

**ESM Specialty Qualifying Invitational
(Hurdles, Steeplechase, Field Events, 4x100, 800,
Throwers 4x100) Monday April 10, 2017**

**East Syracuse Minoa HS Track Boys
and Girls**

4:00 pm start time Order of

Running Events:

110HH

100HH

Boys 800

Boys 3000 Steeple

Girls 2000 Steeple

Girls 800

400 IH Boys

400 IH Girls Boys

4x100 ← Girls

4x100 ←

**Throwers 4x100-Following Throwing Events
(all relay participants must have thrown during meet)**

Field Events: Starts at

4:00 pm

**Boys/Girls Long Jump-2 pits Boys/Girls High
Jump-2 different jump areas**

Girls Pole Vault Boys

Shot/Girls Discus

Starts at 5:30 pm Boys/Girls

Triple Jump Boys Pole Vault

Girls Shot/Boys Discus

If events finish faster, we will go on to the next event Costs:

\$75 per team or \$10 per individual

3 entrants per event, except 5 entrants for the Steeple and 2 for Pole Vault

We will be limiting number of overall participants so get your registration sheet in ASAP.

Timing will be FAT for the hurdles and relays

**Hand Timing for the Steeple (Distance errors have been fixed) Entries will
be done online at Milesplit**

Any questions email Mark Carr at mcarr@esmschools.org

Awards for each event

Pies for the winners of the Thrower 4x100

Checks Payable to ESM Track Mail checks to Attention:

Mark Carr, ESM HS Track ESM HS, 6400 Fremont Rd, East Syracuse, NY 13057

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2016**

2016 Team Name Entering

Coach

Coaches Cell

Boys	\$75 for only the boys team
Girls	\$75 for only the girls team
Both	\$140 for both teams, \$10 savings
Individual	\$10 per athlete

Any questions email Mark Carr at mcarr@esmschools.org
Checks Payable to ESM Track Mail checks to Attention Mark Carr
ESM HS Track ESM HS 6400 Fremont Rd East Syracuse, NY 13057