



3rd Annual Westhill-Ludden Spring Break Invitational

Date: Tuesday, April 18, 2017
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 provide a reasonably priced meet
- 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 by April 11
- 2) All entries should be made through ny.milesplit.com.
- 3) Entry deadline is April 16 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

Entry Limits

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

All other events- **Unlimited entry**

Order of Running Events

(1/4 inch pin spikes allowed)

2000 Steeplechase	(G)
3 x 100 Shuttle Hurdle	(G)
3000 Steeplechase	(B)
3 x 110 Shuttle Hurdle	(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)

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 and G, 1:00pm-3:00pm ***Two pits available	
Triple Jump	Open Pit, B and G, 3:00pm-5:00pm ***Two pits available	
High Jump	(B then G)	
Pole Vault	(G then B)	

*****Field 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

Results

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

Awards

T-shirts to the winners of each individual event and relay.