



# Jack Reed High School Showcase

*Saturday, January 11<sup>th</sup> 2025*

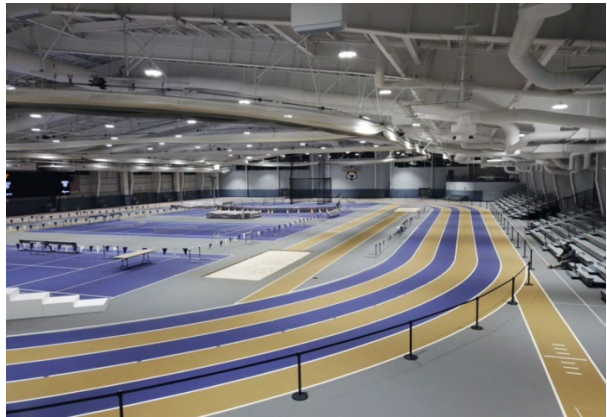
Golisano Training Center

*Home of the 2025 NCAA DIII Indoor T&F National Championships*

**Nazareth University**

**4245 East Avenue**

**Rochester, NY 14618**





**THE JACK REED UPSTATE SHOWCASE**  
***HIGH SCHOOL INVITATIONAL***

@ Nazareth University, sponsored by Pittsford Mendon HS  
***Saturday, January 11<sup>th</sup> 2025***

**Meet Director**

James Goss

Phone: (585) 389-2852

Fax: (585) 389-2950

E-mail: [jgoss2@naz.edu](mailto:jgoss2@naz.edu)

**Meet Info:** This is a high-level meet for high school athletes looking to hit qualifying times for sectionals, states and nationals. It is intentionally selective in nature so that we can have some of the best athletes compete against outside competition that they do not normally see from all over the state. We will limit the number of teams/athletes to make sure the meet runs efficiently.

**Entry Information:** We will have entry restrictions at this elite meet. All standards are listed in the meet information below. Your athletes should have already hit or be capable of meeting these standards to enter. We will verify these entries. Each team will be allowed:

- **(2 athletes)** per event on the track
- **(1)** relay per school
- **(2)** per event in the field events
- *Any additional athlete entries beyond this must meet the recommended marks for the meet listed below.*
- **Example:** *(Your team has 5 fast 300m runners who are all under the entry standard mark. You can enter all 5 athletes)*

Detailed instructions regarding entries will be available at <https://www.athletic.net> Coaches need to set up your roster/athletes on Athletic.net to enter this meet. Any questions regarding entry instructions should be directed to [Athletic.Net Support](#). You must enter your team/individuals by the **entry deadline of Tuesday, January 7<sup>th</sup> at 11:59pm to be entered in the meet.** Payment is also due via credit card at this time. No exceptions.

**Register athletes for the Jack Reed High School Showcase on Athletic.net**

- Locate **Jack Reed High School Showcase** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

**Entry Fee:** We charge an entry fee, **NOT** a competition fee. The entry fee will be \$200.00 per gender/team, \$400.00 for combined boys and girls teams or \$20 per athlete or \$40.00 per relay. 9 or more athletes will constitute a team. **You will be charged for individuals entered in the meet and must pay via credit card at the time of entry on Athletic.net.** No cash payments will be accepted. No payments accepted the day of the meet. No refunds given for scratches, no-shows, or entries that are not accepted.

**Eligibility:** Only current high school eligible athletes will be allowed to compete in this meet. All New York State High School rules will be followed. Open athletes cannot be entered into this meet as this is a Section V sanctioned meet.

**Entry Deadlines:** Entries will close at 11:59pm (eastern) on Tuesday, January 7<sup>th</sup> and will be strictly adhered to. No declaration is necessary. All entries are final. Performance lists will be posted at: [www.LeoneTiming.com](http://www.LeoneTiming.com) and emailed to attending coaches by Wednesday, January 8<sup>th</sup> @ 6:00pm.

**Scratches:** All known scratches should be emailed directly to James Goss: [jgoss2@naz.edu](mailto:jgoss2@naz.edu) before Friday, January 10<sup>th</sup> @ 6pm. Please make sure you scratch your athletes so we can eliminate empty lanes/sections.

**The Facility:** The Golisano Training Center was completed in August of 2019 and features a 200 meter 13.5mm Mondo Super X 720 surface. The track has six 44" lanes around the oval and eight 44" lanes on the straightaway with a 21-meter turn radius. Two long jump/triple jump runways designated for each gender, with 2-pole vault runways and high jump capabilities. The throwing cage is suspended from the ceiling and features a brushed inlaid concrete circle. We offer an 8' take-off board in the long jump with (24' painted) 28' and 32' foot boards for triple on the women's runway and (32' painted) 36' and 40' for the men's runway. Adjacent to the indoor track is an 80x40 yard turf field which will be used for athlete warm-ups and check-in. Within the track area we have bleacher seating for 1000 spectators.

**Timing:** Fully automated Hy-Tek timing will be used and directed by Leone Timing. Results will instantly be posted to our video board and will be available throughout at [www.LeoneTiming.com](http://www.LeoneTiming.com)

**Check-in:** All athletes wearing spikes must bring their spikes to check-in located on the turf field to be cleared for competition. **¼ inch pyramids** are the only spike allowed. **Following spike check; track athletes can check-in with the clerk to receive their hip number heat/lane assignment at least 15 minutes prior** to the scheduled start of their event and report to the starting line. Athletes are encouraged to check-in early if they know they will be running. Check-in will be located on the adjacent turf area. **Field event athletes** will need to report to their event at least 15 min prior to the scheduled start having their spikes already checked in the turf. **No exceptions will be made!**

**Warm-Ups:** All warm-ups should be conducted in the turf or outside the GTC. **The indoor track will close for warm-ups 15 minutes prior to the start of the first event.** After that only athletes in the next event should be on the track.

**Rules:** Only athletes competing in an event and their coaches are allowed in the infield. **Only water, NO food or sports drinks will be allowed inside the arena on our track surface.** Please help us keep our facility clean by cleaning up your team's area when you leave.

**Spectators:** We will be charging a meet ticket entry for non-competitors of **\$5.00 per person 18 years and older.** Students and children will not be charged. **Spectators are NOT ALLOWED to stand in the stairways or along the upper level in the fitness center.** This is deemed a fire hazard, and you will be asked to return to the designated viewing areas.

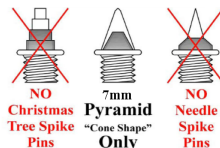
**Team Camps:** Teams are to set up their team camps on the concrete perimeter surrounding the turf. All food and drinks are to remain on the concrete pad or in the main corridor. No sitting on the floor of the main hallway/concourse will be allowed. Please pick up any trash at the end of the meet.

**Athletic Trainers:** We will not be providing athletic trainers for the meet. Please make your own arrangements with your team trainer.

**Starting Blocks:** Leave your blocks at home. **Only Nazareth University starting blocks will be used.**

**Spikes:** Maximum spike length will be **¼ inch pyramids.** Judges and clerks will be tagging shoes at check-in for each event. **Athletes will not be allowed to compete with spikes other than ¼ pyramids.** If they don't look like the picture

below, they will not pass. **Please have your spikes checked prior to reporting to your event at the table located in the turf.**



**Implements:** Weigh-Ins will take place in the storage area southeast corner (right hand side) of the track. All implements will be weighed in at check-in, opening an hour and a half before the scheduled start of the weight throw and closing 30 minutes prior to start. All implements should be weighed in at this time.

**Advancement:** All races other than the 55m and 55m hurdles will be timed finals and run fast to slow. Please do your best with seeding your athletes to make for fair heat/lane assignments. Preferred lanes in the GTC for the 300m, 600m, 4x200 and 4x400 are 5,6,4,3,2,1. Top 9 field event athletes will advance to the finals.

**Scoring:** This meet will be scored.

**Awards:** Team Champions will be awarded a trophy at the conclusion of the meet. The top 3 athletes in each event will be recognize on the podium immediately following their event, with event winners receiving a champion T-Shirt. Please listen for announcements for reporting to the podium after your event.

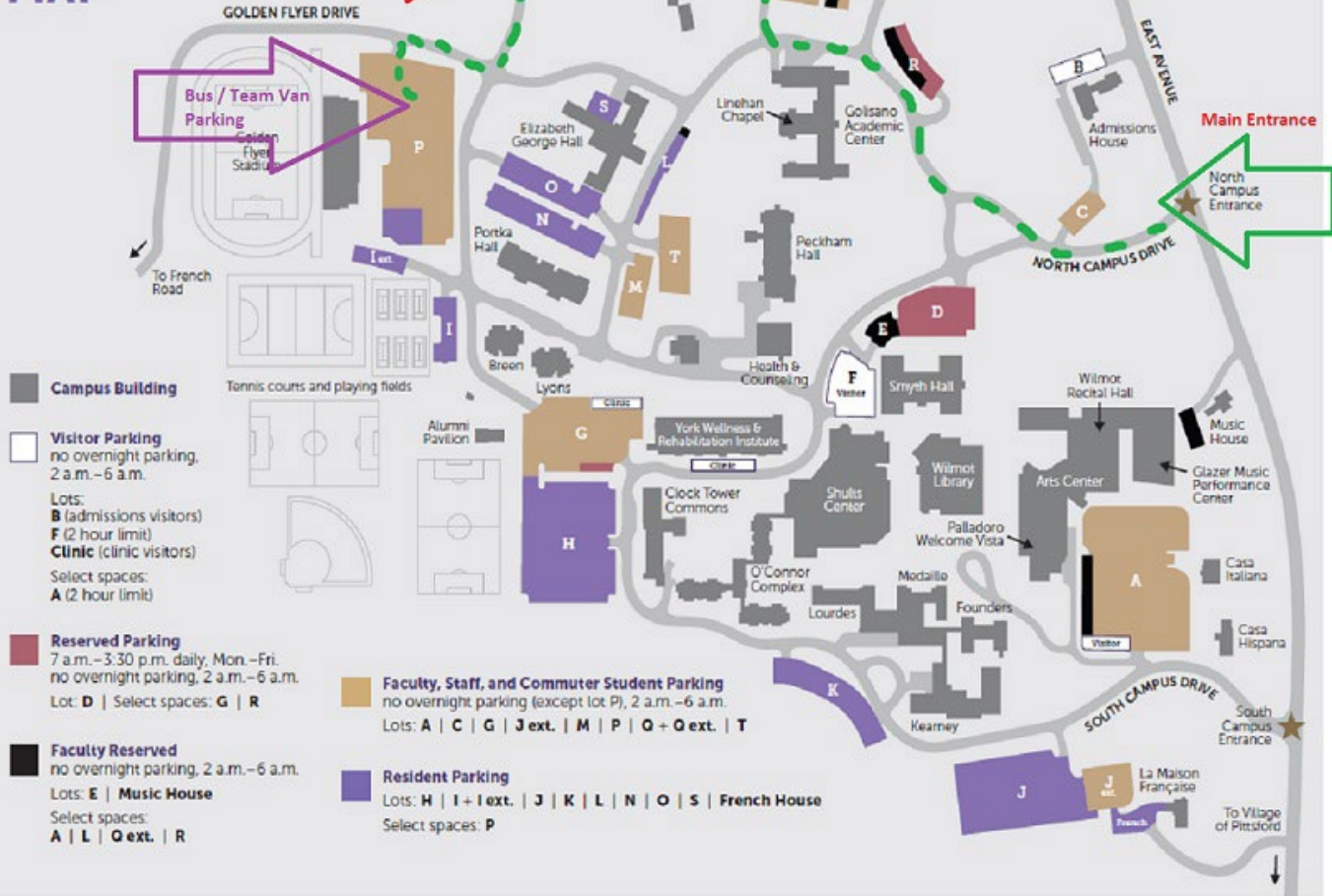
**Commemorative T-Shirts:** Will be available for sale in the main concourse area. Cash or Venmo only.

**Results:** Results will be live on [www.LeoneTiming.com](http://www.LeoneTiming.com).

**Parking:** Buses will be able to drop off athletes and coaches just outside the Golisano Training Center in the "Q" Lot but will then need to proceed to the Stadium Parking Lot "P". Spectators will be able to park in the "Q" Lot. We will have parking attendants directing buses on where to park upon drop off at the Stadium.

**NAZARETH COLLEGE**

**PARKING MAP**



**Campus Building**

**Visitor Parking**  
no overnight parking,  
2 a.m. – 6 a.m.  
Lots:  
**B** (admissions visitors)  
**F** (2 hour limit)  
**Clinic** (clinic visitors)  
Select spaces:  
**A** (2 hour limit)

**Reserved Parking**  
7 a.m. – 3:30 p.m. daily, Mon. – Fri.  
no overnight parking, 2 a.m. – 6 a.m.  
Lot: **D** | Select spaces: **G** | **R**

**Faculty Reserved**  
no overnight parking, 2 a.m. – 6 a.m.  
Lots: **E** | **Music House**  
Select spaces:  
**A** | **L** | **Q ext.** | **R**

**Faculty, Staff, and Commuter Student Parking**  
no overnight parking (except lot P), 2 a.m. – 6 a.m.  
Lots: **A** | **C** | **G** | **J ext.** | **M** | **P** | **Q + Q ext.** | **T**


**Resident Parking**  
Lots: **H** | **I + I ext.** | **J** | **K** | **L** | **N** | **O** | **S** | **French House**  
Select spaces: **P**



# JACK REED SHOWCASE

**Tentative** – A final time schedule will be released after entries are received.

## SCHEDULE OF FIELD EVENTS (top 9 advances to finals)

TIME	EVENT	SECTION
8:30-9:45pm	Implement Certification @ Storage Area	---
10:00am	Weight Throw (Girls) *boys to immediately follow	FINALS
	Long Jump (Girls & Boys) *triple to immediately follow	FINALS
	Pole Vault (Boys) *girls to immediately follow	FINALS
	High Jump (Girls) *boys to immediately follow	FINALS
	Shot Put (Boys) *girls to immediately follow	FINALS

**\*15 minutes for flight specific warm-up if needed. No general warmups will be conducted.**  
**Only competing flights should be on the infield.**

**Tentative** – A final time schedule will be released after entries are received.

## SCHEDULE OF TRACK EVENTS (fast to slow unless a trial)

TIME	EVENT	SECTION
10:00am	4x200m Meter Relay (GIRLS)	FINALS
10:15am	4x200m Meter Relay (BOYS)	FINALS
10:25am	3000m Run (GIRLS)	FINALS
10:55am	3200m Run (BOYS)	FINALS
11:20am	55m Hurdles (GIRLS)	TRIALS
11:30pm	55m Hurdles (BOYS)	TRIALS
11:40am	55m Dash "Invite" (GIRLS) *top 24	TRIALS
11:45am	55m Dash Open (GIRLS)	FINALS
11:50am	55m Dash "Invite" (BOYS) *top 24	TRIALS
11:55am	55m Dash Open (BOYS)	FINALS
12:05pm	1500m Run (GIRLS)	FINALS
12:25pm	1600m Run (BOYS)	FINALS
12:45pm	55m Hurdles (BOYS)	FINALS
12:55pm	55m Hurdles (GIRLS)	FINALS
1:05pm	55 Meter Dash (GIRLS)	FINALS
1:10pm	55 Meter Dash (BOYS)	FINALS
1:20pm	600 Meter Dash (GIRLS)	FINALS
1:35pm	600 Meter Dash (BOYS)	FINALS
1:55pm	1000 Meter Run (GIRLS)	FINALS
2:15pm	1000 Meter Run (BOYS)	FINALS
2:05pm	300 Meter Run (GIRLS)	FINALS
2:30pm	300 Meter Run (BOYS)	FINALS
2:55pm	4x800 Meter Relay (GIRLS)	FINALS
3:20pm	4x800 Meter Relay (BOYS)	FINALS
3:45pm	4x400m Relay (GIRLS)	FINALS
4:00pm	4x400m Relay (BOYS)	FINALS
4:30pm	Team Champions Presented Trophy	

## **“Minimum Marks” for Competitors Entering the Showcase Meet**

<b>EVENT</b>	<b>&lt; BOYS</b>	<b>&lt; GIRLS</b>
55m Dash	7.00	8.00
55m Hurdles	9.00	10.00
300m Dash	40.00	47.00
600m Run	1:35.00	1:52.00
1000m Run	2:55.00	3:32.00
1600/1500m Run	5:00.00	5:35.00
3200m/3000m Run	10:55.00	12:15.00
<b>RELAYS</b>		
4x200m Relay	1:42.00	1:58.00
4x400m Relay	3:45.00	4:30.00
4x800m Relay	8:50.00	10:45.00
<b>FIELD EVENTS</b>		
Weight Throw	42'0	32'0
Shot Put	39'0	27'0
Long Jump	18'8	15'8
Triple Jump	39'0	31'6
High Jump	5'5	4'6
Pole Vault	10'6	8'0

**\*Opening Heights & Minimum Marks (subject to change based on field sizes)**

- Women's High Jump: 4'2"
- Men's High Jump: 5'0"
- Women's Pole Vault: 7'0"
- Men's Pole Vault: 9'0"

*-We will not hold the bar for any individual athlete who fails to return after going to another event.*

## Jack Reed



Jack Reed is more than just a retired history teacher from upstate Jordan-Elbridge. He is a former high school coach, a very successful one, who led Skaneateles to numerous State and County titles. After retiring from teaching in 2006, Reed wanted to do something to memorialize his time as a Coach in one of the strongest sections in the country. So he wrote. All summer in fact, gaining encouragement and support from the close network of friends cross country/track coaching provides. "I wanted to pay tribute to the sport," Reed said. "I have a history background, so I wanted to produce a piece of running history for runners to engage with for years to come. I think I've accomplished that with "*Back to the Front*."

It would take until 2009 for the first release to come out commercially. When it did, kids were able to read a humbling story of the truth behind the titles. Coach Reed lays it all out on the table, holds nothing back of the tragic car accident that took the life of a teenager, the former Skaneateles athlete-turned Olympian emailing Reed the day before his biggest race ever, and even the personal turmoil of coaching an unsuccessful team after a decade of champions. *Back to the Front* is a must read for any cross country/track coach in New York state. The intimate relationship Reed describes with the sport is mirrored every weekend throughout the state. Topics still being talked about today, such as team uniforms at states, are intimately addressed through Reed's own frustrations with the sport he loves. A story like no other before it, the text is laced with emails from parents and athletes, letters from former athletes 20 years later, and dozens of recounted memories that will last a lifetime for their possessors.

Since publication, Jack Reed has published two other novels. *Been Dead Already*, and the soon to be released *Undefeated*, are both fictional stories based on people in Reed's life. The personal triumphs in both stories are uplifting, and not to be missed. The perfect holiday gift, you can order your own copy at Reed's website, [www.jackreedbooks.com](http://www.jackreedbooks.com) , or on Amazon as well.



### Author

Back to the Front (first printing 2008, 2011)

Been Dead Already (2011)

Once We Played, Now We Teach—A Collection of Essays (2005)

\*Contributed over 800 newspaper articles on Cross Country and Track & Field

Published in Track Coach Magazine, the official technical publication of USA Track & Field

Published in the NCAA News

### Accolades

Teacher of the Year

Coach of the Year—Cross Country

Coach of the Year—Indoor Track

Coach of the Year—Outdoor Track

### Coaching

Marcellus

Jordan-Elbridge

Skaneateles

*\*Coached a combined team for two winters consisting of Marcellus, Jordan-Elbridge and Skaneateles*

### Championships

Cross Country Girls NY State Champions 1995, 2000, 2001, 2003

Cross Country Girls NY State Runners-up 1999

Cross Country Girls Third Place 1996, 1997, 2006

15-year unbeaten streak in the Onondaga High School League 1993-2007 (93 straight)

Cross Country Boys #1 Rank in final NYS poll 1994

Cross Country Boys Top 3 Finishes in NYS 1993, 1994, 1995, 1999

Girls 4x800, 5-Time New York State Champions



### **Famous Athletes**

Jonathon Riley—Stanford; Athens Olympian, NCAA 5000 Meter Champion,  
11-Time Stanford All American, 3-time USA Indoor 3000 meter champ

James Goss—Lynchburg; NCAA Long Jump Champion, 5-Time NCAA South/Southeast Athlete of the Year,  
10-Time Lynchburg All-American, NCAA National Athlete of the Year 2001, Head Coach, Nazareth.

Ann Abrahamson—Syracuse University; coSIDA Academic All-American  
Big East All-Academic;

Michelle LaFleur—Cortland State; Professional Runner, NCAA XC, 1500, 5k Champion

### **All-State Honorees**

45 named All-State

## **DIRECTIONS TO NAZARETH COLLEGE**

### **From the West**

- Take the New York State Thruway to exit 46.
- Take Interstate 390 North to Interstate 590 North to Interstate 490 East.
- Exit #23 at Linden Ave. Veer right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Veer right before you reach St. John Fisher.
- Entrance to Nazareth College will be on your right after Irondequoit CC.

### **From the East**

- Take the New York State Thruway to exit 45.
- Take Interstate 490 West to NY 31F/Fairport Rd. Exit #25. Turn left off exit onto 31F
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn right at the North Campus Entrance (entrance without a traffic light).

### **From the North**

- Take Interstate 590 South.
- From Interstate 590 South, take Interstate 490 East to Exit 25 (Fairport Road).
- Turn left, heading West on 31F/Fairport Road.
- At the second light, turn left on NY 96 South (East Avenue).
- Nazareth is about a mile down Route 96 on your right.
- Turn right at the North Campus Entrance (entrance without a traffic light).

### **From the South**

- Take Interstate 390 North to Interstate 590 North to Interstate 490 East.
- Exit #23 at Linden Ave. Veer right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Veer right before you reach St. John Fisher.
- Entrance to Nazareth College will be on your right after Irondequoit CC.

### **From Downtown Rochester**

- Take Interstate 490 East to exit 25 (Fairport Road).
- Turn left, heading west on Fairport Road.
- At the second light, turn left onto Route 96/East Avenue.
- Nazareth is about a mile down Route 96/East Avenue on your right.

### **From the Rochester International Airport**

- Leaving the airport, make a right-hand turn onto Brooks Avenue.
- From Brooks Avenue, turn right onto the Interstate 390 South entrance.
- Where 390 splits, stay to the left and follow Interstate 590 North to 490 East.
- Exit #23 at Linden Ave. Veer right off exit and turn left onto East Ave.
- Follow East Avenue / Route 96 East. Veer right before you reach St. John Fisher.
- Entrance to Nazareth College will be on your right after Irondequoit CC.

# Nearby Hotels & Lodging

## [Hilton Garden Inn](#)

800 Pittsford-Victor Road  
Pittsford, NY 14534  
585-248-9000  
4 miles from Nazareth College

## [Woodcliff](#)

199 Woodcliff Drive  
Fairport, NY 14450  
585-381-4000  
6 miles from Nazareth College

## [Hampton Inn and Suites](#)

7637 NYS Route 96  
Victor, NY 14564  
585-924-4400  
8 miles from Nazareth College

## [Hampton Inn by Hilton - Penfield](#)

950 Panorama Trail South  
Rochester, NY 14625  
585-249-0601  
3 miles from Nazareth College

## [Best Western Plus Victor Inn & Suites](#)

7449 NY-96  
Victor, NY 14564  
585-924-3933  
9.5 miles from Nazareth College

## [Country Inn & Suites by Radisson](#)

2835 Monroe Ave  
Rochester, NY 14618  
585-784-8400  
3 miles from Nazareth College

## [Courtyard Marriott Rochester East/Penfield](#)

1000 Linden Park  
Rochester, NY 14625  
585-385-1000  
4 miles from Nazareth College

## [Strathallan Doubletree by Hilton](#)

550 East Avenue  
Rochester, NY 14607  
585-461-5010  
5.3 miles from Nazareth College

## [Del Monte Lodge](#)

41 North Main Street  
Pittsford, NY 14534  
585-381-9900  
Less than 1 mile from Nazareth College

## [Holiday Inn Express & Suites Rochester/Victor](#)

7502 Main St Fishers  
Victor, NY 14564  
585-672-2100  
9.4 miles from Nazareth College