

Lyons Invitational

- Date: Friday April 26, 2019
- Place: Lyons Track and Field Facility
- Time: Meet will start promptly at 4:30 P.M. No Coaches Mtg.
- Entries: Only 16 schools will be accepted for participation. Athletes may do 4 events. Each school may enter 2 athletes in all running and field events. Only 1 relay team entry per event. No Pentathlon. Entries will be made to www.yentiming.com Entry Deadline is 8:00 P.M. Tuesday April 23, 2019. There will be only drops the day of the meet, no adds.
- Entry Fee \$250 per school, mailed by April 25, 2019 to Lyons Sports Boosters
70 Clyde Road
Lyons, New York 14489
- Scoring No team scoring
- Awards Ribbons to top 6 finishers in each event
- Facilities 8 lane all weather track with steeplechase
2 horizontal jumping areas with all weather
Surface runways
High jump and pole vault areas with all weather
Surfaces
Shot put and discus area with concrete throwing
Areas
Starting blocks will be provided. You may bring your own.
- Rules Only 1/8" spikes will be permitted. All spectators And non-competitors will not be permitted inside The competition areas. FAT will be used. All running events will be conducted as finals and will be seeded per entry. Concessions will be available.
E-mail your intent to participate to Roger Clark
rclark06@rochester.rr.com ASAP as we fill up quickly

Order of Events

G 100 m hurdles
B 110 m hurdles
G 4 x 800 m relay
B 4 x 800 m relay
G 100m
B 100m
B 3000 m steeplechase
G 2000 m steeplechase
G 400m
B 400m
G 1500m
B 1600m
G 4 x 100m relay
B 4 x 100 m relay
G 400m hurdles
B 400m hurdles
G 800m
B 800m
G 200m
B 200m
G 3000 m
B 3200 m
G 4 x 400m relay
B 4 x 400m relay

Field Events

Boys LJ East Pit followed by
Boys TJ East Pit
Boys Shot then Discus
Girls Discus then Shot
Boys and Girls HJ
Boys PV first followed by Girls

Girls LJ West Pit followed by
Girls TJ West Pit

Please note that the boys steeplechase will be before the girls. This is a meet management issue, the barriers go down much easier and faster than trying to put them up. All other running events follow normal order, girls followed by boys