



9th Annual Westhill Spring Break Invitational

Date: Tuesday, April 15, 2025
Location: Westhill High School
Time: Warm-ups to start at 12:15
All running and field events to start at 1:00pm

Our pledge:

- We intend to host a quality meet with a variety of events
- We intend to host a meet that runs on schedule and will be completed in time for everyone to be home for dinner

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) All entries should be made through ny.milesplit.com.
- 3) Entry deadline is April 12 at 10:00pm.

***** 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 to be allowed entry into our meet.**

Entry Fees

***** Checks or vouchers payable to Westhill Cross Country**

\$200.00 for a one-team (boys only or girls only) entry
\$350.00 for combined boys and girls entry from one school
\$10.00 for each individual or relay team

Please send checks or vouchers to:

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

Entry Limits

Entry limits for this meet are as follows:

- Unlimited entry for all events on the track, including relays
- Unlimited entry in the Long Jump and Triple Jump
- Pole Vault and High Jump- 3 entries (may allow more dependent on total entries)
- Shot Put and Discus
 - o Due to facility limitations, we will accept the top 50 athletes in each of these events, based on the distances at which they are seeded
 - o This means that some teams may have zero athletes, 1 athlete or several athletes able to participate in these events
 - o **Please make sure to enter an accurate seed for your throwers when completing entries. We will use seeds to determine which athletes will be accepted into the throws. Athletes entered without a seed distance will not be accepted into either throwing event**
 - o We will review entries as soon as our entry deadline has passed and provide a list of accepted entries for the throws on 4/13.

Order of Running Events

(1/4 inch pin spikes allowed)

Ed Lukens 3 x 100 Shuttle Hurdle	(G)
2000 Steeplechase	(G)
Ed Lukens 3 x 110 Shuttle Hurdle	(B)
3000 Steeplechase	(B)
100m dash	(G)
100m dash	(B)
1500m Run	(G)
1600m Run	(B)
200m Dash	(G)
200m Dash	(B)
800m Run	(G)
800m Run	(B)
4 x 400	(G)
4 x 400	(B)
200m Hurdles	(G)
200m Hurdles	(B)

Field Events

Shot Put	1:00pm- Girls Shot	3:00pm- Boys Shot
Discus	1:00pm- Boys Discus	3:00pm- Girls Discus
Long Jump	Open Pit, B/G, 1:00pm-3:00pm ***Two pits available	
Triple Jump	Open Pit, B/G, 3:00pm-5:00pm ***Two pits available	
High Jump	(B then G)	
Pole Vault	(G then B)	

*****Field Event Notes**

- Open Pits (LJ/TJ) will end at scheduled times. Please inform your athletes to complete their jumps in the time permitted
- Pole Vault starting heights to be determined by entries
- We are hoping to run two PV and HJ pits. If we are able to do so, both boys and girls PV and HJ will start at 1:00pm.

Results

All results will be posted on leonetiming.com. Additionally, results will be forwarded to tullyrunners.com and ny.milesplit.com