

The Shen Inuy



Friday MAY 13th, 2022
4pm-10pm

Shenendehowa is host for the Section 2 State Qualifier Meet

Horizontal Jumps: 2 runways

Pole Vault: 2 runways and pits (1 solely for warm-ups)

Shot Put: two circles

Plentiful Concessions stands, bathrooms, & parking

Please email Coach Rob Cloutier ASAP to secure your spot
clourobe@shenschools.org

We limit the field to ensure a smooth competition

ENTRY INFO:

Please email Coach Rob Cloutier ASAP to secure your spot clourobe@shenschools.org

Entries due May 11th Wednesday 11:59PM ***only scratches can be made day of***
Accepted entries including flights & heats will be posted on Thursday by 3pm

- Each Team can enter 2 entries per individual event
(1 per relay - no minimum standard for relays)
- All Entries Must Meet Minimum Standards (NEW)
- To Enter a 3rd entry (individual event) all 3 entries must meet the Bonus Standard
- 3000/3200m, Discus, Steeplechases limited to top 18 entrants
*****DISCUS: Coach MUST email me with verification of date/location of mark by Tuesday 5/10 11:59pm So I can fairly determine the field of competitors*****

***Long/Triple Jump: will enforce a minimum measurement:

Girls: LJ - 14' TJ - 30' Boys: LJ - 17' TJ - 38'

Minimum and Bonus Standards (3rd Entry)

(individuals; no 2nd relays)

	Bonus/Minimum			Bonus/Minimum	
Boys			Girls		
110m/100m Hurdles	17.00	19.00	100m Hurdles	18.00	20.00
400m Hurdles	63.00	70.00	400m Hurdles	75.0	79.00
100m	11.84	12.50	100m	13.24	14.00
200m	23.75	25.00	200m	27.75	30.00
400m	54.0	56.00	400m	63.00	66.00
800m	2:05.0	2:15.00	800m	2:26.0	2:40.00
1600m	4:40.0	5:00.00	1500m	5:00.0	5:40.00

3000m/3200m Top 18 entrants only

2000m/3000m Steeple Top 18 entrants only

High Jump	5-9	5-0	High Jump	4-9	4-3
Pole Vault	10-6	9-0	Pole Vault	8-6	7-0
Shot Put	39-0	35-0	Shot Put	31-0	25-0
Long Jump	19-0	18-0	Long Jump	15-0	13-6
Triple Jump	39-0	36-0	Triple Jump	31-0	29-0

Discus Top 18 Entrants Only

PAYMENT INFO:

\$250 per Gender

\$400 Coed Blanket

\$25 per individual \$40 per relay

- Checks should be made payable to and mailed to
Shenendehowa CSD, 5 Chelsea Place, Clifton Park, NY 12065

This is an Entry Fee not a Participation Fee

Payment due by day of Meet

MEET INFO:

- Fully Automatic Timing: First Across Timing Results: Live (Milesplit)
 - Coaches Meeting will be held at 3:30pm (Meet starts promptly at 4pm)
 - Scratches must be made prior to 3:00pm
 - *email me up until 2:00 Friday with any scratches*
 - *No additions will be made after the entries close (May 11th at 11:59pm)
 - Please bring your own batons & starting blocks
 - We will adhere to NYSPHSAA and NFHS rules
 - Athletes may compete in up to 4 events
 - Tents can be used outside the stadium in grass field behind the main grandstand
Warm-ups can be conducted in designated area on infield
 - Clerking: *Arrive Approximately 20 minutes prior to race*
 - We will have a trainer present for any medical needs
-

AWARDS:

- Team scoring: top 2 teams in each gender will be awarded championship trophies.
 - Scoring will be 10-8-6-5-4-3-2-1
 - The top 8 individuals and relays will receive awards!
 - Special Invite Events (Discus, 1500m, & Mile) will be awarded a unique award!
 - Awards can be picked up at the Awards tent once results have been announced & posted
-

DIRECTIONS:

970 Route 146 Clifton Park NY, 12065

I87/Northway: Exit 9 (from North: Exit 9W)

*There are 2 entrances:

a) Main Entrance is on left off Route 146 1.9miles from Exit

b) Is off of Moe Road

**Buses should drop off in main parking lot in front of High School East building

ORDER OF EVENTS/MEET RECORDS

Sections will run fast to fastest

updated timeline will be posted & emailed once entries have been posted

Event	Record
100m/110m Hurdles (Girls, Boys Trials)	
100m (Girls, Boys Trials)	
1500m (<i>unseeded sections</i>)	
Mile (<i>unseeded sections</i>)	
200m (Girls, Boys Trials)	
National Anthem	
"Legacy 1500m" (top 12 entrants)	4:26.88 Hannah Reale (Shen) 2017
"Dynasty Mile" (top 12 entrants)	4:18.48 Robert Becker (Kingston) 2017
Hurdle Finals (Boys, Girls)	14.41 Josiah Kemp (Colonie) 2018 15.14 Gabby Stanavich (Amsterdam) 2017
100m Finals (Boys, Girls)	10.98 Kevin Boucaud (Amsterdam) 2017 12.36 Alexandra Tudor (Shen) 2017
400m (Girls, Boys)	56.41 Sarah Knowles (Shen) 2015 48.01 Izaiah Brown (Amsterdam) 2015
800m (Girls, Boys)	2:12.89 Sarah Trainor (FDR) 2019 1:54.21 Collin Rowe (Shen) 2015
400m Hurdles (Girls, Boys)	65.39 Devanee Baskerville (Colonie) 2017 55.33 David Graveley (Amsterdam) 2015
200m Finals (Girls, Boys)	25.18 Alexandra Tudor (Shen) 2015 21.66 Izaiah Brown (Amsterdam) 2015
2000m Steeplechase	6:51.46 Karrie Baloga (Cornwall) 2019
3000m Steeplechase	9:27.60 Jayson Hines (Kingston) 2017
3000m	9:51.02 Abigail Spiers (Niskayuna) 2018
3200m	9:24.29 Noah Carey (Guilderland) 2015
4x100m Relay (Girls, Boys)	49.21 Shen 2018
4x800m Relay (Girls, Boys)	9:39.87 Shen 2016 8:04.38 Bethlehem 2016
4x400m Relay (Girls, Boys)	4:02.10 Bethlehem 2016 3:20.21 Amsterdam 2015

Time	Event	Record
4pm	Long Jump (separate pits) Top 9 to Finals	19'1 Alexandra Tudor (Shen) 2018 22'4.75 Kevin Boudaud (Amsterdam) 2017
4pm	High Jump (Girls, Boys) Starting heights 4', 5'	5'4" Jaid Harrell (Kingston) 2018 6'4" Malick Diamande (Bethlehem) 2016
4pm	Shot Put (Girls, Boys) Top 9 to Finals	44'5" Jill Shippee (Shen) 2017 52'3.75" James Cocca (Averill Park) 2019
4pm	Discus (Boys, Girls) Top 9 to Finals	160'7" James Cocca (Averill Park) 2019 131'7" Jessica Craven (Shen) 2015
6pm	Pole Vault (continuous bar) Starting heights 7', 9'	12'6" Alana Carroll (Averill Park) 2017 14'6" Casey Gribben (Shen) 2018
	Triple Jump (following LJ) Top 9 to Finals	37'10.5" Alexandra Tudor (Shen) 2018 47'4.25" Ronnel Forde (Shaker) 2015