



# 10<sup>th</sup> Annual Westhill Spring Invitational

**Date:** Saturday, April 11, 2026  
**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](mailto:runrunreid@aol.com) as early as possible.
- 2) 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.
- 3) All entries should be made through [ny.milesplit.com](http://ny.milesplit.com).
- 4) Entry deadline is April 8 at 10:00pm.

**\*\*\*\*Important- As part of your entry into this meet, you will need to provide a Certificate of Insurance. Please have your Athletic Director send this to Westhill's Athletic Director, Jennie Smarrelli at [jmarrelli@westhillschools.org](mailto:jmarrelli@westhillschools.org). Please make sure that the certificate lists Westhill as a 2<sup>nd</sup> insured party.**

## Entry Fees

**\*\*\* Checks or vouchers payable to Westhill Cross Country**

\$200.00 for a one-team (boys only or girls only) entry  
\$350.00 for combined boys and girls entry from one school  
\$20.00 for each individual or relay team

**Please send checks or vouchers to:**

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

**Entry Limits**

Entry limits for this meet are as follows:

- Unlimited entry for all events on the track, including relays
- Unlimited entry in the Long Jump and Triple Jump
- Pole Vault and High Jump- 3 entries (may allow more dependent on total entries)
- Shot Put and Discus
  - o Due to facility limitations, we will accept the top 50 athletes in each of these events, based on the distances at which they are seeded
  - o This means that some teams may have zero athletes, 1 athlete or several athletes able to participate in these events
  - o **Please make sure to enter an accurate seed for your throwers when completing entries. We will use seeds to determine which athletes will be accepted into the throws. Athletes entered without a seed distance will not be accepted into either throwing event**
  - o We will review entries as soon as our entry deadline has passed and provide a list of accepted entries for the throws on 4/9.

**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) |
| 4 x 400                          | (G) |
| 4 x 400                          | (B) |
| 200m Hurdles                     | (G) |
| 200m Hurdles                     | (B) |
| 8 x 800***                       | (G) |
| 8 x 800***                       | (B) |

\*\*\*This is not a typo. Each team will have 8 individual runners each running an 800m leg

## **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.

## **Results**

All results will be posted on [ny.milesplit.com](http://ny.milesplit.com).