

Roger Clark Lyons Invitational

Date: Saturday April 29th, 2023

Place: Lyons Track and Field Facility

Time: Meet will start promptly at 9:00 a.m. No Coaches Mtg.

Entries: Only 16 schools will be accepted for participation.

Athletes may do 4 events. Each school may enter 2 athletes in all running and field events. Only 1 relay team entry per event. No Pentathlon.

Entries will be made to www.yentiming.com

Thursday, April 27th, 2023. Entry

Deadline is 8:00 P.M. There

will only be drops the day of the meet, no adds.

Entry Fee: \$275 per school, mailed by April 19th, 2023 to:

Attention: Zac Young

Lyons Sports Boosters

10 Clyde Road

Lyons, New York 14489

Scoring: No team scoring

Awards: Ribbons to the top 6 finishers in each event.

Facilities: New (2020)- 8 lane all weather track with steeplechase

- 2 horizontal jumping areas with all weather surface runways
- High jump and pole vault areas with all weather surfaces
- Shot put and discus area with concrete throwing areas

Rules: Only 1/8" spikes will be permitted. All spectators and non-competitors will not be permitted inside the competition areas. FAT will be used. All running events will be conducted as finals and will be seeded per entry. Concessions will be available.

E-mail your intent to participate to Eric Benderski at ebenderski@lyonscsd.org ASAP as we fill up quickly.

Order of Events

G 100 m hurdles
B 110 m hurdles
G 4 x 800 m relay
B 4 x 800 m relay
G 100m
B 100m
B 3000 m steeplechase
G 2000 m steeplechase
G 400m
B 400m
G 1500m
B 1600m
G 4 x 100m relay
B 4 x 100 m relay
G 400m hurdles
B 400m hurdles
G 800m
B 800m
G 200m
B 200m
G 3000 m
B 3200 m
G 4 x 400m relay
B 4 x 400m relay

Field Events

-Boys LJ East Pit followed by
Boys TJ East Pit
-Boys Shot then Discus
-Girls Discus then Shot
-Boys and Girls HJ
-Boys PV first followed by Girls
-Girls LJ West Pit followed by
Girls TJ West Pit



Please note that the boys steeplechase will be before the girls. This is a meet management issue, the barriers go down much easier and faster than trying to put them up. All other running events follow normal order, girls followed by boys.