

# 3<sup>rd</sup> Annual Dundee Central School Last-Chance Pent-Steeple-Sprint-Field Invitational

## Meet Information

**Date:** Monday, May 15<sup>th</sup> 2017

**Place:** Dundee Central School, Track & Field Facility

**Time:** 4:30 pm

**Entries:** Entry limits will be based on the number of teams participating. 8 teams or less will allow for 4 entries per event. 9 or more teams will allow for 3 entries per event.

**Entry Fee:** \$125 per school (or bring a voucher). Bring boys, girls, or both.

**Make checks payable to: Dundee Central School**

Send payment to: Scott Shepardson – Track Coach  
Dundee Central School  
55 Water Street  
Dundee, NY 14837

**Events:** 100m, 200m, 400m, 110 Hurdles, 400 Hurdles, Pentathlon, Steeple Chase, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus.

**Timing:** Sprint timer timing ([www.appmaker.se/sprintTimer/](http://www.appmaker.se/sprintTimer/)) timing will be used. This is half way between hand timing and FAT. The clock is started by hand, but the finish is a photo finish with times accurate to the nearest .01 of a second.

**Facilities:** 6/8 lane all weather surface with steeplechase. Two horizontal jumping areas with all weather surface runways. One high jump and one pole vault areas with all weather surfaces. One shot put and one discus area with concrete throwing surfaces.

**Track Rules:** Only 3/16” max pin spikes will be permitted. All spectators and non-competitors will not be permitted inside the competition areas.

**Athlete Check-In:** Athletes in all running events must check in with the clerk in the southwest corner of the track prior to the start of their race. Athletes in field events should report to the site of their event for check in prior to the start of competition.

**Starting Blocks:** Adjustable starting blocks are provided. However, you may use your own blocks as well.

**Conduct of Meet:** All running events will be conducted as finals. If more than one section is necessary, they will be run against time. Sections, lanes and flights will be seeded according to entry times or distances. Sections will be run slow to fast.

**Concessions:** Food and drink will be available to athletes and spectators at the track concession stand.

Direct all questions to:

Scott Shepardson – Track Coach Dundee High School

Phone: 607-243-5535 (school) Email: [sshepardson@dundeecs.org](mailto:sshepardson@dundeecs.org)

Email your intent to participate ASAP to [sshepardson@dundeecs.org](mailto:sshepardson@dundeecs.org)

School: \_\_\_\_\_ Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_