



Westhill Modified Showcase

Date: Saturday, June 3, 2023
Location: Westhill High School
Time: Warm ups to start at 11:15am
All running and field events to start at 12:00pm

Entry process

- 1) Please email your intent to participate to runrunreid@aol.com as early as possible. We will accept a limited amount of teams and will not allow entry for any teams that may inquire after we have reached our entry limit.
- 2) When you send your intent to participate, we will forward you a form to complete your entries
- 3) Send entries to runrunreid@aol.com by June 1 at 10:00pm

Entry Fees

\$100.00 for a one-team (boys only or girls only) entry
\$150.00 for combined boys and girls entry from one school
\$10.00 for each individual or relay team

Please make checks or vouchers payable to

Westhill Cross Country

Please send checks or vouchers to:

Dan Reid
Westhill High School
4501 Onondaga Boulevard
Syracuse, NY 13219

Timing

- This meet will be hand timed
- At the conclusion of each event, we will enter the results of that event into a Google Sheet
- We will share the link to the results with the coaches of each team allowing them to share it with their athletes and parents
- All results will be posted to the Google Sheet shortly after each event

Entry Limits

Pole Vault and High Jump- 3 entries (may allow more dependent on total entries)

All other events- **Unlimited entry**

***** In order to provide the opportunity to allow for unlimited entry in most of the events in our meet, the meet organizers will cap the number of teams allowed to enter. Please declare your intent to participate as early as possible in order be allowed entry into our meet.**

Order of Running Events

55m HH

4 x 100

1500

400m Run

100m Dash

800m Run

200m Hurdles

4 x 200

Field Events

Pole Vault

Girls @ 1:00pm, Boys to follow

High Jump

2 pits, both B and G to start at 1:00pm

Long Jump

2 pits, both B and G to start at 1:00pm

Triple Jump

Will follow Long Jump

Shot Put

Boys @ 1:00pm, Girls to follow

Discus

Girls @ 1:00pm, Boys to follow