

# MAC B3 EAST HIGH INVITE

**Date:** Friday May 3, 2019

**Place:** East Track and Field Facility

**Starting Time:** 4:00 P.M.

**Entry Limits:** One Relay per school female & male. One Relay per school entering in the Beauty & Beast Relay.

Each athlete may do 4 events. **Please email intent to:** [sheri.munoz@rcsdk12.org](mailto:sheri.munoz@rcsdk12.org) or [bryan.ragland@rcsdk12.org](mailto:bryan.ragland@rcsdk12.org)

**Entry Deadline:** Tuesday, April 30, 2019 @ 8:00 PM All entries will be done through Yen timing. There will be fully automatic timing for all running events.

**Coaches Meeting** 4:10 P.M. on the infield

**Weight implements** will be weighed in @ 3:30 P.M. and end at 4:20 P.M.

**Warm-up begins** at 4:00 P.M.

**Track events** begin at 4:30 P.M.

**Field events** begin at 4:30 P.M. There will be 3 attempts in LONG JUMP, TRIPLE JUMP, SHOT PUT, and DISCUS THROW.

Fully automatic timing for all running events.

**Entry Fee:** COMBINED TEAMS \$200, SINGLE TEAM \$140, PER RELAY \$30, PER INDIVIDUAL EVENT \$20. You are required to bring 1 VOUCHER PER TEAM

**IF YOU CANCEL THERE ARE NO REFUNDS.**

## **Send checks or vouchers to:**

**Attention:** Eric Robinson, A.D.

East High School

1801 E. Main St.

Rochester, New York 14609

## **Make checks or vouchers payable to:**

East Track and Field Booster Club

### **Other Information:**

Blocks will be provided or you can bring your own.

Concessions will be available

Souvenir shirts will be on sale

**Questions:** Contact **Sheri Munoz** © 585-520-0861 or [sheri.munoz@rcsdk12.org](mailto:sheri.munoz@rcsdk12.org)

**Bryan Ragland** © 585-455-0390 or [bryan.ragland@rcsdk12.org](mailto:bryan.ragland@rcsdk12.org)

**Awards for 1<sup>st</sup> place = T-shirts, 2<sup>nd</sup> & 3<sup>rd</sup>=medals.**