

**ESM Specialty Qualifying Invitational  
(Hurdles, Steeplechase, Field Events, 4x100, 800m,  
Throwers 4x100)**

**Monday April 29, 2019**

**East Syracuse Minoa HS Track**

**Boys and Girls**

**4:00 pm start time Order of**

**Running Events:**

110HH

100HH

Boys 3000 Steeple

Boys 800

Girls 800

Girls 2000 Steeple

400 IH Boys

400 IH Girls Boys

4x100 Girls

4x100 Boys

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](mailto: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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800, Throwers 4x100) Monday April 29,  
2019**

**2018 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](mailto:mcarr@esmschools.org)

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