



# 2020 SODUS SHOWDOWN

## SATURDAY MAY 9<sup>TH</sup>



\*\*\* Site of the 2019 Section V State Qualifier \*\*\*

**Facility:** 8 Lane All-Weather Track  
2 Shot Put Circles  
1 Discus Circle  
2 Pole Vault Pits  
2 Long/Triple Jump Pits



**Coaches Meeting:** 1:30pm at the Finish Line

**Starting Time:** 2:00pm Track and Field Events

**Entry Limits:** Three athletes per event  
One relay per school  
An athlete may compete in a maximum of three events

**Entry Deadline:** Thursday, May 7 – 8:00pm. Only scratches will occur on the day of the meet, no substitutions.

Entries will be online through **Yen Timing Services**. Go to [www.yentiming.com](http://www.yentiming.com) to login and make your entries. New accounts or entry questions? Contact: [coachyen@gmail.com](mailto:coachyen@gmail.com)

\*\*\* Confirm attendance to Coach Justin Stenglein - [jstenglein@soduscscd.org](mailto:jstenglein@soduscscd.org) \*\*\*

## SODUS SHOWDOWN – 2020

**Order of Events - Girls then Boys.**

### **Track Events**

400m Hurdles

4 x 800m Relay

2000m/3000m Steeplechase

100m

400m

1500m/1600m

4 x 100m Relay

800m

200m

3000m/3200m

100m/110m Hurdles

4 x 400m Relay

*Co-ed 1500m Racewalk (exhibition)*



### **Field Events**

Long/Triple & Shot Put/Discus – 4 attempts – No finals

High Jump & Pole Vault – 3 attempts per height – No finals

- Boys and Girls Long Jump, then Triple Jump
- Girls Shot Put, then Boys Shot Put
- Boys Discus, then Girls Discus
- Girls' Pole Vault (Starting Height 6' 0") then Boys Pole Vault (Starting Height 7' 6") *...Bar goes up 6"*
- Boys High Jump (Starting Height 5' 0") then Girls High Jump (Starting Height 4' 0") *...Bar goes up 2"*

## **Awards:**

Champion T-Shirts: 1<sup>st</sup> Place (Individual Events & Relays)

Medals: 1<sup>st</sup> - Gold, 2<sup>nd</sup> - Silver, 3<sup>rd</sup> - Bronze

Ribbons: 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Places

Team Trophies: 1<sup>st</sup> Place (Boys & Girls)

Plaques: MVP Track (Male/Female) and MVP Field (Male/Female)

Scoring: 10, 8, 6, 5, 4, 3, 2, 1



**Entry Fees:** \$150.00 per single gender team, \$250.00 if you are entering both a boys and girls team. Individuals cost \$25.00 per athlete, \$40.00 per relay.

**Make checks payable to:**  
"Sodus Track Club"

\*\*\* Send payment to: \*\*\*  
Sodus Jr./Sr. High School  
ATTN: Justin Stenglein  
PO Box 220  
Sodus, NY 14551

## **Other Information:**

- Starting blocks will be allowed for 100m-400m distances and both hurdle events
- Pole vaulters must bring a copy of their verification form
- Live fully automatic timing (F.A.T.) for all running events
- All track event sections will be run slow to fast, timed finals
- Concession stand will be open
- Parking will be on the Sodus CSD campus
- Official results will be posted on [www.sectionvtrack.com](http://www.sectionvtrack.com)
- Invitational apparel will be printed/sold on-site by Special Tees
- The Sodus stadium is located in front of the High School:  
10 Benton Pl, Sodus, NY 14551
- 2019 full results: <http://results.yentiming.com/2019/Outdoor/5-4-19-Sodus.htm>

# SODUS SHOWDOWN MEET RECORDS

## GIRLS

TRACK EVENTS	ATHLETE	RECORD	SCHOOL	YEAR
100m Dash	Jaelyn Davis	12.56	Rush-Henrietta	2019
200m Dash	Jaelyn Davis	26.07	Rush-Henrietta	2019
400m Dash	Aubrey Runkle	59.10	Wayne Central	2019
800m Run	Haley Riorden	2:15.73	Rush-Henrietta	2019
1500m Run	Madeleine Shellard	5:01.55	Irondequoit	2018
3000m Run	Alex Ventresca	10:47.15	Rush-Henrietta	2019
100m Hurdles	Cianna Burr	16.78	Sodus Central	2019
400m Hurdles	Alliyah Allen	1:07.10	Rush-Henrietta	2019
2000m Steeple	Elena Ziskind	7:50.90	Webster Thomas	2019
4 x 100m Relay	Eva Boothby	51.81	Webster Schroeder	2019
	Hailey Rice			
	Ashley LeClaire			
	Erica Lawson			
4 x 400m Relay	Milan Linzy	4:10.57	Rush-Henrietta	2019
	Christina Gates			
	Monica Gregg			
	Lily Oliver			
4 x 800m Relay	Carly Gross	10:19.08	Wayne Central	2019
	Adriana Behrendt			
	Vanessa Ramos			
	Olivia Gilbert			

FIELD EVENTS	ATHLETE	RECORD	SCHOOL	YEAR
Long Jump	Jayda Singleton	18' 2.25"	Greece Olympia	2019
Triple Jump	Jayda Singleton	36' 9"	Greece Olympia	2019
High Jump	Jenna Allen	4' 10"	Sodus	2018
	Michaela Levesque		Greece Arcadia	2019
	Lela Spronz		Webster Schroeder	2019
Pole Vault	Emma Sanford	8' 6"	Hannibal	2019
Shot Put	Monique Hardy	41' 4.50"	Webster Thomas	2019
Discus Throw	Monique Hardy	125' 0'	Webster Thomas	2019

YEAR	WINNING TEAM	POINTS
2020		
2019	Rush-Henrietta	158
2018	Webster Thomas	84

# SODUS SHOWDOWN MEET RECORDS

## BOYS

TRACK EVENTS	ATHLETE	RECORD	SCHOOL	YEAR
100m Dash	Jarvis Alexander	11.11	Uprep Rochester	2019
200m Dash	Cascius Facen	22.16	Uprep Rochester	2019
400m Dash	Ben Hulbert	49.68	Rush-Henrietta	2019
800m Run	Matt Laframboise	1:56.30	Greece Arcadia	2019
1600m Run	Trey Felton	4:38.60	Rush-Henrietta	2019
3200m Run	Ryan Thompson	9:46.37	Irondequoit	2018
110m Hurdles	Tamaree Haygood	15.38	Rush-Henrietta	2019
400m Hurdles	Andrew Wygal	56.46	Webster Thomas	2018
3000m Steeple	Kyle Smith	10:28.70	Rush-Henrietta	2019
4 x 100m Relay	Miles Boykins	41.88	Rush-Henrietta	2019
	Tamaree Haygood			
	Jason Boykins			
	Matthew Blue			
4 x 400m Relay	Ryan Karker	3:28.18	Greece Arcadia	2019
	Matt Laframboise			
	Jonny Wood			
	Avery Seigler			
4 x 800m Relay	Tim Hentschel	8:41.16	Rush-Henrietta	2019
	Alex Yurkovich			
	Jonathan Saysamone			
	Kyle Thompson			

FIELD EVENTS	ATHLETE	RECORD	SCHOOL	YEAR
Long Jump	Fonati Merriam	22' 0.50"	Uprep Rochester	2018
Triple Jump	Fonati Merriam	43' 10.25"	Uprep Rochester	2018
High Jump	Kwamere White	6' 8"	Henninger	2019
Pole Vault	Phoenix Palmer	12' 6"	Rush-Henrietta	2019
Shot Put	Sean Smith	46' 4"	Webster Thomas	2019
Discus Throw	Sean Smith	137' 8"	Webster Thomas	2019

YEAR	WINNING TEAM	POINTS
2020		
2019	Rush-Henrietta	176
2018	Uprep Rochester	148