

1ST **LANCASTER LEGENDS**® TRACK AND FIELD CLASSIC

Saturday, May 2nd, 2020
2:00 PM start (Coaching Staff Meeting 1:30 PM)
Lancaster High School's Track and Field Facility
One Forton Drive Lancaster, NY 14086



CONTACT: Emilio Mancino – emancino@lancasterschools.org and/or (716) 725-9258

FACILITY: Two year old eight (8) lane all weather surfaced track, runway, and apron surfaces which allow for 1/4" pyramid spikes to be worn. Two horizontal jumps runways and pits will be utilized. Two (2) throwing circles and our Discus area will be utilized as well.

ENTRY STANDARDS: Maximum of two (2) student athletes per gender per individual event with the exception of the Pentathlon which will be a maximum of one (1) student athlete per gender. There is also a maximum of one (1) relay per gender. There is a maximum of four (4) events per student athlete with the exception of the Pentathlon whose participation eliminates all other events for that Pentathlete.

ENTRY PROTOCOL: Our Classic will be managed by the experienced and reliable technicians at *Trackqua Timing Services*. Entries must be completed at Athletic.net **no later than Thursday, April 30th by 8:00 PM**. Any issues regarding entries can be shared with Coach Mancino after that deadline has passed. Participating programs and coaching staffs will be notified when the online entry portal is open for registration. Only scratches will be accepted the day of the competition and any issues must be shared with Coach Mancino as there will be no additions the day of the competition.

We ask that you please email Coach Mancino with your intention to participate indicating if both genders of your program will be represented no later than 8:00 PM on Friday, April 24th (or earlier) so that we can have adequate time to properly prepare to provide the best experience for your student athletes to compete within. We will cap this competition to the first twelve (12) programs to respond.

RESULTS: Can be followed live at the web link live.trackqua.com and will be shared with various media outlets local, and beyond, for publication at their discretion.

MEDICAL ISSUES: Our experienced Athletic Trainer, Christopher Dukat, will be on site for the convenience of your coaching staff and student athletes.

EQUIPMENT: Please be sure to bring your own starting blocks and throwing implements.

CONCESSIONS: There be snacks and refreshments available for your convenience and we appreciate any patronage in advance. Complimentary snack and beverage for coaching staff members. Hot dogs can be purchased but a donation of three, or more, non-perishable food items can earn one (1) free hot dog. Non-perishable food items will be donated to a local Food Pantry.

SOUVENIRS: A select amount of high quality and uniquely designed Classic Tee Shirts produced by the excellent screen printers at *Winged Foot Screen Printing* can be purchased for \$15 each. \$2 of each tee shirt purchase will be donated to the local branch of *Variety: The Children's Charity of Buffalo and Western New York.*

PARKING: A large parking area is located on the East side of the Field House accessed via Stendahl Drive off of Pleasantview Drive. Buses may park in the large lot at the North end of the high school closest to the cafeteria.

TEAM AREAS: Bleacher spaces will be reserved for spectators and are first come first served. Tents can be set up outside the track and field facility's fence in the designated areas and will also be first come first served. Please bring a trash bag for collection and please keep your team areas as clean as possible. Filled bags can be discarded by our staff.

RECOGNITION: In lieu of traditional complete team awards, there will be Grouped Events team awards by gender with the exception of the Pentathlon whose winning competitors will earn their own recognition. The top two point earning Grouped Events teams per gender will earn trophies for their efforts.

Sprint/Hurdles

100 meter Dash
200 meter Dash
400 meter Dash
100/110 meter High Hurdles
400 meter Intermediate Hurdles
4 by 100 meter Relay
4 by 400 meter Relay
"Carriero" Sprint Medley Relay (100-100-200-400)

Distance

800 meter Run
1500/1600 meter Run
3000/3200 meter Run
2000/3000 meter Steeple Chase
1500 meter Race Walk (Girls only)
4 by 800 meter Relay

Throws

Shot Put
Discus
Weight Throw

Jumps

Long Jump
Triple Jump
High Jump
Pole Vault



- ◇ PENTATHLETES: The winning male and female Pentathlete will earn a special award each
- ◇ Other INDIVIDUAL Events: Top three (3) earn medals and the next three (3) earn ribbons
- ◇ RELAY Events: Each member of the winning relay will earn medals while the next two relays and members will earn ribbons
 - ◇ Coaching staff members of winning grouped event team will select one (1) **Most Valuable Performer** among that group of their student athletes to receive a special award

Please be sure to collect all awards and recognition before departing

SCORING: Traditional first (1st) through sixth (6th) place will earn 10-8-6-4-2-1 points respectively. Since the Race Walk is not a common outdoor track and field event, only the top female finisher per team, barring disqualification, will earn distance event team points but all walkers can earn individual awards as is the case in any other individual event.

**Please submit the information below by the end of the business day
Friday, April 24th (or earlier)**

\$175 per gender, **\$300** per entire program, or **\$20** per individual entry made payable to:

Lancaster Central School District
Athletic Office c/o Kim Glauser
Lancaster Central High School
1 Forton Drive
Lancaster, NY 14086

Please have your Athletic Director email Mr. Brian Wild, Athletic Director for the Lancaster Central School District, at **bwild@lancasterschools.org** with permission to participate.

Please contact Coach Mancino by the date above if you are only entering individuals and not paying the team or program fees so that our accounting and entries are aligned.

TRACK Order of Events

2:00 PM Start to Rolling Schedule (Girls then Boys)

1. 4 by 800 meter Relay
2. Pentathlon 100 meter High Hurdles
3. 100 meter High Hurdles
4. Pentathlon 110 meter High Hurdles
5. 110 meter High Hurdles
6. 100 meter Dash
7. Girls 1500 meter Run
8. "Carriero" Sprint Medley Relay (100-100-200-400)
9. Boys 1600 meter Run
10. Girls 1500 meter Race Walk
11. 400 meter Dash
12. Girls 2000 meter Steeple Chase
13. Boys 3000 meter Steeple Chase
14. 400 meter Intermediate Hurdles
15. 800 meter Run
16. 200 meter Dash
17. Girls 3000 meter Run
18. Boys 3200 meter Run
19. 4 by 400 meter Relay
20. 4 by 100 meter Relay



Note: Pentathlon 800 meter and 1500 meter Runs will be inserted as seamlessly as possible

FIELD Order of Events – 2:00 PM start

- ◇ Girls **Pole Vault** then Boys
- ◇ **Pentathlon High Jump** then Girls **High Jump** then Boys
- ◇ **Long Jump** followed by **Pentathlon Long Jump** then **Triple Jump**
(one Girls runway and the other Boys)
- ◇ Girls **Shot Put** followed by Boys with **Pentathlon Shot Put** when ready
- ◇ Boys **Discus** followed by Girls
- ◇ Girls then Boys **Weight Throw** following other throwing events

SUPPLEMENTARY INFORMATION

- *No running back from the take off boards in the horizontal jumps will be permitted.
- *Four (4) total attempts will be allowed in the throws and the horizontal jumps.
- *Only officially entered relay members and listed alternates will be allowed to compete. Please be sure a maximum of two (2) alternates, but at least one (1), are listed for any relay.
- *Starting heights for Pole Vault and High Jump will be determined at our Coaching Staff Meeting.
- *High Jump increments for girls will be 2" increase up to 5' then 1" thereafter. Boys will be 2" to 6' then 1" thereafter.
- *Pole Vault increments for girls will be 6" increase up to 9' then 3" thereafter. Boys will be 6" to 12' then 3" thereafter.
- *A Jury of Appeals will be determined at our Coaching Staff Meeting.
- *NYSPHSAA Jewelry, Wristwatch, and Uniform policies are in effect.