

9th
Annual
John F. Kennedy
Bears-Lady Bears
Early-Bird
Invitational

Dear Track & Field Coaches:

You are cordially invited to participate in the 9th Annual Bears-Lady Bear Early-Bird Invitational on Saturday, April 12, 2008 at John F. Kennedy's Sports Complex.

FACILITIES: The Track is an eight lane, 400 meter, all-weather rubberized surface, with a **STEEPLECHASE WATER JUMP**, rubberized runways and four concrete throwing circles. The track and runways will accommodate ¼ inch spikes - no spikes protruding more than ¼ inch will be allowed. The track is extremely fast and many outstanding times have occurred there. **STARTING BLOCKS WILL BE PROVIDED BY THE HOST SCHOOL ONLY.**

AWARDS: **GOLD, SILVER AND BRONZE MEDALS TO THE FIRST THREE PLACES IN EACH EVENT/DIVISION INCLUDING THE RELAYS & PENTATHLON. THIS YEAR WE WILL BE HAVING TWO DIVISIONS – SMALL & LARGE SCHOOLS. TEAM TROPHIES TO THE TOP BOYS & GIRLS SMALL/LARGE TEAMS WITH THE HIGHEST SCORE PLUS ONE COMBINED TEAM TROPHY PER SMALL/LARGE TEAMS - SCORING: (10-8-6-4-2-1) PER DIVISION. WE WILL TRY TO MAKE EACH DIVISION AS EQAUL AS POSSIBLE - WE MAY GO DIVISION I & II AS WE DO FOR SECTIONALS OR DIVIDE THEM UP EQUALLY.**

ENTRIES: All athletes, boys & girls, may do four events. Each team may enter **TWO ATHLETES** in any event including the **PENTATHLON**. Each team is limited to one relay team per relay event.

All entries are to be done online via www.chautauqua-striders.org.

Entry Deadline is Thursday, April 10th at 8:00 PM. Coaches are strongly encouraged to make any and all changes to their entries before the day of the meet. No additions will be added on the day of the meet.

Scratch sheets are to be picked up in front on the concession area upon arrival into the complex. Coaches are asked to make scratches on the sheets then return them to the timing tent at the finish-line.

RESULTS:

Chautauqua Striders & Results Services will be using Finish-Lynx Fully Automatic Timing and Hy-Tek's Meet Manager to produce fast, accurate results.

Real Time Results will be posted on the Chautauqua Striders web-site (www.chautauqua-striders.org) while the meet is in progress. Also, a full set of results will be sent to **Armorytrack.com**. Upon request, Chautauqua Striders will e-mail results to newspapers outside of the Buffalo area.

FEES:

\$150 for either boys or girls team, or \$225.00 for both. For small numbers, \$20.00 per individual athlete, per event. Make checks or vouchers out to: **JOHN F. KENNEDY TRACK** and send to:

Pete Szymanski
Track Coach
John F. Kennedy High School
305 Cayuga Creek Road
Cheektowaga, NY 14227-1795

REMINDERS:

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Any further questions or concerns, please contact me ASAP!

E-Mail:

pszymanski@csufsd.org
Phone: 716-897 - 7800 Ext. 1234
716-675 - 1504 – Home #
716-480 - 2333 – Cell #

9th
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Order of Events

9:15 AM

Coaches Meeting

10:00 AM

Girls: Pole Vault, High Jump, Shot Put

Boys: Long Jump, Discus

Followed By:

Boys: Pole Vault, High Jump, Shot Put

Girls: Long Jump, Discus

Note:

Triple Jump will be contested after completion of Long Jump

All
Track Events
Girls
Followed
By
Boys

9:45 AM

Pentathlon Hurdles

10:00 AM

3200 Meter Relay - Timed Final

10:45 AM

100 Meter - Trials

11:15 AM

100 Meter High Hurdles - Trials

11:40 AM

110 Meter High Hurdles - Trials

12:05 PM

2000 Meter Steeplechase - Girls - Timed Final

12:30 PM

3000 Meter Steeplechase - Boys - Timed Final

1:00 PM

200 Meter - Trials

1:30 PM

110 Meter High Hurdle - Finals

1:35 PM

100 Meter High Hurdle - Finals

1:40 PM

1500 Meter Run - Girls - Timed Final

2:00 PM

1600 Meter Run - Boys - Timed Final

2:20 PM

100 Meter - Finals

2:25 PM

400 Meter - Timed Final

3:05 PM

400 Intermediate Hurdles - Timed Final

3:25 PM

800 Meter Run - Timed Final

3:45 PM

200 Meter - Finals

3:55 PM

3000 Meter Run - Timed Final

4:15 PM

3200 Meter Run - Timed Final

4:35 PM

1500 Meter Race-Walk – Girls Only!!

4:45 PM

400 Meter Relay - Timed Final

5:00 PM

1600 Meter Relay - Timed Final

5:15 PM

Presentation of Team Awards

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ENTRY AND CONFIRMATION

_____ SCHOOL WILL ATTEND THE 9th
ANNUAL BEARS-LADY BEARS EARLY-BIRD INVITATIONAL ON
SATURDAY, APRIL 12, 2008.

PLEASE REGISTER:

_____ BOTH MALE & FEMALE TEAMS - \$225

_____ MALE TEAM ONLY - \$150

_____ FEMALE TEAM ONLY - \$150

PLEASE MAKE CHECKS PAYABLE TO: JOHN F. KENNEDY TRACK

**PETE SZYMANSKI
TRACK COACH
JOHN F. KENNEDY HIGH SCHOOL
305 CAYUGA CREEK ROAD
CHEEKTOWAGA, NY 14227-1795**

_____ MEN'S COACH
Signature

_____ WOMEN'S COACH
Signature

_____ ATHLETIC DIRECTOR/PRINCIPAL
Signature