

9th Annual Dundee Central School Pent-Steeple-Sprint-Field Invitational

Meet Information

Date: Friday, May 5th 2023

Place: Dundee Central School, Track & Field Facility

Time: 4:30pm

Entries: Entries are made via www.yentiming.com. Entry limits will be based on the number of teams participating. 10 teams will be the cutoff. 3 entries per track and per field event. 1500/1600 and steeple will be cut off at the top 16 runners. 1 pentathlon entry per gender. Once entries are made you may reach out to the meet director to see about the availability of a second spot.

Entry Fee: \$250 per team.

Make checks payable to: Dundee Central School

Send payment to: Scott Shepardson – Athletic Director
Dundee Central School
55 Water Street
Dundee, NY 14837

Events: 100m, 200m, 400m, 800m, 1500m/1600m, 4x100m 110 Hurdles, 400 Hurdles, Pentathlon, Steeple Chase, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus.

Timing: Fully automatic timing will be used.

Facilities: 6/8 lane all weather surface with steeplechase. Two horizontal jumping areas with all weather surface runways. One high jump and one pole vault areas with all weather surfaces. One shot put and one discus area with concrete throwing surfaces.

Track Rules: Only 3/16" max pin spikes will be permitted. All spectators and non-competitors will not be permitted inside the competition areas.

Athlete Check-In: Athletes in all running events must check in with the clerk in the southwest corner of the track prior to the start of their race. Athletes in field events should report to the site of their event for check in prior to the start of competition.

Starting Blocks: Adjustable starting blocks are provided. However, you may use your own blocks as well.

Conduct of Meet: All running events will be conducted as finals. If more than one section is necessary, they will be run against time. Sections, lanes and flights will be seeded according to entry times or distances. Sections will be run slow to fast.

Concessions: Food and drink will be available to athletes and spectators at the track concession stand.

Direct all questions to:

Scott Shepardson – Athletic Director Dundee High School

Phone: 607-243-5535 (school) Email: sshepardson@dundeecs.org

Order of Events: (Girls Followed by Boys) Pent 100 hurdles 100 hurdles Pent 110 hurdles 110 hurdles 2000m steeplechase 3000m steeplechase 400m 100m 400m hurdles 800m 200m 1500m 1600m 4x100m relay	Long Jump Followed by Triple Jump Girls Shot Put Followed by Discus Boys Discus Followed by Shot Put 2 High Jump Pits Pent Order: Hurdles High Jump Shot Put Long Jump 800/1500
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Email your intent to participate ASAP to sshepardson@dundeecs.org

School: _____ Coach: _____

Phone: _____ Email: _____