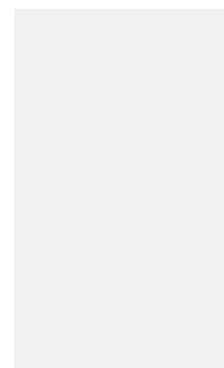


**2020 Elmira City School District
Waite/Molnar
Track and Field Invitational
April 25, 2020**



**If your team will be participating in this invitational
please fax the following information to the Elmira
City School District
Athletic Office @ 735-3565 ASAP.**

School Name	
Coach's Name	
Coach's Phone Number	
Athletic Director Name	
Athletic Director Phone Number	
Yes, We will be attending	No, we will not attend

**The first sixteen teams to apply
will be entered into this invitational.**

**Entry Fee of \$250.00 for this invitational is due:
April 8th, 2020**

**2020 Elmira City School District
Waite/Molnar
Track and Field Invitational
April 25, 2020**

The Track and Field coaching staff are excited to bring the Waite/Molnar Track and Field Invitational. We would like to invite you and your team to join us on Saturday, April 25, 2020. The Waite/Molnar Invitational will be held at Elmira's 8 lane all-weather track located at Ernie Davis Academy. We will be using our F.A.T. System.

We are planning on having a 16 team invitational with 6 place finishers. The first sixteen teams to apply will be entered. There will be a \$250.00 entry fee due April 8th. This includes both boys and girls. If it is just one team (b/g) the fee is \$150.00. Ribbons will be awarded to the top 6 place winners and first place will receive a championship t-shirt.

Entries are limited to 3 per open event & one relay teams per event(*). All submissions or team entries must be in by Wednesday, April 22 at 9:00 pm. No entries will be accepted after 9:00 pm. We are in the process of switching to milesplit.com for entries but we may still be using syndexsports.com to enter your athletes. Throws and jumps will be three throws/jumps - top seven to finals with three more. We will also be running a 2000/3000 steeplechase. Order of events and other finalized information regarding the invitational will be provided by email. Contact either Dave Perkins Dperkins@elmiracityschools.com or Ben Cardamone Bcardamo@elmiracityschools.com if you have questions.

Please note:

- 1/8" pyramid spikes are the only spikes allowed on the track
- Concession stand and locker room facilities will be available
- Starting Heights: will be TBA

Entry Fee of \$250.00 should be received by April 8th 2020

Please mail this to:

**Checks are made to Elmira Cross Country & Track and Field Club
933 Hoffman Street
Elmira, New York 14905
ATT: Ben Cardamone**

Waite/Molnar INVITATIONAL ORDER OF				3 entries per event
11:00AM coaches meeting				1 relay entry per team
11:30AM start FIELD/12:00 TRACK				
1	2000M	Steeplechase	G	Final
2	3000M	Steeplechase	B	Final
3	400M	Relay	G	Semi
4	400M	Relay	B	Semi
5	3200M	Relay	G	Final
6	100 HH	Hurdles	G	Semi
7	3200M	Relay	B	Final
8	100M	Dash	G	Semi
9	100M	Dash	B	Semi
10	100 HH	Hurdles	G	Final
11	110 HH	Hurdles	B	Semi
12	1500M	Run	G	Final
13	400M	Dash	G	Final-Timed
14	110 HH	Hurdles	B	Final
15	1600M	Run	B	Final
16	400M	Dash	B	Final-Timed
17	100M	Dash	G	Final
18	100M	Dash	B	Final
19	400MH	Hurdles	G	Final-Timed
20	400MH	Hurdles	B	Final-Timed
21	200M	Dash	G	Semi
22	200M	Dash	B	Semi
23	800M	Run	G	Final
24	800M	Run	B	Final
25	3000M	Run	G	Final
26	200M	Dash	G	Final
27	200M	Dash	B	Final
28	3200M	Run	B	Final
29	400M	Relay	G	Final
30	400M	Relay	B	Final
31	1600M	Relay	G	Final
32	1600M	Relay	B	Final
33	Weightmans 400MRE	Relay	B	Final
34	Weightmans 400MRE	Relay	G	Final
Boys Discus		8 to finals throws & jumps		
Boys Pole Vault		3 throws for Prelim/ 3 throws in finals		
Girls ShotPut		Starting heights will be determined		
Girls/boys Long jump		for HJ, PV the day of the meet		
Girls High Jump		3 jumps for Prelims/ 3 jumps in finals		
Followed By				
Girls/boys Triple Jump		10:45 Implement weigh in		
Girls Discus		at the green bin by throwing area		
Boys Shot Put				
Girls Pole Vault				
Boys High Jump				

WAITE MOLNAR RECORDS

Boys Records

<u>Event</u>	<u>Athlete Name</u>	<u>School</u>	<u>Year</u>	<u>Performance</u>
3200M	M.Jones	Elmira Southside	1984	09:21.0
100M	J. Greven	Elmira Southside	1982	10.7
110MH	Wynn Curtis	Corning	2013	14.61 fat
800M	Brian Crimmins	Horseheads	2012	1:54.88fat
400M	B.Sumner	McQuaid	1989	49.2
	Lucas Young	Trumansburg	2011	49.43fat
400H	Cedric Forbes	Corning	2010	56.8
200M	Lucas Young	Trumansburg	2011	22.54fat
1600M	Brian Crimmins	Horseheads	2012	4:18.46fat
4x100	Henderson,Miller,Weaver,Oliver	Elmira Southside	2010	0.45.0
	Chuchville-Chili	Chuchville-Chili	1992	0.45.0
4x800	McQuaid	McQuaid	1989	8.14.7
4x400	Corning	Corning	2010	3.30.30
SteepleChase 3k	Marty Dolan	Niskayuna	2019	9:46.79 FAT
SteepleChase 2k	Trevor Prutsman	Corning	2017	7:11.12 FAT
LJ	Jarred Gambrell	Athens	2011	22' 7.75"
TJ	Jarred Gambrell	Athens	2011	49' 2"
HJ	A. Zaliaskas	Q.E. Ont. Can	1987	6'08
Discus	D. Geem	McQuaid	1981	154'11
SP	T. Schaffer	Vestal	1991	55'02
PV	David Miller	Elmira Southside	2010	13'08

Girls Records

<u>Event</u>	<u>Athlete</u>	<u>School</u>	<u>Year</u>	
3000M	Jessica Lawson	Corning	2017	10:10.17 FAT
100M	Lindsey Seymour	Elmira Southside	2011	12.38fat
100MH	T. Travis	EFA	1982	15.6
800M	Maddie Ustanik	Corning	2015	2:14.68 FAT
400M	Nicole Leo	Binghamton	2015	58.68 FAT
400H	Kathy Cadet	Union Endicott	2012	1:06.87fat
200M	Lindsey Seymour	Elmira Southside	2011	25.57fat
1500M	Jessica Lawson	Corning	2017	4:34.44 FAT
4x100	McGee,Brown,Pierson,Seymour	Elmira Southside	2010	49.5
4x800	P.Cooper, Rogus, Ustanik, Butler	Corning	2015	9:43.04 FAT
4x400	McGee,Brown,Pierson,Seymour	Elmira Southside	2010	04:09.0
Steeplechase	Abbey Wheeler	Elmira District	2013	7:26.21 fat
LJ	Breana Gambrell	Athens, Pa.	2017	19' 3.25"
TJ	K. Peet	Vestal	1992	36'07.5
HJ	R. Schmitt	Newark	1983	5'05
Discus	C. Sweet	Horseheads	1983	127'07
SP	C. Sweet	Horseheads	1983	43'09
PV	Christina DiMichelle	Vestal	2011	11' 0"