

2022 PEMBROKE INVITATIONAL

Date: Friday Night May 6th

Time: 4:30 pm start

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: \$275 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 16 B, C, or D schools
2 athletes in all field events and running events
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 4:00pm on the infield by the start finish line.

Meet Coordinator:

Mike Puckett

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

3000
3200
100 Hurdles
110 Hurdles
4x8 Relay
100
400 Hurdles
1500
1600
JV 4x1 Relay
4x1 Relay
400
800
200
Frosh/Soph Relay (800, 200, 200, 400)
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