevard
Syracuse, NY 13219

Entry Limits

Pole Vault and High Jump- 3 entries (may allow more dependent on total entries)

All other events- **Unlimited entry**

***** In order to provide the opportunity to allow for unlimited entry in most of the events in our meet, the meet organizers will cap the number of teams allowed to enter. Please declare your intent to participate as early as possible in order to be allowed entry into our meet.**

Order of Running Events

(1/4 inch pin spikes allowed)

Ed Lukens 3 x 100 Shuttle Hurdle	(G)
2000 Steeplechase	(G)
Ed Lukens 3 x 110 Shuttle Hurdle	(B)
3000 Steeplechase	(B)
100m dash	(G)
100m dash	(B)
1500m Run	(G)
1600m Run	(B)
200m Dash	(G)
200m Dash	(B)
800m Run	(G)
800m Run	(B)
4 x 400	(G)
4 x 400	(B)
200m Hurdles	(G)
200m Hurdles	(B)

Field Events

Shot Put	1:00pm- Girls Shot	3:00pm- Boys Shot
Discus	1:00pm- Boys Discus	3:00pm- Girls Discus
Long Jump	Open Pit, B/G, 1:00pm-3:00pm ***Two pits available	
Triple Jump	Open Pit, B/G, 3:00pm-5:00pm ***Two pits available	
High Jump	(B then G)	
Pole Vault	(G then B)	

*****Field Event Notes**

- Open Pits (LJ/TJ) will end at scheduled times. Please inform your athletes to complete their jumps in the time permitted
- Pole Vault starting heights to be determined by entries
- We are hoping to run two PV and HJ pits. If we are able to do so, both boys and girls PV and HJ will start at 1:00pm.
- In order to keep the meet running on schedule, we will be applying measurement standards to some of the field events. Standards along with notes on measurement can be found below.

Field Event Standards

- Every athlete in the noted events will have their **first legal attempt** measured (for example, if an athlete's 1st attempt is a foul, then the 2nd attempt, if legal, will be measured)
- Additional attempts will need to meet the measurement standards listed below

Event	Measurement Standard
Boys Shot Put	35'
Boys Discus	85'
Girls Shot Put	24'
Girls Discus	60'
Boys Long Jump	16'
Boys Triple Jump	34'
Girls Long Jump	13' 6"
Girls Triple Jump	27'

Results

All results will be posted on leonetiming.com. Additionally, results will be forwarded to tullyrunners.com and milesplit.com

Awards

T-shirts to the winners of each individual event (**not each heat**) and relay.