



**2018
SODUS SPARTAN
SHOWDOWN
SODUS HIGH SCHOOL -
SATURDAY, MAY 5**

****(New 8 Lane All-Weather track installed 2017)***

Starting Time: 2:00pm Track and Field Events

Entry Limits: Three athletes per event
One relay per school
An athlete may do 3 total events

Entry Deadline: Thursday, May 3 – 8:00pm. Only scratches will occur on the day of the meet, no substitutions.

Entries will be online. We will be using **Yen Timing Services**. Go to www.yentiming.com to log in and make your entries. New accounts/entry questions? Contact: coachyen@gmail.com

Coaches Meeting: 1:30pm on the infield, near the finish line.

Athletes in the Pole Vault must bring a copy of their pole vaulting verification form.

Fully automatic timing (FAT) for all running events.

All track event sections will be run slow to fast.

Spikes: 1/8th inch showing. If a shoe has a recessed spike plate, then 1/4 inch pin spikes are permissible.

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Order of Events - All Events are Timed Finals. Girls, then Boys.

Track Events

400m Hurdles

4 x 800 Relay

2000m/3000m Steeplechase

100m

400m

1500/1600m

4 x 100 Relay

800m

200m

3000/3200m

100/110m Hurdles

4 x 400 Relay

Field Events

*For both horizontal jumps and both throws – 4 attempts – No finals

*For high jump and pole vault – 3 attempts – No finals

- Boys and Girls Long Jump, then Triple Jump
- Girls Shot, then Boys Shot
- Boys Discus, then Girls Discus
- Girls' Pole Vault (Starting Height 6' 6") then Boys Pole Vault (Starting Height 8' 0")
- Boys High Jump (Starting Height 5' 0") then Girls High Jump (Starting Height 4' 0")

Awards:

Medals: 1st Place

Ribbons: - 2nd, 3rd, 4th, 5th, 6th Places

Team Trophies: 1st Place (Boys and Girls)

Scoring: 10, 8, 6, 4, 2, 1

Plaques: MVP Track (Male/Female) and MVP Field (Male/Female)

Entry Fees: \$125.00 per single gender team, \$200.00 if you are entering both a boys and girls team. Individuals cost \$20.00 per athlete, \$30.00 per relay.

Make checks payable to:

“Sodus Track Club”

*** Send payment to: ***

Sodus Jr./Sr. High School

ATTN: Justin Stenglein

54 Mill St. Ext.

Sodus, NY 14551

Other Information

- Starting Blocks will be allowed for 100m-400m distances and both hurdle events.
- Concession stand will be available.
- Parking will be on the Sodus CSD campus.
- Results will be posted on www.sectionvtrack.com
- Invitational t-shirts will be on sale.

*** Confirm attendance to Coach Justin Stenglein - jstenglein@soduscso.org ***