

**Prepare for the championships at the
East Syracuse-Minoa Girls Track and Field Invitational
Friday, May 3rd, 2019**

4:30 pm @ East Syracuse Minoa High School

Meet Information

1. ¼” spikes allowed in all running/jumping events.
2. Starting blocks will be provided or bring your own.
3. Multiple circles and runways allow for no Pentathlon delays.
4. A quality concession stand will be open.
5. Team scores will be kept. 1st, 2nd and 3rd place team trophies.
Individual awards given to the top 8 in each event.
6. Medals will be awarded for varsity event winners including relays.
7. Two individual entries per school in each event. 1 relay team per event.
8. Individuals can be entered in a maximum of 3 events. Entries will be on www.ny.milesplit.com. Check there for entry closing date and time.
Results will be posted on Tully Runners and Armory Track.
9. This meet will be double clerked so that the next heat/section will be on the track immediately after the last runner has finished.
10. We plan on finishing this meet in under 4 hours with no gaps, no breaks. Please plan accordingly.
11. Entry Fee is \$130.00. **\$5.00 for individuals** (schools without full teams). Make check or voucher payable to **ESM Girls Track**, c/o Jim Gorney and send by April 30th with the information on the form below.

Send bottom portion and check/voucher/PO to:

Jim Gorney

21 Elia Circle

Canastota, NY 13032 (james.gorney@yahoo.com)

School _____ Coach _____

Email _____

School phone _____ Home phone _____

Mailing address _____

ES-M Girls Invitational (Friday, May 3rd, 2019)

Special Event: Boys 3000m Steeplechase 4:15

Order of Events (starting at 4:30)

Pent High Hurdles

100 High Hurdles Semi

3000 Meter Run

100 High Hurdles Final

4x100 Timed Final

800 Meter Run

100 Meter Dash Semi

400 Meter dash

100 Meter Dash Final

4x800 Relay

JV Sprint Medley Relay (1 team, 8,4,2,2)

200 Meter Dash

400 Low Hurdles Final

2000 Meter Steeplechase

JV 1500 Meter Run (Three Entries Only!!)

1500 Meter Run

4x400 Relay

{Pent 800 inserted when ready}

Field Events:

Discus (higher seeds) and

Shot Put (lower seeds) 4 attempts

Long Jump (higher seeds) and

Triple Jump (lower seeds) 4 attempts

High Jump and Pole Vault

Discus (lower seeds) and

Shot Put (higher seeds) 4 attempts

Long Jump (lower seeds) and

Triple Jump (higher seeds) 4 attempts

Pent Field Events will start when ready

ES-M Girls Track Invitational Records {updated 1/06/19}

100 Meter	Jakia Howard Nottingham	12.71 2017
200 Meter	Kierra Richardson Liverpool	26.17 2016
400 Meter	Christina Monroe Proctor	59.23 2008
800 Meter	Carly Benson W Genesee	2:14.57 2016
1500 Meter	Nichole Lister South Jeff	4:45.83 2004
3000 Meter	Laura Leff West Genesee	10:09.9 2011
100 HH	Kierra Arthur Proctor	15.62 2010
400 LH	Allison Stankavage Chittenango	1:06.05 2004
4x100 Relay	Baker, Southwell, Razy, Gallagher RFA	50.32 2010
4x400 Relay	Jordan, Allen, Tomasello, Carnovale B'Ville	4:07.23 2012
4x800 Relay	Chewning-Kuiick, Moore, Basla, Aardner L'pool	9:54.33 2016
Steeple	Brooke Rauber Tully	6:59.49 2018
Long Jump	Ashley Palmer Phoenix	17'04 2011
Triple Jump	Mia Montgomery ESM	37'09 2018
High Jump	Nina Zesky ESM	5'4 2011
Pole Vault	Marlena Jacobs South Jeff	10'06 2018
Shot Put	Monica Ridgeway Liverpool	41'07 2006
Discus	Monica Ridgeway Liverpool	122'03 2006
Pentathlon	Alex Payne J-D	3043 2018