

The LeRoy Modified Track & Field Invitational

Saturday May 5, 2018

Track and Field Events begin at 10:00 AM

→ This meet is open to ANY modified team. We will close it down when we have reached our max capacity.

Coaches Meeting at 9:40 at the Start / Finish Line.

Order of Events:

Sprint Medley Relay (800 - 200 - 200 - 400)	Boys then Girls Shot Put
55 M Hurdles	Girls then Boys Discus
200 m	
1500	Boys then Girls Long Jump
100	Boys then Girls Triple Jump (after LJ)
400	
4 x 200	Girls then Boys High Jump
800	
200 M Hurdles	
4 x 100	

→ track events are always girls and then boys

Meet Rules

1. An athlete is permitted 1 false start before disqualification.
2. An athlete may enter a maximum of 3 events; no more than two track events or two field events may be entered. If a athlete is participating in two running events, the total distance may not exceed 2300 meters.
3. The 55 meter (30" and 33") hurdle race with five hurdles shall have the following spacings: a) start to the first hurdle – 12 meters b) distance between hurdles – 8 meters c) fifth hurdle to finish – 11 meters
4. The 200 meter (30") hurdle race with 5 hurdles shall have the following spacings: a) start to first hurdle – 20 meters b) distance between hurdles – 35 meters c) fifth hurdle to finish – 40 meters
5. Scratches and substitutions are allowed - but any substitution will run in the original position

Entry Fee: This meet will have NO entry fee. Athletes are encouraged to purchase t-shirts and food at the concession stand. If teams want to make a donation that will go to the cost of ribbons, we will gladly accept.

Awards: We will have ribbons for first through sixth place finishers in each event. Awards will be based on time and we will not have semifinals / finals for the 100. Please seed athletes properly.

Concessions: A concession stand will be available, including LeRoy Invitational T-Shirts.

Entries: Entries will be completed on Yentiming.com. Teams get 2 male and 2 female entries per event. **Entries are due online by 8:00 PM on the THURSDAY before the meet. No exceptions. Relays have unlimited entries - enter as many teams as you want to get all of your athletes in the meet.**

Seeds: Please use hand times for all seeds. If your athlete has not competed in a 200 m hurdles, then have them run one in practice to get an approx. seed time.

Directions: Hartwood Park is located less than one mile south of the village of LeRoy on South Street next to the High School at 9300 South St. Rd. in LeRoy, NY 14482 (do not go to Wolcott St. School)

Contact: Coaches should email Coach Jay Laitenberger to confirm their interest in attending or with any questions at Jlaitenberger@leroycsd.org. (be sure to indicate if you are interested in the Varsity Invitational or the Modified Invitational)