



St. Lawrence & Section X High School Showcase

*Hosted by St. Lawrence University, Canton, NY
Merrick-Pinkard Track and Field Complex
Saturday, May 12th, 2018*

Meet Directors:

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ENTRY PROCESS

Go to www.DirectAthletics.com to submit your team or individual entries.

Schools are permitted THREE (3) entries per individual event and one relay team per school per event.
Each athlete limited to any FOUR (4) events.

ENTRY DEADLINE

Thursday, May 10th at 7:00 p.m.

ENTRY FEE

\$20 per individual

\$25 per pentathlon/relay entry

\$150.00 max entry fee for teams (Boys and Girls combined = \$300)

Note: Section 10 teams will have their entry fee processed through the Section 10 Office

Entry payment will be submitted through DirectAthletics at the time entries are finalized.

ELIGIBILITY

Specific eligibility requirements shall be those established by the State High school Association under which a student regularly competes. However, in no case may an athlete exceed these limits. No athlete may compete who has reached his or her 19th birthday earlier than July 1st of the preceding calendar year. No athlete may compete who has already fulfilled four consecutive seasons of track and field after entry into the ninth grade and prior to graduation

SCRATCHES AND PACKET PICK-UP

Email John Newman (jnewman@stlawu.edu) if you have known scratches prior to meet day. Meet day scratches shall be reported to the infield tent prior to the start of competition. Packets with competitor's numbers, heat sheets, and relay cards will be available during the Coach's meeting prior to the start of the first event.

CLERKING

Competitors must check in prior to the start of each of their events. They will receive hip numbers for their event. The clerking table will be stationed at the North end of the track and field complex, outside the finish line area.

PERFORMANCE LISTS / HEAT SHEETS / LIVE RESULTS

All lists and results will be available on our live results page linked from the St. Lawrence University Track and Field Team pages. See the [schedule page for the link](#).

ORDER OF EVENTS

The order of events is attached and will be updated if necessary on Friday depending on the number of entries in each event.

TECHNICAL ASPECTS

- Unattached and club competitors will not score, but will advance to finals
- All races run as timed final and men will run first (unless otherwise noted)
- NYSPHSAA Scoring and will be appropriate for the number of actual teams
- Only "A" relays will count in team scoring
- Spikes are limited to ¼" pyramid, no pins or needles
- HJ/PV Opening Heights will be determined after entries are received
- Up to 9 athletes will advance to the finals of the throws and horizontal jumps
- Long Jump, Triple Jump, Shot Put & Discus Throw will be limited to a 15' flight specific warm up
- High Jump and Pole Vault warm up will be limited to 30' per gender

TIMING AND RESULTS

Fully automatic timing will be used in all running events. A system including two Finish Lynx cameras will produce the times and will be integrated with Hy-Tek meet management software to produce the results. Live results will be available on the St. Lawrence Men's and Women's Track and Field Web Sites. Final results will also be available to coaches and respective sports information offices following competition.

FACILITIES

Merrick-Pinkard Track & Field Complex and Leckonby Stadium featuring:

1. 400m Beynon 3000 polyurethane track
2. 9-42" lanes on the straight and oval with a 1 degree bank
3. Grass infield and a 1500 seat stadium seating for spectators, coaches and athletes
4. Multi-level artificial lighting
5. Integrated Fairplay Scoreboard with lane, place and time designation
6. Multiple synthetic runway's for the following:

- 2 Long Jump pits, East/West orientation with 165' approaches and 1m take-off boards
 - 2 Triple Jump pits, East/West orientation with a 220' approaches and 28', 36' and 41' take-off boards.
 - 1 High Jump 60' x 120' apron accommodating 4 direction approach options
 - 4 way Pole Vault orientation, N/S/E/W with a 150' approaches
7. Mag finished concrete throwing circles for the following:
 - 2-Shot Put circles, East/West on outside corner of track
 - 1-Discus circle and AAE certified cage, East on infield of track
 - 1-Combined Hammer/Discus venue (independent circles) with a UCS Hammer Cage, located at the Intramural Lighted Field 200m SE of the Merrick-Pinkard Track Complex
 8. 9-UCS Olympic style blocks will be provided
 9. 2-Moye style blocks will be provided

IMPLEMENT CERTIFICATION

All implement inspections will take place from under Leckonby Stadium in the equipment storage room (West end of Stadium) with the use of a Trackmaster Implement Certification Unit. Certification will begin 1½ hours prior and end ½ hour prior to the start of field events. Only meet certified implements may be used during competition. All certified implements will be impounded and made available during the allotted warm-up time.

MEET SCORING

For individual events, points are awarded 10, 8, 6, 5, 4, 3, 2, 1. Pole Vault will be contested as non-scoring for this year. For relay events, points are awarded 10, 8, 6, 5, 4, 3, 2, 1.

AWARDS

The top eight finishers in each event will be recognized on the podium following their competition. Additionally, the top finisher in each individual event and the winning relay teams will be recognized with a championship award.

WARM-UP AREAS

Newell Field House will also be available with starting blocks and hurdles if weather or preference requires such use. We are also able to contest the high jump and pole vault indoors if weather conditions are deemed unsafe. A 1 mile cinder trail and 1.5 mile woods loop is also available for distance runners to warm-up (cross country course).

HOSPITALITY

Coffee and light breakfast snacks will be available in the press booth for both coaches and officials, starting at 9:00 AM. Lunch consisting of assorted sandwiches and baked goods will be available beginning at 12:30 PM. No athletes will be allowed in the hospitality area.

CONCESSIONS

Concessions will be available for athletes, spectators and coaches at the East end of the track.

T-SHIRT SALES

Limited edition commemorative t-shirts will be available near the concessions stand. Price and styles TBD.

TEAM TENTS

If using a team tent or canopy please set up outside of the fenced area around the track. There can be no team tents in Leckonby Stadium or inside the competition areas.

BUS DROP OFF AND PARKING ([interactive campus map](#))

Buses should drop off at the circle between Newell, Merrick-Pinkard Track, North Country Field and the outdoor tennis courts. This is accessed from Park Street by going around the Newell Field House, through “D” Lot and up the hill to the circle. Buses and vans shall park in “D lot” with overflow parking available at the Appleton Arena parking lot.

RESTAURANTS AND LODGING

Visit this website for travel and regional information: <http://www.stlawu.edu/travel-and-regional-information>

LOCKER ROOMS

Locker rooms are located on the lower level of the Augsbury P.E. Center to the South of the Leckonby Stadium. Towels and Locks are the responsibility of the visiting teams.

INSURANCE

All NYSPHSAA member schools will be covered under the NYSPHSAA/Section X insurance policy for this event. All non-NYSPHSAA member schools will need to provide a certificate of Insurance prior to participation in the event.

EMERGENCY NUMBERS

SLU Security	315-229-5555
Canton-Potsdam Hospital	315-265-3300
Canton Rescue Squad/Village Police	911
Campus Information Service	315-229-7411

WEATHER POLICY

The meet will be conducted on Saturday, May 12, 2018, regardless of weather, unless a decision is reached (based upon severe weather or forecast thereof) to cancel. If the meet is canceled, participating schools will be notified and entry fees refunded. Otherwise, the meet will be held as scheduled and individual schools will have to decide whether or not to send their athletes if the weather proves to be inclement. In the event of rain on the day of the meet, we may consider having the High Jump and/or Pole Vault compete indoors.



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Order of Events

FIELD EVENTS

9:15 AM	Coach's Meeting at the Finish Line Tent	
10:00 AM	Boy's Triple Jump Girl's Triple Jump	followed by
10:00 AM	Boy's High Jump Girl's High Jump	followed by
10:00 AM	Girl's Pole Vault (non-scoring) Boy's Pole Vault (non-scoring)	followed by
10:00 AM	Boy's Discus Girl's Discus	followed by
Follows B Pent LJ	Girl's Long Jump Boy's Long Jump	followed by
Follows Pent SP	Girl's Shot Put Boy's Shot Put	followed by

*A maximum of 20 minutes flight specific warm up for LJ, TJ, DT, & SP.

*A maximum of 30 minutes warm up for HJ and PV.

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Order of Events

TRACK EVENTS

9:15 AM	Coach's Meeting at the Finish Line Tent	
9:30 AM	Girl's Pentathlon 100 Hurdles then to Shot Put, High Jump, Long Jump, 800m	
	Boy's Pentathlon 110 Hurdles then to Long Jump, Shot Put, High Jump, 1500m	
10:00 AM	Girl's 2000m Steeplechase	
	Boy's 3000m Steeplechase	
	Girl's 4x100m Relay	
	Boy's 4x100m Relay	
	Girl's 4x800m Relay	
	Boy's 4x800m Relay	
	Boy's 110m High Hurdle	TRIALS
	Girl's 100m High Hurdle	TRIALS
	Girl's 100m Dash	TRIALS
	Boy's 100m Dash	TRIALS
	Girl's 1500m Run	
	Boy's 1600m Run	
	Girl's 400m Dash	
	Boy's 400m Dash	
	Girl's 100m High Hurdle	FINALS
	Boy's 110m High Hurdle	FINALS
	Girl's 100m Dash	FINALS
	Boy's 100m Dash	FINALS
	Girl's 800m Run	
	Boy's 800m Run	
	Girl's 400m Intermediate Hurdles	
	Boy's 400m Intermediate Hurdles	
	Girl's 200m Dash	
	Boy's 200m Dash	
	Girl's 3000m Run	
	Boy's 3200m Run	
	Girl's 4x400m Relay	
	Boy's 4x400m Relay	

*A rolling schedule will be utilized to eliminate down time on the track. Girls will compete first on the track followed by boys with the exception of the high hurdle trials.

**St. Lawrence University
Track and Field Program**

RECORDS - M-P High School - Outdoor

Men

	Event	Mark	Date Set	Record Holder	Team Affiliation
Open	100m Dash	10.83	Jun-10-06	Rashad Johnson	Saunders
	200m Dash	22.13	Jun-10-06	Clemore Henry	Transit Tech
	400m Dash	48.28	Jun-10-06	Alie Beauvais	Hempstead
	800m Run	1:51.51	Jun-10-06	John Maloy	Shaker
	1600m Run	4:07.71	Jun-10-06	Owen Kimple	Fay.-Manlius
	3200m Run	9:01.75	Jun-10-06	Tommy Gruenewald	Fay.-Manlius
	110m Hurdles	14.34	Jun-10-06	Kemar Clarke	South Shore
	400m Hurdles	53.58	Jun-10-06	Kenyon Hicks	Corning
	3000m StplCh	9:02.56	Jun-10-06	Noel Bateman	Aquinas
	High Jump	6-04.00	Jun-10-06	Eugene Kennedy	Troy
	Pole Vault	15-06.00	Jun-10-06	Luke Schoen	West Islip
	Long Jump	22-11.75	Jun-10-06	Corey Smith	Beacon
	Triple Jump	49-06.00	Jun-10-06	Gary Jones	Webster-Sch.
	Shot Put	62-11.00	Jun-10-06	Blake Eaton	Allegany-Lime.
	Discus	185-01.00	Jun-10-06	Blake Eaton	Allegany-Lime.
	Out Pent	3251	Jun-10-06	Cory Pixley	Pioneer
	4x100m Relay	41.46	Jun-10-06	East HS (Rochester) B McGill, E Porter, V Hendrix, A McKinney	
	4x400m Relay	3:17.22	Jun-10-06	Transit Tech S McLean, M Armstrong, M Thompson, C Henry	
	4x800m Relay	7:42.04	Jun-10-06	Warwick Valley L Tafuto, M Segal, M Mark, P Gallagher	

**St. Lawrence University
Track and Field Program**

RECORDS - M-P High School - Outdoor

Women

	Event	Mark	Date Set	Record Holder	Team Affiliation
Open	100m Dash	12.01	Jun-10-06	Lynne Layne	New Rochelle
	200m Dash	24.11	Jun-10-06	Lynne Layne	New Rochelle
	400m Dash	55.33	Jun-10-06	Makalia Griffith	Hillcrest
	800m Run	2:09.49	Jun-10-06	Kristy Longman	Sayville
	1500m Run	4:31.76	Jun-10-06	Theresa Rush	Val. Str. North
	3000m Run	9:38.21	Jun-10-06	Aislinn Ryan	Warwick Valley
	100m Hurdles	14.41	Jun-10-06	Chia Hudson	Harvey School
	400m Hurdles	1:00.05	Jun-10-06	Dalilah Muhammad	Benjamin Cardozo
	2000m StplCh	6:36.05	Jun-10-06	Lindsay Ferguson	Saratoga
	High Jump	5-06.00	Jun-10-06	Brittany Dexter	Burnt Hills
	Pole Vault	11-00.00	Jun-10-06	Stephanie Duffy	Washingtonville
	Long Jump	18-01.75	Jun-10-06	Chia Hudson	Harvey School
	Triple Jump	39-00.75	Jun-10-06	Whitney Ford	White Plains
	Shot Put	43-01.00	Jun-10-06	Monica Ridgeway	Liverpool
	Discus	134-09.00	Jun-10-06	Shanekqua Limehouse	Murry Bergtraum
	Out Pent	3271	Jun-10-06	Nele Baade	Thomas Edison
	4x100m Relay	47.43	Jun-10-06	Hempstead F Wilks, M Moodie, R Cousins, R Anderson	
	4x400m Relay	3:50.43	Jun-10-06	Boys & Girls L Christmas, N Rodrigues, H Bruno, N Brown	
	4x800m Relay	8:56.78	Jun-10-06	Suffern C Heidt, C Goldmann, S Greany, K McKenna	

Merrick-Pinkard Track & Field Records

WOMEN

Event	Mark	Date Set	Record Holder	Team Affiliation
100m Dash	11.56	Apr-19-02	Ashley Purnell	Ottawa Lions TC
200m Dash	23.73	Apr-19-02	Ashley Purnell	Ottawa Lions TC
400m Dash	53.89	May-23-15	Heather Ingraham	Vassar
800m Run	2:07.39	May-24-03	Liz Woodworth	UW-Oshkosh
1500m Run	4:20.86	May-24-03	Missy Buttry	Wartburg
3000m Run	10:17.85	Apr-28-06	Liz Ludovici	St. Lawrence
5000m Run	15:51.23	May-24-03	Missy Buttry	Wartburg
10000m Run	34:08.59	May-22-03	Mary Proulx	Keene State
100m Hurdles	13.66	May-22-15	Adrianna Wright	Lehman
400m Hurdles	59.22	May-24-03	Tierra Hicks	Montclair State
3000m StplCh	10:25.32	May-23-15	Lucy Cheadle	Washington U
High Jump	1.75m	May-23-15	Jenna Breaker	Ripon
Pole Vault	4.15m	May-21-15	Cimran Virdi	MIT
Long Jump	6.09m	May-22-03	Darcell Edwards	McMurray
Triple Jump	12.87m	May-21-15	Bria Halama	UW La Crosse
Shot Put	15.18m	May-24-03	Healy Thompson	Williams
Discus	53.00m	May-21-15	Brandy Smith	Ithaca
Hammer	58.71m	May-22-15	Melanie Brickner	UW Oshkosh
Javelin	55.34m	May-23-03	Christina Scherwin	Moravian
Heptathlon	5091	May-22-15	Aedin Brennan	Dennison
4x100m Relay	45.90	May-23-15	UW Eau Claire K Woracheck, J Feineck, L Laufenberg, C Fehler	UW Eau Claire
4x200m Relay	1:56.93	Apr-15-08	St. Lawrence A Nuffer, M Derby, M Moore, C McKenzie	St. Lawrence
4x400m Relay	3:43.32	May-24-03	Wheaton (MA) T Donoghue, V Smith, J Bromell, A James	Wheaton (MA)
4x800m Relay	9:13.63	May-02-03	Ithaca B Pilling, L Janovich, A Laytham, K Cravotta	Ithaca

Merrick-Pinkard Track & Field Records

MEN

Event	Mark	Date Set	Record Holder	Team Affiliation
100mDash	10.51	May-1-15	Winston Lee	Cobleskill
200m Dash	21.07	May-24-03	Andrew Rock	UW-La Crosse
400m Dash	45.29	May-24-03	Andrew Rock	UW-La Crosse
800m Run	1:49.51	Apr-24-03	Nick Symmonds	Willamette
1500m Run	3:46.66	May-24-03	Nick Symmonds	Willamette
5000m Run	14:10.29	May-23-15	Josh Thorson	UW Eau Claire
10000m Run	30:09.44	May-22-03	Cory Stelljes	UW-Platteville
2 Mile Run	9:44.13	Apr-28-06	Erik Donohoe	St. Lawrence
110m Hurdles	14.17	May-22-15	Terrence Gibson	Worcester State
400m Hurdles	50.57	May-23-15	Luke Campbell	Salisbury
3000m StplCh	8:46.58	May-23-15	Dawson Miller	UW Whitewater
High Jump	2.16m	May-22-03	Dan Olson	Wheaton (Ma)
Pole Vault	5.35m	May-23-03	Hans Schmidt	UW-La Crosse
Long Jump	7.38m	May-23-03	Dion Ballentine	Carthage
Triple Jump	15.51m	May-23-15	Chris Perry	Bridgewater State
Shot Put	18.73m	May-23-15	Roger Steen	UW Eau Claire
Discus	56.90m	May-21-15	Grant Harvard	UW La Crosse
Hammer	64.49m	May-21-15	Pat Weinert	Oneonta
Javelin	67.50m	May-23-15	Travon Godette	Westfield State
Decathlon	7279	May-22-15	Brandon Zarnoth	UW Eau Claire
4x100m Relay	40.28	May-23-15	UW La Crosse R Denman, A Koenen, Z Rothering, J Koenecke	UW La Crosse
4x400m Relay	3:10.68	May-23-15	Mount Union T Mettille, T Sparks, T Neff, C Swisher	Mount Union
4x800m Relay	7:44.45	May-06-06	St. Lawrence M Burnham, D Lloyd, E Donohoe, B Aucter	St. Lawrence