



1st 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) \$150 for both boys and girls team (plus a voucher)

THE FIRST 16 PAID SCHOOLS 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.

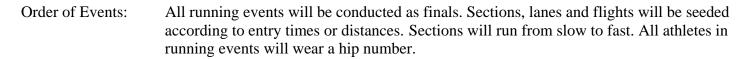
Results: Fully Automated Timing provided by Yen timing and results will be posted on Yentiming.com

Awards: Team Trophies-Boys Winning Team Girls Winning Team

Scoring- 10, 8, 6, 5, 4, 3, 2, 1 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





1210

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

<u>Field Events</u> Boys Discus/Girls Shot Put, then... Boys Shot Put/Girls Discus

Boys Long Jump (East pit)* Open pit from 4:30-6:00Girls Long Jump (West pit)* <u>NEW SAND IN BOTH PITS</u>!!Boys Triple Jump (West pit)* Open pit from 6:00-7:30Girls Triple Jump (East pit)* <u>NEW SAND IN BOTH PITS</u>!!Girls High Jump (Start at 4' 00")* <u>NEW SAND IN BOTH PITS</u>!!Girls Pole Vault (Start at 7' 00")Girls Pole Vault (Start at 8' 00")





Eastridge Lancer Track & Field Invitational Meet Records *To be determined...*

Boys Events	Name	Grade	Record	School	Year
100m Dash					2015
110m Hurdles					2015
200m Dash					2015
400m Run					2015
400m Hurdles					2015
800m Run					2015
1600m Run					2015
3000m Steeple					2015
3200m Run					2015
4X100m Relay					2015
4X400m Relay					2015
4X800m Relay					2015
Boys Events	Name	Grade	Record	School	Year
Long Jump					2015
Triple Jump					2015
High Jump					2015
Pole Vault					2015
Shot Put					2015
Discus					2015

Year	Winning Team	Points
2015		



Eastridge Lancer Track & Field Invitational Meet Records *To be determined...*

Girls Events	Name	Grade	Record	School	Year
100m Dash					2015
100m Hurdles					2015
200m Dash					2015
400m Run					2015
400m Hurdles					2015
800m Run					2015
1500m Run					2015
2000m Steeple					2015
3000m Run					2015
4X100m Relay					2015
4X400m Relay					2015
4X800m Relay					2015
Girls Events	Name	Grade	Record	School	Year
Long Jump					2015
Triple Jump					2015
High Jump					2015
Pole Vault					2015
Shot Put					2015
Discus					2015

Year	Winning Team	Points
2015		