

The LeRoy Modified Track & Field Invitational

Saturday May 4, 2019

Track and Field Events begin at 10:00 AM (approx finish time - 1:00)

This meet is open to ANY modified team from any league. Be sure to email Coach Jay Laitenberger with your intent to compete and if you anticipate bringing a small group (less than 10 total), a medium size team (10 - 25 total) or a large team with more than 25 athletes. Be sure to email your intent to participate before it closes.

Coaches Meeting at 9:40 at the Start / Finish Line.

Order of Events (track events are girls then boys):

Sprint Medley Relay (800 - 200 - 200 - 400)	Boys then Girls Shot Put (you may enter 3 athletes)
55 M Hurdles	Girls then Boys Discus (you may enter 3 athletes)
200 m	
1500	Boys then Girls Long Jump
100	Boys then Girls Triple Jump (after LJ)
400	
4 x 200	Girls then Boys High Jump
800	
200 M Hurdles	
4 x 100	

Meet Rules

1. An athlete may enter a maximum of 3 events; no more than two track events or two field events may be entered. If a athlete is participating in two running events, the total distance may not exceed 2300 meters.
2. The 55 meter (30" and 33") hurdle race with five hurdles shall have the following spacings: a) start to the first hurdle – 12 meters b) distance between hurdles – 8 meters c) fifth hurdle to finish – 11 meters
3. The 200 meter (30") hurdle race with 5 hurdles shall have the following spacings: a) start to first hurdle – 20 meters b) distance between hurdles – 35 meters c) fifth hurdle to finish – 40 meters
4. Scratches and substitutions are allowed - but any substitution will run in the original position

Entry Fee: This meet will have NO entry fee. Athletes are encouraged to purchase t-shirts and food at the concession stand. Teams can make a donation that will go to the cost of ribbons

Awards: We will have ribbons for first through sixth place finishers in each event. Awards will be based on time. Ribbons can be picked up when your team is ready to leave.

Concessions: A concession stand will be available, including LeRoy Invitational T-Shirts.

Entries: Entries will be completed on Yentiming.com. Teams get 2 male and 2 female entries per event (3 for throwing events). **Entries are due online by 8:00 PM on the THURSDAY before the meet. No exceptions.** Relays have unlimited entries - enter as many relay teams as you want to get all of your athletes in the meet. You MUST do your entries on Yentiming.com by 8:00 PM

Seeds: Please use hand times for all seeds. If your athlete has not competed in a 200 m hurdles, then have them run one in practice to get an approx. seed time.

Directions: Hartwood Park is located less than one mile south of the village of LeRoy on South Street next to the High School at 9300 South St. Rd. in LeRoy, NY 14482 (do not go to Wolcott St. School)

Contact: Coaches should email Coach Jay Laitenberger at jlaitenberger@leroycsd.org to confirm their interest in attending. Please be sure to indicate if you are interested in the Varsity Invitational or the Modified Invitational.