

The Shen Invitational #4

Presented by Saucony & Fleet Feet Sports



Friday MAY 11, 2018

4pm

68 National Elite performances in 2017

(64 in '16, 24 in '15)

- follow the meet on Twitter: @ShenInvy
- Live Results (Milesplit)
- Races streamed to Youtube
- Head coaches will eat & drink for free!

Shenendehowa is host for the Section 2 State Qualifier Meet

- 2 runways for the horizontal jumps
- 2 runways and pits for pole vault (1 is used solely for warm-ups)
- two shot put circles
- 8 lanes
- Concessions stands, bathrooms, & parking are plentiful

Please email Coach Rob Cloutier ASAP to secure your spot (realdealmiler@gmail.com)!



Entry Information:

Please email Coach Rob Cloutier ASAP to secure your spot realdealmiler@gmail.com

→ **Milesplit's online registration:**

- ◆ Link:
- ◆ **Entries due May 8th Tuesday 9:00PM**
****only scratches can be made day of****

→ **Each Team:**

- ◆ **2 individuals** per event per gender
 - **PLUS 1 additional entry having met the standard** (see page below)
 - *****Long/Triple Jump: will enforce a minimum measurement:**
 - Girls: LJ - 14'TJ - 30'
 - Boys: LJ - 17'TJ - 38'

- ◆ **1 relay** per gender per event(no standard)

→ **3000m, 2 Mile, & both Steeplechase races** will be limited to the **top 18** entrants

→ **Discus** will be limited to **top 18** entrants

→ **Accepted entries** including flights & heats will be emailed on Thursday by 2pm

→ (Rejected entries for the 3k/3200m will be entered into the 1500m/Mile and not count against your entry #'s)

→ **Entry Fee:** \$150 per Gender OR \$250 Coed Blanket Entry OR \$15 per individual & \$30 per relay

Checks should be made out to: Shenendehowa CSD

Mail to: Shenendehowa High School

Athletic Department

% Kristie Heffner

970 Route 146

Clifton Park, NY 12065

*****This is an Entry Fee not a Participation Fee*****

*****Payment due by day of Meet*****

→ **Questions** please contact:

Rob Cloutier

(518)928-5569

realdealmiler@gmail.com

Contact me A.S.A.P. with your intent to compete - we will limit/maintain the size of the meet to ensure a 5 hour window!

Meet Info:

- Fully Automatic timing operated by First Across Timing
- Results: Live online, announced, posted by concessions at the conclusion of each event
- Coaches Meeting will be held at 3:30pm (Meet starts promptly at 4pm)
 - ◆ **Scratches must be made prior to 3:15pm**
 - *can be done via email to Coach Rob: realdealmiler@gmail.com up until 1:00 pm
 - *No additions will be made after the **entries close (Tuesday May 8th at 9pm)**
- ¼ inch Spikes only
- Please bring your own batons; we can provide starting blocks
- We will adhere to NYSPHSAA and NFHS rules
- Athletes may compete in up to 4 events
- Tents can be used outside the stadium in grass field behind main grandstand (Map will be provided)
- Only coaches & athletes already clerked are permitted on the infield
 - ◆ Warm-ups should be conducted outside of the track
- Athletes are instructed to arrive at the clerk upon final call ready to compete (in uniform)
Approximately 20 minutes prior to race
- Awards can be picked up at the Awards tent once the results have been announced & posted
- We will have a trainer present for any medical needs
- Bathrooms are located next to the Concessions (No one is allowed in the school)
- Each head coach will receive a voucher that can be used for food and a drink at the concessions.

Awards:

- *Athlete placing in top 3 should go directly to the award stand after their event in order for us to recognize their performance with a photo opportunity!*
- Team scoring will be used and the top 2 teams in each gender will be awarded championship trophies. Scoring will be 10-8-6-5-4-3-2-1
- The top 8 individuals and relays will receive awards!
- Special Invite Events (Discus, 1500m, & Mile) will be awarded a unique award!

Directions:

970 Route 146 Clifton Park NY, 12065
I87/Northway: Exit 9 (from North: Exit 9W)

*There are 2 entrances:

- a) Main Entrance is on left off Route 146 1.9miles from Exit
- b) Is off of Moe Road

**Buses should drop off in main parking lot in front of High School East building

Hotels & Restaurants:

Accommodations and Eateries are plentiful in Clifton Park
Let me know if you need recommendations

Order of Events/Meet Records

Sections will run slow to fast

a timeline will be posted and emailed once entries have been posted

Meet will run on a rolling schedule so timeline is for spectator purposes and only suggested

4pm

100m/110m Hurdles (Boys, Girls; Trials; top 8 advance to Finals)

100m (Girls, Boys; Trials; top 8 advance to Finals)

1500m (*unseeded sections*)

1600m (*unseeded sections*)

200m (Girls, Boys; Trials; top 8 advance to Finals)

National Anthem

“Legacy 1500m” (top 12 entrants)

“Dynasty Mile” (top 12 entrants)

Hurdle Finals (Boys, Girls)

100m Finals (Girls, Boys)

400m (Girls, Boys)

800m (Girls, Boys)

400m Hurdles (Girls, Boys)

200m Finals (Girls, Boys)

2000m Steeplechase

3000m Steeplechase

3000m (1 section top 18 entrants)

3200m (1 section top 18 entrants)

Sprint Medley Relay (200-200-400-800)(Girls, Boys)

Distance Medley Relay (1200-400-800-1600) (Girls, Boys)

Field:

4pm

Long Jump (separate pits; flights followed by Finals; top 9 advance)

High Jump (Girls, Boys) (Starting heights: Girls 4', Boys 5')

Shot Put (separate Circles; flights followed by Finals on turf; top 9 advance)

Discus (Boys, Girls; flights - top 9 advance; **Top 18 entrants**)

Pole Vault (separate pits) (Starting heights: Girls 7', Boys 9')

Triple Jump (separate pits; follows Long Jump; flights followed top 8 Finals; top 9 advance)

Event Standards for 3rd Entry

(individuals; no 2nd relays)

	Boys		Girls
110m Hurdles	17.00	100m Hurdles	18.0
400m Hurdles	62.0		75.0
100m	11.84		13.24
200m	23.54		28.0
400m	53.0		63.0
800m	2:04.0		2:26.0
1600m	4:39.0	1500m	5:00.0
3000m/3200m Top 18 entrants only			
2000m/3000m Steeple Top 18 entrants only			
High Jump	5'9"		4'9"
Pole Vault	10'6"		8'0"
Shot Put	39'		31'0"
Discus Top 18 Entrants Only			
Long Jump	19'		15'0"
Triple Jump	39'		31'0"