



## **THE JACK REED UPSTATE SHOWCASE**

### *HIGH SCHOOL INVITATIONAL*

@ Nazareth College, sponsored by Penfield HS

*Saturday, January 11<sup>th</sup> 2020*

#### **Meet Director**

James Goss

Phone: (585) 389-2852

Fax: (585) 389-2950

E-mail: [jgoss2@naz.edu](mailto:jgoss2@naz.edu)

**Meet Entry:** All participating teams will need to email James Goss, Director of Track & Field / Cross Country at Nazareth ([jgoss2@naz.edu](mailto:jgoss2@naz.edu)) by December 6<sup>th</sup> to declare their intent to compete in this meet. We will limit the number of teams to make sure the meet runs efficiently. Coaches will enter the meet through the YenTiming website (<https://coach.yentiming.com/#/login>). You must enter your team/individuals by the entry deadline of Wednesday, January 8<sup>th</sup> in order to be entered in the meet.

**Entry Information:** We will have qualifying standards and entry restrictions at this elite meet. We will allow up to **(3)** per event on the track and **(2)** per event in the field events. Qualifying standards for the meet are listed below. Detailed instructions regarding entries will be available at <http://yentiming.com>. Coaches can enter athletes at the following link: YenTiming Entry: <https://coach.yentiming.com/#/login>. Any questions regarding entry instructions should be e-mailed to Dave Yen at: [coachyen@gmail.com](mailto:coachyen@gmail.com).

**Entry Fee:** The entry fee will be \$175.00 per gender/team, \$350.00 for a combined boys and girls team or \$20 per athlete. 9 or more athletes will constitute a team. You will be charged for individuals **entered** in the meet. Checks should be made out to: **Nazareth College Track & Field** and be mailed to:

James Goss  
Director of Track & Field / Cross Country  
Nazareth College  
4245 East Avenue  
Rochester, NY 14618

**Eligibility:** Only current high school eligible athletes will be allowed to compete in this meet. All New York State High School rules will be followed. Open athletes cannot be entered into this meet.

**Entry Deadlines:** Entries will close at 11:59pm (eastern) on Wednesday, January 8<sup>th</sup> and will be strictly adhered to. No declaration is necessary. All entries are final. Performance lists will be posted at: <http://www.yentiming.com> and on the Nazareth College Athletics website: <https://nazathletics.com/index.aspx?path=mtrack>

**Scratches:** All known scratches will be collected Saturday morning by 9:30am on a scratch sheet and turned into the timing table.

**The Facility:** The Golisano Training Center was completed in August of 2019 and features a 200 meter 13.5mm Mondo Super X 720 surface. The track has six 44" lanes around the oval and eight 44" lanes on the straightaway with a 21 meter turn radius. Two long jump/triple jump runways designated for each gender, with 2-pole vault

runways and high jump capabilities. The throwing cage is suspended from the ceiling and features a brushed inlaid concrete circle. We offer an 8' take-off board in the long jump with (24' painted) 28' and 32' foot boards for triple on the women's runway and (32' painted) 36' and 40' for the men's runway. Adjacent to the indoor track is an 80x40 yard turf field which will be used for athlete warm-ups and check-in. Within the track area we have bleacher seating for 1000 spectators.

**Timing:** Fully automated Hy-Tek timing will be used and directed by YenTiming. Results will instantly be posted to our video board and will be available throughout at <http://live.yentiming.com>

**Check-in:** All **track athletes MUST check-in with the clerk at least 30 minutes prior** to the scheduled start of their event. **Athletes must bring their spikes to check-in to be cleared for competition.** Athletes are encouraged to check-in early if they know they will be running. Check-in will be located on the adjacent turf area. **Athletes not checked-in before the allotted time will be scratched from that event.** No exceptions will be made!

**Rules:** Only athletes competing in an event and their coaches are allowed in the infield. Warm ups are to be conducted in the turf area or outside the training center. **Only water, NO food or sports drinks will be allowed inside the competition area or turf.** Please help us keep our facility clean by cleaning up your teams area when you leave.

**Team Camps:** Teams are to set-up their team camps on the concrete perimeter surrounding the turf. All food and drinks are to remain on the concrete pad or in the main corridor. No sitting in the main hallway/concourse will be allowed. Please pick up any trash at the end of the meet.

**Athletic Trainers:** We will not be providing athletic trainers for the meet. Please make your own arrangements with your team trainer.

**Spikes:** Maximum spike length will be **1/4 inch pyramids**. Judges and clerks will be tagging shoes at check-in for each event. Athletes will not be allowed to compete with spikes other than 1/4 pyramids.



**Implements:** Weigh-Ins will take place in the storage area southeast corner (right hand side) of the track. All implements will be weighed in at check-in, opening an hour and a half before the scheduled start of the weight throw and closing 30 minutes prior to start. All implements should be weighed in at this time.

**Advancement:** All races other than the 55m and 55m hurdles will be timed finals and run fast to slow. Please do your best with seeding your athletes to make for fair heat/lane assignments.

**Scoring:** This meet will be scored.

**Awards:** Event winners will receive a t-shirt with the team champions for boys and girls receiving a trophy.

**Results:** Results will be posted after completion of each event in the concourse of the GTC. They will also be available at the conclusion of the meet on <http://yentiming.com> and <https://nazathletics.com/index.aspx?path=mtrack>

**Spectator Fee:** We will be charging a meet ticket entry for non-competitors of \$5.00 per person 18 years and older. Students and children will not be charged.

**Parking:** Buses will be able to drop off athletes and coaches just outside the Golisano Training Center in the "Q" Lot but will then need to proceed to the Stadium Parking Lot "P". Spectators will be able to park in the "Q" Lot. We will have parking attendants directing buses on where to park upon drop off at the Stadium.

# JACK REED



# SHOWCASE

**"TENTATIVE"** \*The final time schedule will be set/posted once we receive entries

## **SCHEDULE OF FIELD EVENTS** (top 8 advances to finals)

TIME	EVENT	SECTION
8:30-9:45pm	Implement Certification @ Storage Area	---
10:00am	Weight Throw (WOMEN) *men to immediately follow	FINALS
	Long Jump (MEN & WOMEN) *triple to immediately follow	FINALS
	Pole Vault (MEN) *women to immediately follow	FINALS
	High Jump (WOMEN) *men to immediately follow	FINALS
1:00pm	Shot Put (WOMEN) *men to immediately follow	FINALS

*\*20 minutes for flight specific warm-up if needed. No general warm ups will be conducted.*

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## **SCHEDULE OF TRACK EVENTS**

TIME	EVENT	SECTION
10:00am	4x200m Meter Relay (GIRLS)	FINALS
	4x200m Meter Relay (BOYS)	FINALS
	3000m Run (GIRLS)	FINALS
	3200m Run (BOYS)	FINALS
	4x800m Relay (GIRLS)	FINALS
	4x800m Relay (BOYS)	FINALS
	55m Hurdles (GIRLS)	TRIALS
	55m Hurdles (BOYS)	TRIALS
	55m Dash (GIRLS)	TRIALS
	55m Dash (BOYS)	TRIALS
	1500m Run (GIRLS)	FINALS
	1600m Run (BOYS)	FINALS
	55m Hurdles (GIRLS)	FINALS
	55m Hurdles (BOYS)	FINALS
	55 Meter Run (GIRLS)	FINALS
	55 Meter Run (BOYS)	FINALS
	600 Meter Dash (GIRLS)	FINALS
	600 Meter Dash (BOYS)	FINALS
	1000 Meter Run (GIRLS)	FINALS
	1000 Meter Run (BOYS)	FINALS
	300 Meter Run (GIRLS)	FINALS
	300 Meter Run (BOYS)	FINALS
	4x400 Meter Relay (GIRLS)	FINALS
	4x400 Meter Relay (BOYS)	FINALS



## Qualifying Marks for Competitors to Enter the Showcase Meet

EVENT	BOYS	GIRLS
55m Dash	6.90	7.90
55m Hurdles	8.85	10.00
300m Dash	39.50	46.50
600m Run	1:32.00	1:50.00
1000m Run	2:52.00	3:22.00
1600/1500m Run	4:52.00	5:25.00
3200m/3000m Run	10:45.00	11:40.00
<b>RELAYS</b>		
4x200m Relay	1:39.00	1:56.00
4x400m Relay	3:40.00	4:22.00
4x800m Relay	8:35.00	10:20.00
<b>FIELD EVENTS</b>		
Weight Throw	43'	33'
Shot Put	41'	28'
Long Jump	19'	15'
Triple Jump	39'	31'6
High Jump	5'5	4'6
Pole Vault	10'6	8'0

**\*Opening Heights & Minimum Marks (subject to change based on field sizes)**

- Women's High Jump: 4'2"
- Men's High Jump: 5'0"
- Women's Pole Vault: 7'0"
- Men's Pole Vault: 9'0"

*-We will not hold the bar for any individual athlete who fails to return after going to another event.*

# Jack Reed



Jack Reed is more than just a retired history teacher from upstate Jordan-Elbridge. He is a former high school coach, a very successful one, who led Skaneateles to numerous State and County titles. After retiring from teaching in 2006, Reed wanted to do something to memorialize his time as a Coach in one of the strongest sections in the country. So he wrote. All summer in fact, gaining encouragement and support from the close network of friends cross country/track coaching provides. "I wanted to pay tribute to the sport," Reed said. "I have a history background, so I wanted to produce a piece of running history for runners to engage with for years to come. I think I've accomplished that with *Back to the Front*."

It would take until 2009 for the first release to come out commercially. When it did, kids were able to read a humbling story of the truth behind the titles. Coach Reed lays it all out on the table, holds nothing back of the tragic car accident that took the life of a teenager, the former Skaneateles athlete-turned Olympian emailing Reed the day before his biggest race ever, and even the personal turmoil of coaching an unsuccessful team after a decade of champions. *Back to the Front* is a must read for any cross country/track coach in New York state. The intimate relationship Reed describes with the sport is mirrored every weekend throughout the state. Topics still being talked about today, such as team uniforms at states, are intimately addressed through Reed's own frustrations with the sport he loves. A story like no other before it, the text is laced with emails from parents and athletes, letters from former athletes 20 years later, and dozens of recounted memories that will last a lifetime for their possessors.

Since publication, Jack Reed has published two other novels. *Been Dead Already*, and the soon to be released *Undeclared*, are both fictional stories based on people in Reed's life. The personal triumphs in both stories are uplifting, and not to be missed. The perfect holiday gift, you can order your own copy at Reed's website, [www.jackreedbooks.com](http://www.jackreedbooks.com), or on Amazon as well.

### **Author**

Back to the Front (first printing 2008, 2011)

Been Dead Already (2011)

Once We Played, Now We Teach—A Collection of Essays (2005)

\*Contributed over 800 newspaper articles on Cross Country and Track & Field

Published in Track Coach Magazine, the official technical publication of USA Track & Field

Published in the NCAA News

### **Accolades**

Teacher of the Year

Coach of the Year—Cross Country

Coach of the Year—Indoor Track

Coach of the Year—Outdoor Track

### **Coaching**

Marcellus

Jordan-Elbridge

Skaneateles

*\*Coached a combined team for two winters consisting of Marcellus, Jordan-Elbridge and Skaneateles*

### **Championships**

Cross Country Girls NY State Champions 1995, 2000, 2001, 2003

Cross Country Girls NY State Runners-up 1999

Cross Country Girls Third Place 1996, 1997, 2006

15-year unbeaten streak in the Onondaga High School League 1993-2007 (93 straight)

Cross Country Boys #1 Rank in final NYS poll 1994

Cross Country Boys Top 3 Finishes in NYS 1993, 1994, 1995, 1999

Girls 4x800, 5-Time New York State Champions



### **Famous Athletes**

Jonathon Riley—Stanford; Athens Olympian, NCAA 5000 Meter Champion,  
11-Time Stanford All American, 3-time USA Indoor 3000 meter champ

James Goss—Lynchburg; NCAA Long Jump Champion, 5-Time NCAA South/Southeast Athlete of the Year,  
10-Time Lynchburg All-American, Head Coach, Nazareth College

Ann Abrahamson—Syracuse University; coSIDA Academic All-American  
Big East All-Academic;

Michelle LaFleur—Cortland State; Professional Runner, NCAA XC, 1500, 5k Champion

### **All-State Honorees**

45 named All-State

# **DIRECTIONS TO NAZARETH COLLEGE**

## **From the West**

- Take the New York State Thruway to exit 46.
- Take Interstate 390 North to Interstate 590 North to Interstate 490 East.
- Exit #23 at Linden Ave. Vere right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Vere right before you reach St. John Fisher.
- Entrance to Nazareth College will be on your right after Irondequoit CC.

## **From the East**

- Take the New York State Thruway to exit 45.
- Take Interstate 490 West to NY 31F/Fairport Rd. Exit #25. Turn left off exit onto 31F
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn right at the North Campus Entrance (entrance without a traffic light).

## **From the North**

- Take Interstate 590 South.
- From Interstate 590 South, take Interstate 490 East to Exit 25 (Fairport Road).
- Turn left, heading West on 31F/Fairport Road.
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn right at the North Campus Entrance (entrance without a traffic light).

## **From the South**

- Take Interstate 390 North to Interstate 590 North to Interstate 490 East.
- Exit #23 at Linden Ave. Vere right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Vere right before you reach St. John Fisher.
- Entrance to Nazareth College will be on your right after Irondequoit CC.

## **From Downtown Rochester**

- Take Interstate 490 East to exit 25 (Fairport Road).
- Turn left, heading west on Fairport Road.
- At the second light, turn left onto Route 96/East Avenue.
- Nazareth is about a mile down Route 96/East Avenue on your right.

## **From the Rochester International Airport**

- Leaving the airport, make a right-hand turn onto Brooks Avenue.
- From Brooks Avenue, turn right onto the Interstate 390 South entrance.
- Where 390 splits, stay to the left and follow Interstate 590 North to 490 East.
- Exit #23 at Linden Ave. Vere right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Vere right before you reach St. John Fisher.
- Entrance to Nazareth College will be on your right after Irondequoit CC.



# NAZARETH COLLEGE

## PARKING MAP

