

MAC B3 EAST HIGH INVITE

Saturday, MAY 6, 2023@ EAST HIGH SCHOOL

Please email your intent to participate to:

sherimunoz@rcsdk12.org or bragland1@rochester.rr.com

DEADLINE FOR ENTRY AND ENTRY FEES -Thursday, May 4, 2023 by 8PM (Yen timing)

START TIME: 11:00 AM COACHES MEETING: 10:45AM

15-18 TOTAL TEAMS ACCEPTED. Each athlete may do 4 events total.

ALL CO-ED FIELD EVENT ENTRANTS MUST HAVE 3 MALES AND 3 FEMALES FOR A COMPLETE CO-ED TEAM.

Means CO-ED Relay - **FOR CO-ED TRACK RELAYS, enter online as male. Be sure to enter a time or Click NT. Don't worry about getting the names in for each gender.*

ORDER OF EVENTS: ALL RUNNING EVENTS WILL BE FEMALES FIRST

1. 400 HURDLES 2. 1500M/1600M 3. 100/110 HURDLES 4. 400M

5. 200M 6. 100M

7. *CO-ED SPRINT MEDLEY RELAY (400M-FEMALE, 200M-MALE, 200M-FEMALE, 800M-MALE)

8.*CO-ED 4X400M RELAY 9. 4X400M RELAY 10. *CO-ED 4X100M RELAY

11. 4X100M RELAY

THE LONG JUMP, TRIPLE JUMP, SHOT PUT, AND DISCUS THROW WILL HAVE 3 ATTEMPTS.

***DISCUS THROW- BOYS 1ST *SHOT PUT -GIRLS 1ST**

***HIGH JUMP-GIRLS 1ST START HEIGHT FOR GIRLS-4'FT/BOYS-5'FT.**

***TRIPLE JUMP- BOYS 1ST**

***LONG JUMP-GIRLS 1ST**

AWARDS ARE 1ST PLACE=T-SHIRTS, 2ND & 3RD PLACES=MEDALS

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Date: Saturday, May 6, 2023

Place: East Track and Field Facility

Starting Time: 11:00AM

Entry Limits: One Relay per school female & male. One Relay per school entering in the CO-ED Relays.

Each athlete may do 4 events. **Please email intent to:** sheri.munoz@rcsdk12.org or bragland1@rochester.rr.com

Entry Deadline: Thursday, May 4, 2023 @ 8:00 PM All entries will be done through Yen timing. There will be fully automatic timing for all running events.

Coaches Meeting. 10:45 AM on the infield

Weight implements will be weighed in @ 10:30 A.M. and end at 11:00 A.M.

Warm-up begins at 10:30AM

There will be 3 attempts in LONG JUMP, TRIPLE JUMP, SHOT PUT, and DISCUS THROW.

Fully automatic timing for all running events.

Entry Fee: COMBINED TEAMS \$300, SINGLE TEAM \$150, PER RELAY \$30, PER INDIVIDUAL EVENT \$20. You are required to bring 1 VOUCHER PER TEAM

IF YOU CANCEL THERE ARE NO REFUNDS.

Send checks or vouchers to:

Attention: Coach Sheri Munoz

East High School

1801 E. Main St.

Rochester, New York 14609

Make checks or vouchers payable to:

East Track and Field Booster Club

Other Information:

Blocks will be provided or you can bring your own.

Concessions will be available

Questions: Contact **Sheri Munoz** © 585-520-0861 or sheri.munoz@rcsdk12.org

Bryan Ragland © 585-455-0390 or b.ragland1@rochester.rr.com

Awards for 1st place = T-shirts, 2nd & 3rd=medals. Team -1st, 2nd, 3rd place trophies.



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ORDER OF EVENTS

***=CO-ED RELAYS (ALL EVENTS WILL BE FEMALES FIRST).**

400 HURDLES

1500/1600 M

100/110 HURDLES

400 M

200 M

100 M

***CO-ED SPRINT MEDLEY RELAY (400M-Female, 200M-Male, 200M-Female, 800M-Male)**

***CO-ED 4x 400M RELAY**

4x 400M RELAY

***CO-ED 4x 100M RELAY**

4x 100M RELAY

***DISCUS THROW**

***SHOT PUT**

***HIGH JUMP**

***TRIPLE JUMP**

***LONG JUMP**