

East Syracuse-Minoa Girls Track and Field Invitational

May 9, 2008

4:30 P.M. @ East Syracuse-Minoa High School

Meet Information

1. Pin spikes allowed in all running/jumping events.
 2. Starting blocks will be provided or bring your own.
 3. Multiple circles and runways allow for no Pentathlon delays.
 4. **No coach will be asked to work the meet.....simply watch your kids.**
 5. A quality concession stand will be open.
 6. Team scoring in 2 divisions if necessary. 1st and 2nd place team trophies. Individual awards given to the top 8 in each event.
 7. Medals will be awarded for event winners including relays.
 8. Two individual entries per school in each event. 1 relay team per event.
 9. Individuals can be entered in a maximum of 3 events.
 10. Timing will be FAT. Entries will be on 3x5 cards the day of the meet. Enter event name, school, individual or relay names, seed time/distance. Results will appear on Tullyrunners.com, and Armorytrack.com.
 11. This meet will be double clerked so that the next heat/section will be on the track immediately after the last runner has finished.
 12. We plan on finishing this meet in under 4 hours with no gaps, no breaks. Please plan accordingly.
 13. Entry Fee is \$120.00. Make check or voucher payable to the ES-M Harriers, c/o Jim Gorney and send by April 24th with the form below.
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Send bottom portion and check/voucher to:

Jim Gorney
21 Elia Circle
Canastota, NY 13032 jgorney@esmschools.org

School _____ Coach _____ email _____

School phone _____ Home phone _____

Mailing address _____

ES-M Girls Invitational (Friday, May 9th)

Order of Events (starting at 4:30)

Pent HH
4x100 Semi
3000
400 LH
4x100 Final
800
100
400
100 HH Semi
100 Final
4x800
JV 200 (unlimited entry)
200
100 HH Final
2000 Steeplechase
JV 1500 (unlimited entry)
1500
Pent 800
4x400

Field Events:

Discus (higher seeds) and
Shot Put (lower seeds) 4 attempts
Long Jump (higher seeds) and
Triple Jump (lower seeds) 4 attempts
High Jump and Pole Vault

Discus (lower seeds) and
Shot Put (higher seeds) 4 attempts
Long Jump (lower seeds) and
Triple Jump (higher seeds) 4 attempts

Pentathlon Field Events will start when
ready

ES-M Girls Track Invitational Records

100 Meter	Erin Daley	Saquoit Valley	12.79	2006
200 Meter	Lillian Daniels	Nottingham	26.9	2004
400 Meter	Melissa Zajdel	CBA	59.78	2007
800 Meter	Leah Andrianos	ESM	2:16.33	2006
1500 Meter	Nichole Lister	So. Jefferson	4:45.83	2004
3000 Meter	Elizabeth McMahon	West Genesee	10:36.55	2007
100 HH	Ana Thornton	CBA	15.60	2006
400 LH	Allison Stankavage	Chittenango	1:06.05	2004
4x100 Relay	Thomas, Wilmer, Bucks, Richardson	CNS	51.29	2004
4x400 Relay	Bott, Waters, McGrath, McMahon	West Genesee	4:18.85	2007
4x800 Relay	Lee, Owen, O'Hern, Pelsue	Westhill	10:08.46	2006
2000 Steeple	Kayleigh Wheeless	Westhill	7:09.8	2003
Long Jump	Jennifer Lighthall	Holland Patent	16'08".75	2006
Triple Jump	Heidy Thomas	CNS	36'01.50"	2004
High Jump	Marie Swieta	APW	5'3"	2004
Pole Vault	Katie Wilmer	CNS	10'00	2004
Shot Put	Monica Ridgeway	Liverpool	41'07.25"	2006
Discus	Monica Ridgeway	Liverpool	122'03"	2006
Pentathlon	Heather Stec	Cazenovia	3020	2004