



## *1<sup>st</sup> Annual Lancer Track & Field Invitational*

- Date: Friday, May 08, 2015
- Location: Eastridge High School  
2350 E. Ridge Road  
Rochester, NY 14622
- Time: 4:30PM (4:15 Coaches meeting)
- Facilities: 8 lane all-weather track with steeplechase pit, 2 LJ/TJ pits, 2PV pits, 2 HJ mats, 1 shot/discus circle. 2,500 seat stadium for team and spectator viewing with bathrooms located under stadium.
- Entry Fee: \$100 per single gender team (plus a voucher)                      **THE FIRST 16 PAID SCHOOLS  
\$150 for both boys and girls team (plus a voucher)                      WILL BE ENTERED IN MEET.**

Please send payment to:  
*East Irondequoit Athletic Office  
Attn. Sean Curynski  
2350 E. Ridge Road  
Rochester, NY 14622*

Make checks payable to:  
*“Eastridge All Sports Boosters”*

**Please email intent to participate by Friday, April 24th to:**  
*Sean\_Curynski@eastiron.monroe.edu*

- Entries: Entries will be done online through Yentiming.com.  
**I will email you when the entry window will be available for you to enter your team online.**
- Each team will be allowed to enter 4 athletes for all laned events (4 girls & 4 boys) and unlimited entries for non-laned events.

**In the field events, you may enter 3 boys and 3 girls per field event.  
Each team will be allowed to enter 1 relay team for all relays and 1 JV relay in the 400m Relay.  
Athletes will be allowed to do 4 events.**

- Results: Fully Automated Timing provided by Yen timing and results will be posted on Yentiming.com
- Awards: Team Trophies-  
Boys Winning Team                      Scoring- 10, 8, 6, 5, 4, 3, 2, 1  
Girls Winning Team                      Ribbons 1- 8 in each event
- Other: Concession stand will be open  
T-shirts will be available for sale  
Spectator parking on school campus  
Bus parking will be in front of the school parallel to Ridge Road



Order of Events: All running events will be conducted as finals. Sections, lanes and flights will be seeded according to entry times or distances. Sections will run from slow to fast. All athletes in running events will wear a hip number.

Track Events

G/ 100m Hurdles  
B/ 110m Hurdles  
G/ 2000m Steeple (*Unlimited entries*)  
B/ 3000m Steeple (*Unlimited entries*)  
G/ 4x100m Relay  
G/ 4x100m Relay (*JV Relay*)  
B/ 4x100m Relay  
B/ 4x100m Relay (*JV Relay*)  
G/ 4x400m Relay  
B/ 4x400m Relay  
G/ 1500m Run (*Unlimited entries*)  
B/ 1600m Run (*Unlimited entries*)  
G/ 100m Dash  
B/ 100m Dash  
G/ 400m Dash  
B/ 400m Dash  
G/ 3000m Run (*Unlimited entries*)  
B/ 3200m Run (*Unlimited entries*)  
G/ 400m Hurdles  
B/ 400m Hurdles  
G/ 800m Run  
B/ 800m Run  
G/ 200m Dash  
B/ 200m Dash  
G/ 4x800m Relay  
B/ 4x800m Relay

Field Events

Boys Discus/Girls Shot Put, then...  
Boys Shot Put/Girls Discus

Boys Long Jump (East pit)  
Girls Long Jump (West pit)

*\*Open pit from 4:30-6:00*  
*\*NEW SAND IN BOTH PITS!!*

Boys Triple Jump (West pit)  
Girls Triple Jump (East pit)

*\*Open pit from 6:00-7:30*  
*\* NEW SAND IN BOTH PITS!!*

Girls High Jump (Start at 4' 00")  
Boys High Jump (Start at 5' 00")

Girls Pole Vault (Start at 7' 00")  
Boys Pole Vault (Start at 8' 00")



