

18th Annual Max D. Lederer Junior Varsity

Track and Field Invitational

Sponsor: Lockport Sunrise Optimists Organization

Date: Saturday, May 6, 2017

Starting Time: 10:00 A.M.

Dear Coaches:

The Lockport High School Track and Field Team invite you and your boys and girls junior varsity track and field athletes to participate in the Max D. Lederer Track and Field Invitational at Max D. Lederer Field in Lockport. (The facility is located behind Emmet Belknap Middle School at High Street and Beattie Avenue in Lockport.

Junior Varsity Competition (Limited Events), Separate Boys and Girls Competition.

- all running events are timed finals
- field events will be three (3) attempts
- cards will be used for both the track and the field events

ORDER OF EVENTS:

TRACK EVENTS (girls than boys)

4 x 800 relay
100 m
1500/1600 m
400 m
800 m
200 m
4 x 400 m relay
4 x 100 m relay

FIELD EVENTS

long jump (girls then boys)
triple jump (boys then girls)
shot put (girls then boys)
discus (boys then girls)
pole vault (boys then girls)
high jump (girls then boys)

ENTRIES:

- you may enter a maximum of 4 athletes in each individual event
- you may enter a maximum of 2 relay teams in each relay event

COST:

- \$80.00 per J.V. team
- \$130.00 for both boys and girls

REFRESHMENTS and T-SHIRTS will be available for purchase.

ENTRY DEADLINE: Friday, April 22, 2017

PLEASE SEND ENTRY TO:

Todd Sukdolak, Athletic Director
Lockport High School
250 Lincoln Avenue
Lockport, NY 14094

QUESTIONS? Call Todd Sukdolak, Athletic Director at 716-478-4473

A card system is used for all entries. List the following information on the entry cards (please write legibly):

1. Event
2. Athlete's Name
3. School
4. Time/Distance/Height

Coaches Note: Because all running events are timed finals, we will need the assistance of one person with a stop watch to help at the finish line.

**This is a date the SAT is administered

2017 18th Annual Max D. Lederer JV Invitational

Hosted by Lockport High School

Entry Fee and Confirmation Form

_____ School plans on participating
in the Max D. Lederer J.V. Invitational on Saturday, May 6, 2017.

JV Boys only	_____	\$80.00
JV Girls only	_____	\$80.00
Both Boys and Girls	_____	\$130.00

Please make a check payable to ***Lockport Sunrise Optimists*** and return to:

Todd Sukdolak
Director of P.E. and Athletics
Lockport High School
250 Lincoln Avenue
Lockport, NY 14094

Fax # 478-4518