

## 2015 PEMBROKE INVITATIONAL

- Date: Friday Night May 1<sup>st</sup>
- Time: Field Events @ 4:30 pm Track Events @ 5 pm
- Location: The track is located south of the high school on Route 77.  
The drive way to the track is the entrance to the town park.
- Entry Fee: \$175 per combined boys and girls teams  
\$100 per boy or girl team
- Facility: A 6 lane all-weather track with accompanying surface for pole vault, high, long, and triple jump. 1/8<sup>th</sup> inch spikes only please.
- Entry Restriction:  
**Entries are limited to the first 12 B,C, or D schools**  
**2 athletes in lane events, field events, and pentathlon**  
**3 entries in all other events**  
**1 relay team per school**  
**Individuals are limited to 4 events**
- Awards: Medals for 1<sup>st</sup>-3<sup>rd</sup> and ribbons for 4<sup>th</sup> - 6<sup>th</sup> places.
- Concession Stand / Chicken BBQ:  
The Pembroke Track Boosters will be operating a concession stand and a Chicken BBQ throughout the meet. There is a vast array of snacks and beverages to choose from.
- Entries: We will have FAT timing.  
For those coaches outside of Section V you will need to set up an account with Coach Yen. His email is [coachyen@aol.com](mailto:coachyen@aol.com).  
To enter your info go to [www.yentiming.com](http://www.yentiming.com) . There you will enter your account email and password.  
No additions or changes will be accepted after the entry deadline. Scratches can be made at the meet but no additions or replacements will be allowed.
- Coaches Meeting:  
The coaches meeting will be at 4pm on the infield by the start finish line.
- Meet Coordinator:  
Mike Puckett  
[mpuckett@pembroke.k12.ny.us](mailto:mpuckett@pembroke.k12.ny.us)  
1-585-599-4525 ext 1503  
1-716-432-0039
- Payment: Make Payments out to **Pembroke Athletic Boosters**

Send Payment:

Attention: Mike Puckett  
Pembroke High School  
PO Box 308  
Corfu, NY 14036

## ORDER OF EVENTS

Pentathlon 100 Hurdles  
100 Hurdles  
Pentathlon 110 Hurdles  
110 Hurdles  
4x8 Relay  
1500  
1600  
4x1 Relay  
**Frosh/Soph Relay (800, 200, 200, 400)**  
400  
3000  
3200  
100  
400 Hurdles  
800  
Girls Pentathlon 800  
Boys Pentathlon 1500  
200  
4x4 Relay

Girls will always race before the boys.

3 Jumps for LJ and TJ

Long Jump – Girls 2 Flights 4:30 – 5:30

Boys 2 Flights 5:45 – 6:45

Triple Jump –Flights (Girls followed by Boys) following Pentathlon

High Jump – Boys followed by Girls

Pole Vault – Girls followed by Boys

Shot Put – Boys followed by Girls

Discus - Girls followed by Boys

Girls Pentathlon: High Jump / Shot Put / Long Jump

Boys Pentathlon: Shot Put / Long Jump / High Jump