

2016 PEMBROKE INVITATIONAL

- Date: Friday Night May 6th
- Time: Track Events start at 5pm and Field Events start @ 4:30 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: \$200 per combined boys and girls teams
\$125 per boy or girl team
- Facility: A 6 lane all-weather track with accompanying surface for pole vault, high, long, and triple jump. 1/8th inch spikes only please.
- Entry Restriction:
Entries are limited to the first 12 B,C, or D schools
2 athletes in all field events and running events except 3000/3200
1 entry in the 3000/3200 a 2nd only if they have the automatic sectional qualifying time
1 relay team per school
Individuals are limited to 4 events
- Awards: Medals for 1st-3rd and ribbons for 4th - 6th places.
JV events will only receive ribbons
- 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@gmail.com.
To enter your info go to www.yentiming.com . There you will enter your account email and password.
Scratches/Substitutions can be made at the meet but no additions will be allowed.
- Coaches Meeting:
The coaches meeting will be at 4:15pm on the infield by the start finish line.
- Meet Coordinator:
Mike Puckett
mpuckett@pembrokecsd.org
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

100 Hurdles

110 Hurdles

4x8 Relay

1500

1600

JV 4x1 Relay

4x1 Relay

Frosh/Soph Relay (800, 200, 200, 400)

400

3000

3200

100

400 Hurdles

800

200

JV 4x2 Relay

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)

High Jump – Boys followed by Girls

Pole Vault – Girls followed by Boys

Shot Put – Boys followed by Girls

JV Boys/Girls will follow varsity girls shot

Discus - Girls followed by Boys

JV Girls/Boys will follow varsity boys shot