

MAC B3 EAST HIGH INVITE

Date: Saturday, May 18, 2024

Place: East Track and Field Facility

Starting Time: 11:00AM

Entry Limits: One Relay per school female & male.

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

Entry Deadline: Wednesday May 15, 2024 @ 8:00 PM All entries will be done through Yen timing. There will be fully automatic timing for all running events.

Coaches Meeting. 10:30 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.