



## ***4th Annual Lancer Track & Field Invitational***

- Date: Friday, May 10, 2019
- Location: Eastridge High School  
2350 E. Ridge Road  
Rochester, NY 14622
- Time: 4:30PM (4:15 Coaches meeting)
- Facilities: 8 lane all-weather track with steeplechase pit, 2 LJ/TJ pits, 2PV pits, 1 HJ mats, 1 shot/2 discus circle. 2,500 seat stadium for team and spectator viewing with bathrooms located under stadium.
- Entry Fee: \$100 per single gender team (plus a voucher)                      **THE FIRST 18 PAID SCHOOLS  
\$175 for both boys and girls team (plus a voucher)                      WILL BE ENTERED IN MEET.**

Please send payment to:  
***East Irondequoit Athletic Office  
Attn. Sean Curynski  
2350 E. Ridge Road  
Rochester, NY 14622***

Make checks payable to:  
***“Eastridge All Sports Boosters”***

Please email intent to participate by Friday, April 19th to:  
***Sean\_Curynski@eastiron.monroe.edu***

- Entries: Entries will be done online through Yentiming.com.  
**I will email you when the entry window will be available for you to enter your team online.**
- Each team will be allowed to enter 4 athletes for all laned events (4 girls & 4 boys) and unlimited entries for non-laned events (800m-1500/1600m-3000/3200m & Steeplechase).
- In the field events, you may enter 3 athletes per field event (3 girls & 3 boys)  
Each team will be allowed to enter 2 relay teams for all relays...YES-2 (A & B)!  
**Athletes will be allowed to do 4 events.**

Results: Fully Automated Timing provided by Yen timing and results will be posted on Yentiming.com

Awards: Team Trophies-  
Boys Winning Team                      Scoring- 10, 8, 6, 5, 4, 3, 2, 1  
Girls Winning Team                      Ribbons 1- 8 in each event

Other: Concession stand will be open  
T-shirts will be available for sale  
Spectator parking on school campus  
Bus parking will be in front of the school parallel to Ridge Road

**Order of Events:**

All running events will be conducted as finals. Sections, lanes and flights will be seeded according to entry times or distances. Sections will run from slow to fast. All athletes in running events will wear a hip number.

**Track Events**

G/ 100m Hurdles  
B/ 110m Hurdles  
G/ 2000m Steeple (*Unlimited entries*)  
B/ 3000m Steeple (*Unlimited entries*)  
G/ 4x100m Relay  
B/ 4x100m Relay  
G/ 4x400m Relay  
B/ 4x400m Relay  
G/ 1500m Run (*Unlimited entries*)  
B/ 1600m Run (*Unlimited entries*)  
G/ 100m Dash  
B/ 100m Dash  
G/ 400m Dash  
B/ 400m Dash  
G/ 3000m Run (*Unlimited entries*)  
B/ 3200m Run (*Unlimited entries*)  
G/ 400m Hurdles  
B/ 400m Hurdles  
G/ 800m Run  
B/ 800m Run  
G/ 200m Dash  
B/ 200m Dash  
G/ 4x800m Relay  
B/ 4x800m Relay

**Field Events**

Boys Long Jump (East Pit)  
Girls Long Jump (West pit)  
  
Boys Long Jump (East Pit)  
Girls Long Jump (West pit)  
  
Boys Triple Jump (West pit)  
Girls Triple Jump (East pit)  
  
Girls High Jump (Start at 4' 00")  
Boys High Jump (Start at 5' 00")  
  
Girls Pole Vault (Start at 7' 00")  
Boys Pole Vault (Start at 8' 00")  
  
Boys Discus/Girls Shot Put, then...  
Boys Shot Put/Girls Discus  
*\*All athletes will get three throws each.  
The Top 9 overall will advance to the  
and have an additional 3 throws!*



Eastridge "Lancer" Invitational Meet Records				
Laned Event	Record	Athlete	Year	School
100m Dash	12.73	Camille Dixon	2015	Harley Allendale Columbia
100m Hurdles	15.37	Anaya Dees	2018	Hilton
200m Dash	25.95	Camille Dixon	2015	Harley Allendale Columbia
400m Run	58.87	Emem Iopot	2015	Mercy
400m Hurdles	65.78	Justine Schifano-Sanders	2015	Sodus
800m Run	2:29.12	Grace Kibler	2016	Attica
1500m Run	4:59.56	Grace Kibler	2016	Attica
2000m Steeplechase	7:53.67	Alex Carpenter	2016	Webster Thomas
3000m Run	10:41.96	Madeleine Shellard	2016	Irondequoit
4X100m Relay	49.88		2015	Webster Schroeder
4X400m Relay	4:11.73		2018	Letchworth
4X800m Relay	10:08.64		2015	Mercy
Field Event	Record	Athlete	Year	
Long Jump	17' 05.00"	Anaya Dees	2018	Hilton
Triple Jump	35' 08.50"	Anaya Dees	2018	Hilton
High Jump	5' 01"	Sydney Taylor	2018	Brockport
Pole Vault	10' 06"	Laura Reigle	2018	Hilton
Shot Put	32' 08.75"	Tara Meyer	2016	Attica
Discus	103' 08.00"	Gabrielle Bell	2015	Fairport

Eastridge "Lancer" Invitational Meet Records				
Laned Event	Record	Athlete	Year	Comments
100m Dash	11.07	Kelly Brown	2016	Wilson
110m Hurdles	14.74	Kelly Brown	2016	Wilson
200m Dash	21.95	Kelly Brown	2016	Wilson
400m Run	51.26	Jaquil Baxter	2016	Robert Brown (Edison Tech)
400m Hurdles	58.72	Michael Warren	2018	UPrep Rochester
800m Run	2:00.98	Alec Andrews	2018	Brockport
1600m Run	4:28.84	Alec Andrews	2018	Brockport
3000m Steeplechase	9:59.04	Ryan Thompson	2018	Irondequoit
3200m Run	9:56.19	Mike Mallow	2015	Fairport
4X100m Relay	43.70		2018	UPrep Rochester
4X400m Relay	3:32.87		2018	UPrep Rochester
4X800m Relay	8:17.67		2015	Fairport
Field Event	Record	Athlete	Year	
Long Jump	20' 11.50"	Fonati Merriam	2018	UPrep Rochester
Triple Jump	43' 10.00"	Fonati Merriam	2018	UPrep Rochester
High Jump	6' 03"	Earnest Edwards	2015	Aquinas
Pole Vault	12' 06"	K. VanSlyke/T. Delly	2018	Letchworth/Eastridge
Shot Put	52' 03.00"	Devon Koepp	2015	Batavia
Discus	156' 02.00"	Devon Koepp	2015	Batavia