



2023 DAVE CRABB LIVONIA INVITE

Friday, May 12th, 2023 - Livonia HS Track

Coaches,

- Entries will be done through Yen Timing like last year. **ALL ENTRIES ARE DUE BY Wednesday, May 10th, 2023 at 8 pm.** Entries received after this will go on the sheets after the seeded entries.
- **Invite is scheduled to start at 4:30 pm,** as long as all teams have arrived and are ready.
- Each athlete can be entered in 3 events max. Each team gets two entries per individual event. One entry per relay.
- Event list: 100, 200, 400, 800, 1500/1600, 3000/3200, 100/110 hurdles, 400 hurdles, 4x100, 4x400, 4x800, LJ, TJ, SP, Discus, HJ, PV, Pentathlon.
- Everything will be finals, in heats where needed.
- Clerking will take place at the bench or tent located between the timing tent and high jump area. **PLEASE HAVE ALL ATHLETES CHECK IN HERE ON FIRST CALL**, then report to the start line for races just like at a regular meet. All track events 800m and up, as well as relays, will be assigned hip numbers at the clerking area.
- Scratches and replacements may be made on Friday afternoon, but the heats will not be reseeded. See Livonia coaches or Cal-Mum timing crew as soon as you arrive at the meet with any changes.
- **To limit team entry cost we are asking each team to provide help in one event/area from the following list (BLJ, GLJ, BTJ, GTJ, BPV, GPV, BSP, GSP, BD, GD, BHJ, GHJ, BPent, GPent). Please email me, as soon as you know what area/event you will be providing help in so we can plan our people around yours.**

ORDER OF EVENTS:

- Running events: Regular LCAA order / 100/110 pent hurdles with open hurdles / Pent 800/1500 inserted before 1600m relay
- High Jump: Girls pent, girls open, boys pent, boys open.
- Pole Vault: Boys then girls.

* We only have one high jump and pole vault area, so the bar will not be held for long. Please advise your athletes to hustle back to those areas as the bar will be raised quickly.

- Discus (seeded flights): Boys then girls.
- Shot: Girls open (seeded flights), boys pent, girls pent (if ready), boys open (seeded flights)
- Long Jump (1 pit): Boys and girls - Open pit 4:30 - 6:15 pm (3 attempts, no finals)
- Triple Jump (1 pit): Boys and girls - Open pit 6:30 - 8:15 pm (3 attempts, no finals)
- Pentathlon: Hurdles, girls HJ/boys shot, boys and girls LJ (will have own pit), boys HJ/girls shot, 800/1500 (before 1600m relay).

AWARDS:

- Ribbons for 1st-6th place in each event.
- Special Awards - Track Athlete of the Meet (1 boy, 1 girl), Field Athlete of the Meet (1 boy, 1 girl) - each team will get one vote for each via email after the meet
- Teams can pick up main award packets in the shed to the right of the concession stand before you leave. Special Awards will be given to coaches at the LCAA meeting (any remaining team packets will also be brought to the LCAA meeting).

COST:

- Please send check for \$150 (for ***both*** boys and girls), \$75 (for ***either*** boys or girls) made payable to ***Livonia Varsity Club***, to:

Rachel Potts
Livonia High School
PO Box E,
Livonia, NY 14487

- Deadline for payment is Friday, May 5th, 2023.
- Invoice for payment sent as separate attachments

OTHER INFORMATION:

- 1/8 inch spikes only.
- Starting blocks provided.
- Concession stand will be open.
- Bring your tent.
- Have a TON of fun and PLEASE clean up
- Go home happy.
- If I left anything out, email (rschoener@livoniacsdsd.org) or call (914) 263-1698
- Thanks, we look forward to seeing you on May 12th.