

Lyons Invitational

- Date: Friday April 29, 2016
- Place: Lyons Track and Field Facility
- Time: 4:30 P.M.
- 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 Entry Deadline is 8:00 P.M. Monday April 25, 2016. There will be only drops the day of the meet, no adds.
- Entry Fee \$225 per school, mailed by April 26, 2016 to
Lyons Sports Boosters
70 Clyde Road
Lyons, New York 14489
- Scoring No team scoring
- Awards Ribbons to top 6 finishers in each event
- Facilities 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
Starting blocks will be provided
- 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 Roger Clark
rclark06@rochester.rr.com 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
G 2000 m steeplechase
B 3000 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