

**18th Annual Cicero-North Syracuse Co-Ed Track & Field Invitational
Cicero-North Syracuse High School**

**Friday, May 19, 2023
4:30 PM**

Dear Coach,

Your team is invited to attend the 18th Annual Cicero-North Syracuse Track & Field Invitational being held at the Richard J. Nastasi Track Facility in the Michael J. Bragman Complex at Cicero-North Syracuse High School, site of the **2024 New York State Track & Field Championships**. CNS High School is located on Route 31 just east of Interstate 81 at the Cicero exit, just 15 minutes north of the Thruway.

The meet will offer varsity events for boys AND girls. Full Automatic Timing will be used to time all running events. Results will be computer generated and posted immediately on the scoreboard and inside the stadium at the conclusion of each event.

Due to the number of anticipated entries and in an effort to keep the meet on time, we are using timed finals in the 100m, 200m, 110 HH and 100 HH (USE ACCURATE SEED TIMES).

National Federation rules will govern the meet. An athlete may compete in four (4) events but all must adhere to all New York State regulations. The top finishers in each event will receive medals, ribbons for places 2-6. Awards will be placed in large envelopes in the press box and should be picked up at the end of the meet.

We look forward to hosting you and your school. If there are any questions or concerns please contact me via e-mail: gbroton@nscsd.org

Sincerely,

Greg Broton
Meet Director

18th Annual
Cicero-North Syracuse Co-Ed Track Invitational

Held @ The Richard J. Nastasi Track Facility
(Michael J. Bragman Complex)

SITE OF THE 2024 NYS TRACK & FIELD CHAMPIONSHIPS

Friday, May 19, 2023

Order of Events

Track Events (Start 4:30 pm)

110 HH	B	Final
100 HH	G	Final
3000 Steeple	B	Final
2000 Steeple	G	Final
1600	B	Final
1500	G	Final
100	B	Final
100	G	Final
400	B	Final
400	G	Final
800	B	Final
800	G	Final
400 IH	B	Final
400 LH	G	Final
3200	B	Final
3000	G	Final
200	B	Final
200	G	Final
3200 Relay	B	Final
3200 Relay	G	Final
400 Relay	B	Final
400 Relay	G	Final
1600 Relay	B	Final
1600 Relay	G	Final

Field Events

High Jump	B	Final	4:30 pm
High Jump	G	Final	4:30 pm
Shot Put	B	Final	4:30 pm
Discus	G	Final	4:30 pm
Long Jump	B	Final	4:30 pm
Long Jump	G	Final	4:30 pm
Discus	B	Follows shot put	
Shot Put	G	Follows discus	
Triple Jump	B	Follows Long Jump	
Triple Jump	G	Follows Long Jump	
Pole Vault	B	Final	4:15 pm
Pole Vault	G	Follows Boys Pole Vault	

Starting Heights

High Jump (Boys - 4-8) (Girls - 4-0 then 4-4,4-6..)
Pole Vault (Boys - 7-6) (Girls - 6-0)

Field Event Measuring Standards

(First attempt will be measured, Class D standard)
Long Jump (Boys - 16') (Girls - 13')
Triple Jump (Boys - 33') (Girls - 29')
Discus (Boys - 90') (Girls - 70')
Shot Put (Boys - 33') (Girls - 26')

The CNS track facility is unique in that it has the capability of allowing each field event to be run simultaneously, when needed. This impressive facility is an outstanding site for the New York State Track & Field Championships. For example, both the boys and girls long jump can be held at the same time. The CNS multi-event site allows championship meets to run much smoother and faster.

Facilities Recently Resurfaced 8 Lane All-Weather Track (1/4 inch spikes will be allowed)
2 High Jump, 2 Shot Put, 2 Discus, 2 Pole Vault, & 4 Jumping Pits.
Daktronics Full Matrix Video Board for Live Results Display.

Entry Limits: - Two (2) entries per school for each individual event, one (1) relay team entry per school for each relay event

Entry Process:

1.) Coaches must notify Coach Broton, via e-mail at gbroton@nscsd.org , of their intent to participate by Friday, May 5, 2023.

2.) All Entries are to be done online via <http://ny.milesplit.com/>
If you do not already have a team account or are unfamiliar with entries, e-mail Chad chad@leonetiming.com for instructions.

Entry Deadline is Wednesday, May 17 at 10:00 PM Coaches are *strongly encouraged* to make any and all changes to their entries before the day of the meet.

Scratch sheets are to be picked up in front of the concession area upon arrival into the stadium. Coaches are asked to make scratches on the sheets and then return them to meet officials at the check-in table by 9:30 AM.

ONLY SCRATCHES WILL BE ALLOWED THE DAY OF THE MEET!

Scoring No team scoring

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

Results will be immediately posted inside the stadium during the meet. Results will be posted on the Leone Timing website (<http://www.leonetiming.com>).

Individual Awards – Medals will be awarded to 1st place and ribbons to positions 2 through 6 in all events.

Entry Fee

- \$300 for combined boys and girls team
- \$175 for one team entry (boy OR girl team)
- \$75 per relay if not bringing entire team
- \$30 per individual if not bringing entire team

**Make checks payable to:
CNS Track**

Please send your check or voucher to:

Greg Broton
Cicero-North Syracuse High School
6002 Route 31
Cicero, NY 13039

There will be a concession stand operated by the CNS Track Booster Club.

Any questions should be referred to the Meet Director, Greg Broton
(Cell: 315-657-4514) E-mail: gbroton@nscsd.org