

14th Annual CNS Coed Relays
Saturday, April 8, 2017

Site of the 2018 New York State Track & Field Championships

Track Event Schedule: (10:00 AM Start)

B/G	110 HH/100 HH (2-person combined time relay)
B/G	1600m / 1500m (4-person combined time relay)
B/G	4 x 400 Relay
B/G	4 x 100 Relay
B/G	4 x 800 Relay
B/G	400 IH (2-person combined time relay)
B/G	Sprint Medley Relay (400, 200, 200, 800)

Field Event Schedule:

1 st Session (10:00 AM Start)	<u>Boys</u>	<u>Girls</u>
	Long Jump	Long Jump
	Shot Put	Discus
	High Jump	High Jump
	Pole Vault	Pole Vault

2nd Session (To Follow Completion of 1st Session Events)

<u>Boys</u>	<u>Girls</u>
Triple Jump	Triple Jump
Discus	Shot Put

All field events will be scored as two-person relays, with scoring based upon the combined marks of the competitors.

Note: Entries are limited to one relay team per event from each school.

14th Annual CNS Coed Relays
Saturday, April 8, 2017

Site of the 2018 New York State Track & Field Championships

Date: Saturday, April 8, 2017

Location: Richard J. Nastasi Track Facility inside of the Michael J. Bragman Athletic Complex at Cicero-North Syracuse High School
Parking available in front of stadium complex on the west side of CNS High School

Time: 9:30 AM - Scratch and change deadline
10:00 AM - Track events begin, 1st session of field events

Entry Process:

1.) Coaches must notify Coach Broton, via e-mail at gbroton@nscsd.org their intent to participate by **Friday, March 24th**.

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 Thursday, April 6, 2017 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.

Scoring: 10-8-6-4-2-1

Awards:

Medals: 1st Place Relay Team in Each Event
Ribbons: 2nd – 6th Place Teams in Each Event

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 posted on the Leone Timing website (www.leonetiming.com). Also, full results will be sent to TullyRunners.com and Armorytrack.com. Upon request, Leone Timing will e-mail results to newspapers outside of the Syracuse area.

Entry Fee:

\$125 for one team entry

\$200 for combined girls and boys entries from one school

\$40 for one relay team entry (one event only)

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

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

Facilities:

The new CNS track facility is unique in that it has the capability of allowing each field event to be run simultaneously. The CNS multi event site will allow co-ed meets to run fast and efficiently. The facility contains four jumping pits along with two discus, shot put, high jump, and pole vault areas.

Other amenities include:

- Recently resurfaced 8 lane all-weather track (1/4-inch spikes are allowed)
- All areas are lighted for night competition.
- An indoor stadium facility that will be open and available to all spectators and competitors, especially in inclement weather.
- Four restroom facilities located inside the stadium.
- A large concession area located inside the stadium.
- Third-floor press box spotting rooms, with elevator access, will be available for coaches.