

## 2020 PEMBROKE INVITATIONAL

- Date: Friday Night May 1st
- Time: Track Events start at 5:00 pm 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. 1/4 inch or smaller spikes only please.
- Entry Restriction:  
Entries are limited to the first 18 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 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>.  
**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 may 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 4:00pm on the infield by the start finish line.
- Meet Coordinator:  
Mike Puckett  
[mpuckett@pembrokecsd.org](mailto:mpuckett@pembrokecsd.org)  
1-585-599-4525 ext 1513 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  
Frosh/Soph Relay (800, 200, 200, 400)  
100  
400 Hurdles  
1500  
1600  
**JV 4x1 Relay**  
4x1 Relay  
400  
800  
200  
3000  
3200  
4x4 Relay

Girls will always race before the boys.

3 Jumps for LJ and TJ

Long Jump – Girls Flights 4:30 – 6:30

Boys Flights 6:45 – 7:45

Triple Jump –Flights (Girls followed by Boys)

High Jump – Boys (starting at 5') followed by Girls (starting at 4')

Pole Vault – Girls (starting at 6'6") followed by Boys (starting at 8'6")

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 discus**