



# Jack Reed High School Showcase

*Saturday, January 13<sup>th</sup> 2024*

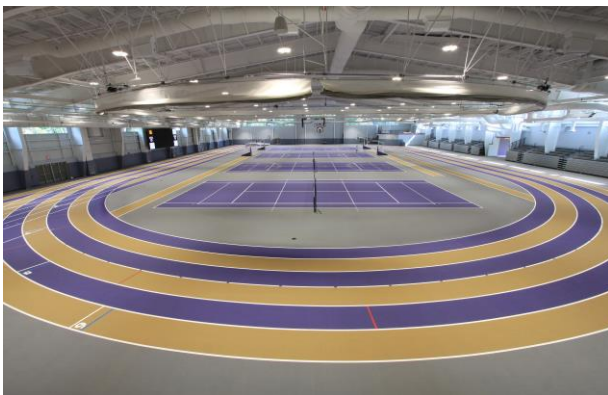
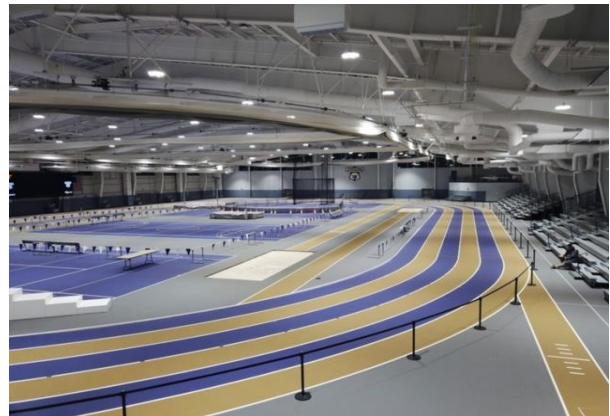
[Golisano Training Center](#)

*Home of the 2025 NCAA DIII Indoor T&F National Championships*

**Nazareth University**

**4245 East Avenue**

**Rochester, NY 14618**





**THE JACK REED UPSTATE SHOWCASE**  
**HIGH SCHOOL INVITATIONAL**

@ Nazareth College, sponsored by Pittsford Mendon HS  
*Saturday, January 13<sup>th</sup> 2024*

**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 8<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 Tuesday, January 9<sup>th</sup> in to be entered in the meet.** Performance lists will be posted at: <http://www.yentiming.com> and emailed to all coaches by Wednesday, January 10<sup>th</sup> @ 6:00pm.

**Entry Information:** We will have entry restrictions at this elite meet. Each team will be allowed:

- **(2 athletes)** per event on the track
- **(1)** relay per school
- **(2)** per event in the field events
- *Any additional athlete entries beyond this must meet the recommended marks for the meet listed below.*
- **Example:** *(Your team has 6 fast 300m runners who all are under the recommended mark. You can enter all 6 athletes)*

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 \$200.00 per gender/team, \$400.00 for combined boys and girls teams 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 University Track & Field** and be mailed to. *W9 attached below for your business office to process and PO's.*

**Attn: James Goss**

Director of Track & Field / Cross Country

Nazareth University

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 Tuesday, January 9<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 emailed to attending coaches by Wednesday, January 11<sup>th</sup> @ 6:00pm. <https://nazathletics.com/index.aspx?path=mtrack>

**Scratches:** All known scratches should be emailed directly to Dave Yen @ [coachyen@gmail.com](mailto:coachyen@gmail.com) before Friday, January 12<sup>th</sup> @ 6pm. Please make sure you scratch your athletes so we can eliminate empty lanes/sections.

**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 athletes wearing spikes must bring their spikes to check-in located on the turf field to be cleared for competition. **1/4 inch pyramids** are the only spike allowed. **Following spike check; track athletes can check-in with the clerk to receive their hip number heat/lane assignment at least 15 minutes prior** to the scheduled start of their event and report to the starting line. Athletes are encouraged to check-in early if they know they will be running. Check-in will be located on the adjacent turf area. **Field event athletes will need to report to their event at least 15 min prior to the scheduled start having their spikes already checked in the turf. 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 arena on our track surface.** Please help us keep our facility clean by cleaning up your teams area when you leave.

**Spectators:** 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. **Spectators are NOT ALLOWED to stand in the stairways or along the upper level in the fitness center.** This is deemed a fire hazard and you will be asked to return to the designated viewing areas.

**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.

**Starting Blocks:** **Leave your blocks at home. Only Nazareth University starting blocks will be used.**

**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.** If they don't look like the picture below, they will not pass. **Please have your spikes checked prior to reporting to your event at the table located in the turf.**



**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. Preferred lanes in the GTC for the 300m, 600m, 4x200 and 4x400 are 5,6,4,3,2,1.

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

**Awards:** Team Champions will be awarded a trophy at the conclusion of the meet. Event winner will be awarded a book written by former Skaneateles H.S. coach Jack Reed. Champions can pick up their books following their event in the turf.

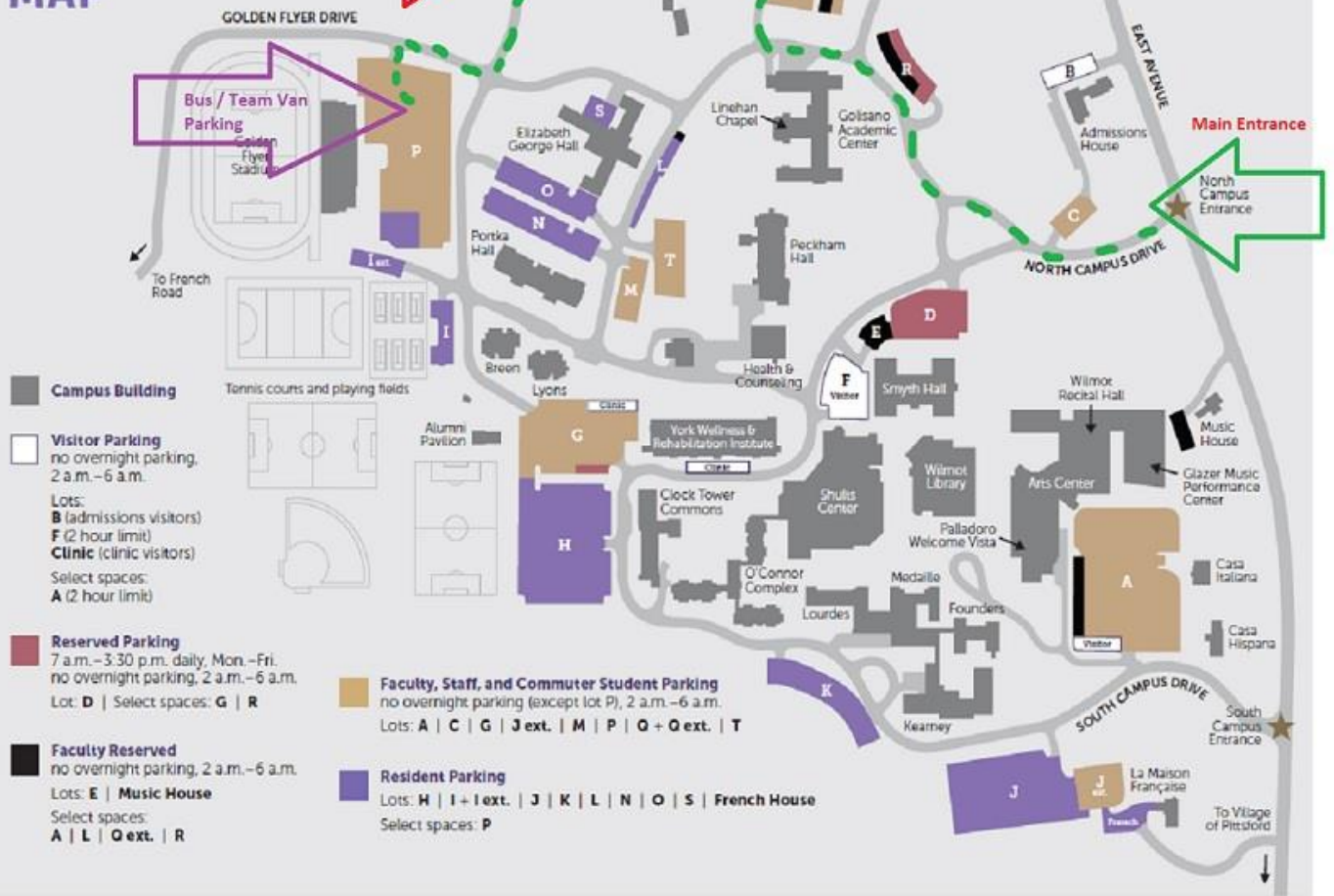
**Commemorative T-Shirts:** Will be available for sale in the main concourse area.

**Results:** Results will be live on <http://yentiming.com>.

**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.

**NAZARETH COLLEGE**

**PARKING MAP**



# JACK REED SHOWCASE

**Tentative** – A final time schedule will be released after entries are received.

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

TIME	EVENT	SECTION
8:30-9:45pm	Implement Certification @ Storage Area	---
10:00am	Weight Throw (Girls) <i>*boys to immediately follow</i>	FINALS
↓	Long Jump (Girls & Boys) <i>*triple to immediately follow</i>	FINALS
	Pole Vault (Boys) <i>*girls to immediately follow</i>	FINALS
	High Jump (Girls) <i>*boys to immediately follow</i>	FINALS
	Shot Put (Boys) <i>*girls to immediately follow</i>	FINALS

***\*15 minutes for flight specific warm-up if needed. No general warmups will be conducted.  
Only competing flights should be on the infield.***

**Tentative** – A final time schedule will be released after entries are received.

## SCHEDULE OF TRACK EVENTS (fast to slow unless a trial)

TIME	EVENT	SECTION
10:00am	4x200m Meter Relay (GIRLS)	FINALS
10:15am	4x200m Meter Relay (BOYS)	FINALS
10:25am	3000m Run (GIRLS)	FINALS
10:55am	3200m Run (BOYS)	FINALS
11:20am	4x800m Relay (GIRLS)	FINALS
11:35am	4x800m Relay (BOYS)	FINALS
11:50am	55m Hurdles (GIRLS)	TRIALS
12:00pm	55m Hurdles (BOYS)	TRIALS
12:10pm	55m Dash "Invite" (GIRLS) <i>*top 24</i>	TRIALS
12:15pm	55m Dash Open (GIRLS)	FINALS
12:20pm	55m Dash "Invite" (BOYS) <i>*top 24</i>	TRIALS
12:25pm	55m Dash Open (BOYS)	FINALS
12:35pm	1500m Run (GIRLS)	FINALS
12:55pm	1600m Run (BOYS)	FINALS
1:15pm	55m Hurdles (BOYS)	FINALS
1:20pm	55m Hurdles (GIRLS)	FINALS
1:25pm	55 Meter Dash (GIRLS)	FINALS
1:30pm	55 Meter Dash (BOYS)	FINALS
1:35pm	600 Meter Dash (GIRLS)	FINALS
1:50pm	600 Meter Dash (BOYS)	FINALS
2:20pm	1000 Meter Run (GIRLS)	FINALS
2:40pm	1000 Meter Run (BOYS)	FINALS
3:00pm	300 Meter Run (GIRLS)	FINALS
3:20pm	300 Meter Run (BOYS)	FINALS
3:45pm	4x400 Meter Relay (GIRLS)	FINALS
4:00pm	4x400 Meter Relay (BOYS)	FINALS
4:30pm	<i>Team Champions Presented Trophy</i>	

## **“Suggested Marks” for Competitors Entering the Showcase Meet**

<b>EVENT</b>	<b>&lt; BOYS</b>	<b>&lt; GIRLS</b>
55m Dash	7.00	8.00
55m Hurdles	9.00	10.00
300m Dash	40.00	47.00
600m Run	1:35.00	1:52.00
1000m Run	2:55.00	3:32.00
1600/1500m Run	5:00.00	5:35.00
3200m/3000m Run	10:55.00	12:15.00
<b>RELAYS</b>		
4x200m Relay	1:42.00	1:58.00
4x400m Relay	3:45.00	4:30.00
4x800m Relay	8:50.00	10:45.00
<b>FIELD EVENTS</b>		
Weight Throw	42'0	32'0
Shot Put	39'0	27'0
Long Jump	18'8	15'8
Triple Jump	39'0	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 *Undefeated*, 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, NCAA National Athlete of the Year 2001, Head Coach, Nazareth.

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. Veer right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Veer 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. Veer right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Veer 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. Veer right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Veer right before you reach St. John Fisher.
- Entrance to Nazareth College will be on your right after Irondequoit CC.

# Nearby Hotels & Lodging

## [Hilton Garden Inn](#)

800 Pittsford-Victor Road  
Pittsford, NY 14534  
585-248-9000  
4 miles from Nazareth College

## [Woodcliff](#)

199 Woodcliff Drive  
Fairport, NY 14450  
585-381-4000  
6 miles from Nazareth College

## [Hampton Inn and Suites](#)

7637 NYS Route 96  
Victor, NY 14564  
585-924-4400  
8 miles from Nazareth College

## [Hampton Inn by Hilton - Penfield](#)

950 Panorama Trail South  
Rochester, NY 14625  
585-249-0601  
3 miles from Nazareth College

## [Best Western Plus Victor Inn & Suites](#)

7449 NY-96  
Victor, NY 14564  
585-924-3933  
9.5 miles from Nazareth College

## [Country Inn & Suites by Radisson](#)

2835 Monroe Ave  
Rochester, NY 14618  
585-784-8400  
3 miles from Nazareth College

## [Courtyard Marriott Rochester East/Penfield](#)

1000 Linden Park  
Rochester, NY 14625  
585-385-1000  
4 miles from Nazareth College

## [Strathallan Doubletree by Hilton](#)

550 East Avenue  
Rochester, NY 14607  
585-461-5010  
5.3 miles from Nazareth College

## [Del Monte Lodge](#)

41 North Main Street  
Pittsford, NY 14534  
585-381-9900  
Less than 1 mile from Nazareth College

## [Holiday Inn Express & Suites Rochester/Victor](#)

7502 Main St Fishers  
Victor, NY 14564  
585-672-2100  
9.4 miles from Nazareth College

# Request for Taxpayer Identification Number and Certification

Give Form to the requester. Do not send to the IRS.

▶ Go to [www.irs.gov/FormW9](http://www.irs.gov/FormW9) for instructions and the latest information.

Print or type. See Specific Instructions on page 3.

1 Name (as shown on your income tax return). Name is required on this line; do not leave this line blank. <b>Nazareth University</b>	
2 Business name/disregarded entity name, if different from above	
3 Check appropriate box for federal tax classification of the person whose name is entered on line 1. Check only <b>one</b> of the following seven boxes.  <input type="checkbox"/> Individual/sole proprietor or single-member LLC <input checked="" type="checkbox"/> C Corporation <input type="checkbox"/> S Corporation <input type="checkbox"/> Partnership <input type="checkbox"/> Trust/estate  <input type="checkbox"/> Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=Partnership) ▶ _____ <b>Note:</b> Check the appropriate box in the line above for the tax classification of the single-member owner. Do not check LLC if the LLC is classified as a single-member LLC that is disregarded from the owner unless the owner of the LLC is another LLC that is <b>not</b> disregarded from the owner for U.S. federal tax purposes. Otherwise, a single-member LLC that is disregarded from the owner should check the appropriate box for the tax classification of its owner.  <input type="checkbox"/> Other (see instructions) ▶ _____	4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3):  Exempt payee code (if any) <b>5</b>  Exemption from FATCA reporting code (if any) _____  <i>(Applies to accounts maintained outside the U.S.)</i>
5 Address (number, street, and apt. or suite no.) See instructions. <b>4245 East Avenue</b>	Requester's name and address (optional)
6 City, state, and ZIP code <b>Rochester, NY 14618</b>	
7 List account number(s) here (optional)	

## Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on line 1 to avoid backup withholding. For individuals, this is generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the instructions for Part I, later. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN*, later.

**Note:** If the account is in more than one name, see the instructions for line 1. Also see *What Name and Number To Give the Requester* for guidelines on whose number to enter.

<b>Social security number</b>									
<b>OR</b>									
<b>Employer identification number</b>									
1	6	-	0	7	4	3	0	8	8

## Part II Certification

Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and
3. I am a U.S. citizen or other U.S. person (defined below); and
4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

**Certification instructions.** You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions for Part II, later.

<b>Sign Here</b>	Signature of U.S. person ▶	Date ▶
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## General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

**Future developments.** For the latest information about developments related to Form W-9 and its instructions, such as legislation enacted after they were published, go to [www.irs.gov/FormW9](http://www.irs.gov/FormW9).

## Purpose of Form

An individual or entity (Form W-9 requester) who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) which may be your social security number (SSN), individual taxpayer identification number (ITIN), adoption taxpayer identification number (ATIN), or employer identification number (EIN), to report on an information return the amount paid to you, or other amount reportable on an information return. Examples of information returns include, but are not limited to, the following.

- Form 1099-INT (interest earned or paid)

- Form 1099-DIV (dividends, including those from stocks or mutual funds)
  - Form 1099-MISC (various types of income, prizes, awards, or gross proceeds)
  - Form 1099-B (stock or mutual fund sales and certain other transactions by brokers)
  - Form 1099-S (proceeds from real estate transactions)
  - Form 1099-K (merchant card and third party network transactions)
  - Form 1098 (home mortgage interest), 1098-E (student loan interest), 1098-T (tuition)
  - Form 1099-C (canceled debt)
  - Form 1099-A (acquisition or abandonment of secured property)
- Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN.

*If you do not return Form W-9 to the requester with a TIN, you might be subject to backup withholding. See What is backup withholding, later.*