

2019 PEMBROKE INVITATIONAL

Date: Friday Night May 3rd

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. 1/8th 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 2nd 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 1st-3rd.

JV events will only receive ribbons for top 3 places.

Concession Stand:

The Pembroke Track Boosters will be operating a concession stand 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.

To enter your info go to 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

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