

**5th Annual CNS Co-ed Modified Invitational
Saturday, May 9, 2009**

7TH AND 8TH GRADE ATHLETES ONLY

Site of the 2009 New York State Track & Field Championships

Track Event Schedule: (10:00 am Start) - All events will be run as timed finals.

55m Hurdles Boys

55m Hurdles Girls

200m Boys

200m Girls

1500m Boys

1500m Girls

100m Boys

100m Girls

3000m Boys

3000m Girls

400m Boys

400m Girls

200m Hurdles Boys

200m Hurdles Girls

800m Boys

800m Girls

4x200 Relay Boys

4x200 Relay Girls

4x100 Relay Boys

4x100 Relay Girls

Field Event Schedule:

1st Session

(10:00 AM Start)

Boys

Long Jump

Shot Put

High Jump

Girls

Long Jump

Discus

High Jump (after completion of Boys)

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

Boys

Triple Jump

Discus

Girls

Triple Jump

Shot Put

Entry Limits:

Two (2) entries per team for each individual event

One (1) relay team entry per team for each relay event

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Date: Saturday, May 9, 2009

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: 9:45 am – 3x5 Card Entry Deadline
10:00 am – Track events begin, 1st session of field events

Entry Process:

Coaches must enter individual athletes and relay teams on 3x5 cards and submit them to the clerking box located in front of the concession stand inside of the stadium no later than **9:45 am**.

All cards are to have the full name of the athlete, the school, the event they are entering, and the seed time/mark for the event. Since events are to be run as timed finals, **please use accurate seed times/marks so that we can seed the events properly.**

3 x 5 Card Set Up

One card for each individual entered.

One card for each relay team (put all names including two alternates on this card.

| Event | School |
|---------------------------|---------------|
| Name (First, Last) | |
| Time or Distance | |

Timing: Hand Timing will be utilized. All athletes will receive their times at the finish line. It is the athlete's responsibility to give their coaches their times.

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

Awards: Plaques: 1st, 2nd, & 3rd place boys and girls teams
Medals: 1st Place in Each Event
Ribbons: 2nd – 6th Place in Each Event

Results: Upon check in at the coaches meeting, coaches will be asked to provide an email address so TEAM results can be sent. Team results includes the TOP 6 Individual / Relay performances in each event. NOTE: These will NOT include EACH participant's time / performance. The athlete's will receive their times at the finish line and it is the coach's responsibility to get times for their individual athletes.

Meet Director: Greg Broton, CNS Boys Track Coach
School Phone: 218-4100
e-mail: GBroton@nscsd.org

Entry Fee:

\$95 for one team entry

\$175 for combined girls and boys entries from one school

PLEASE EMAIL THE MEET DIRECTOR OF YOUR INTENTION TO PARTICIPATE BEFORE APRIL 24, 2009. HOWEVER, YOUR TEAM WILL NOT BE ENTERED INTO THE MEET UNTIL THE MEET DIRECTOR RECEIVES A VOUCHER OR CHECK FROM YOUR SCHOOL.

Make checks payable to:
CNS Boys Track

Please send your check or voucher to:

**Greg Broton
Cicero-North Syracuse High School
1 Northstar Drive
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:

- 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 (including pizza, pretzels and snacks).
- Third-floor pressbox spotting rooms, with elevator access, will be available for coaches.