

## 2018 PEMBROKE INVITATIONAL

- Date: Friday Night May 4<sup>th</sup>
- 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: \$225 per combined boys and girls teams  
\$150 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 15 B, C, or D schools  
**2 athletes in all field events and running events except 3000/3200**  
**1 entry in the 3000/3200 a 2<sup>nd</sup> only if they have the automatic sectional qualifying time (I will be restricting entry numbers through Coach Yen this year to avoid over entries from coaches who do not follow the rules)**  
1 relay team per school  
Individuals are limited to 4 events
- Awards: Medals for 1<sup>st</sup>-3<sup>rd</sup>. **\*this is a change from previous years**  
**JV events will only receive ribbons for top 3 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@gmail.com](mailto:coachyen@gmail.com).  
To enter your info go to [www.yentiming.com](http://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](mailto:mpuckett@pembrokecsd.org)  
1-585-599-4525 ext 1503 or 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 (starting at 5') followed by Girls (starting at 4')

Pole Vault – Girls (starting at 7') followed by Boys (starting at 9')

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**