

**8<sup>th</sup> Annual ESU Red & Black  
Invite Thursday April 17, 2014  
Eiler-Martin Stadium**

Dear Coach,

Enclosed is the meet schedule/information on our Red + Black Invitational (Thursday, April 17<sup>th</sup>). ONLY high school athletes are eligible to compete. Best of luck with your season and please contact us with any questions.

1. **Location:** The outdoor facility is located in the heart of East Stroudsburg University. Leave route 80 at Exit 308, proceed north past the 1st traffic light and just past the Hospital parking lot turn right onto Center Street. (1 way Street) At 2<sup>nd</sup> Stop sign turn sharp right up a small incline and go past the stadium fence on your right to where you can pullover and unload to come in the East Gate of the stadium. BUSES: once unloaded continue up Center St. to intersection of Smith St. Turn left and make the 1<sup>st</sup> right and Park behind the Library (Large White Stone building on corner) in the large lots there.

**Throws Location:** ALL throwing events contested on fields behind building on corner of Normal and Green Street.

2. **Facility:** 400-meter euro-tan surface. Eight 42" lanes around the entire track. We have dual long/triple jump pits. Javelin is thrown off of an all-weather runway.
3. **Dressing Facilities:** Lockers and showers available. Bring your own towels and lock. Valuables should be secured.
4. **Equipment:** Bring your own implements and poles. Blocks will be provided.
5. **Shoes:** Spikes 1/4" or less. Especially the javelin runway- shoes will be checked.
6. **Entry Fee:** \$5.00 per event per individual/\$10.00 per relay/Team entries: \$175.00 per team (\$350 combined boys and girls). Make check payable to East Stroudsburg University (if you're mailing it ahead of time, please send it to:  
Joe Koch  
Track and Field Office  
ESU  
East Stroudsburg, PA 18301
7. **Entry Procedure:** We'll be using Milesplit (access through PennTrack web-site)...entries due Tuesday, April 15<sup>th</sup> by 6PM...5 max in running and 4 max in field events(shot, disc, jav, LJ, TJ) 3 attempts, no final in LJ TJ...relays are unlimited...PLEASE have your athletes check-in at first call so we can keep the meet moving (field event at the site...running events clerked at tent beyond finish line)...we CANNOT do any additions day of the meet...YOU MUST PRE-ENTER!!! COACHES SHOULD SCRATCH ATHLETES NOT COMPETING!!!
8. **Awards:** Medals to the top 6 in each individual event and top 3 for relays.
9. We'll have a concession stand for food/t-shirts that will be open.
10. We'll be having summer meets on Thursdays in June and July and Cross Country Camp (Aug 3-7).
11. At the end of the meet please CLEAN UP your area!
12. We cannot hold up events for athletes competing in more than 1 event at the same time

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8<sup>th</sup> Annual Red and Black Invitational  
Meet Schedule  
Thursday, April 17<sup>th</sup> 2014

Field Events:

2:30 p.m.      Boys Triple Jump (3 Jumps)  
                 Girls Long Jump (3 Jumps)  
                 Boys Javelin (Top 6 to Finals)  
                 Girls High Jump  
                 Boys Pole Vault  
                 Girls Shot Put (Top 6 to Finals)  
                 Boys Discus (Top 6 to Finals)

4:00 p.m. (Approx.)    We'll start warm-ups/events immediately following the previous event.

                 Girls Triple Jump (3 Jumps)  
                 Boys Long Jump (3 Jumps)  
                 Girls Javelin (Top 6 to Finals)  
                 Boys High Jump  
                 Girls Pole Vault  
                 Boys Shot Put (Top 6 to Finals)  
                 Girls Discus (Top 6 to Finals)

Running Events (order of events...will follow one after the other).

2:45 p.m.      4 x 800 Relay  
                 100/110 Hurdles (Final on Time)  
                 100 (Final on Time)  
                 1600 Meters  
                 400 Meters  
                 4 x 100 Relay  
                 300 Hurdles  
                 800 Meters  
                 200 Meters  
                 3200 Meters  
                 4x 400 Relay

- Girls event goes first
- LJ/TJ: 3 Jumps...No finals... We're having an open pit Boys TJ/Girls LJ 2:30-4pm and your athletes receive a # and jump anytime during the open pit. 4pm same open pit for Boys LJ/Girls TJ
- Entries: 5 running/4 field events...Relays unlimited. Report (clerk) at 1<sup>st</sup> call:  
Field events at the site/running events at the tent past the finish line
- Final on time for ALL running events with more than 1 heat. Fast heat will go last.
- Starting Heights
  - o HJ                      4'4" Girls                      5'4" Boys
  - o PV                      7'      Girls                      10'      Boys

## **Red and Black Information Sheet**

Dear Coach,

Below is the information for the 2013 Red and Black Invitational. We would like to thank you for attending and are looking forward to having a successful meet.

1. PLEASE do scratches before the meet and throughout the competition.
  2. Clerking runners report to the tent past finish line. Check-in at 1<sup>st</sup> call!  
Field event check-in at the site.
  3. 3 attempts in horizontal jumps and throws.
  4. Results will be posted on the wall by the bathroom underneath the stands. We'll try and have them on our website by Friday Night ([www.esuwarriors.com](http://www.esuwarriors.com))/ Mile Split/  
PennTrack
  5. Top 6 Individuals/Top 3 Relays receive medals...Report to the table by the bathroom (RESULTS)
  7. Fill out ready cards with complete names (Girls yellow, Boys blue).
  8. Team score: Top 6 (10-8-6-4-2-1) for Individuals & Relays/winning teams receive a trophy.
  9. Our summer camps are scheduled as follows:
    - Speed/Track & Field Camp (July 7-10)
    - Advanced Hurdles and Jump Camp (July 21-24)
    - Cross Country Camp(Aug 4-8)

-We've enclosed brochures or our camps website has the info.
  10. Athletic Trainer available at the clerk tent/throws area.
  11. Due to the size of the meet, we can't hold events for competitors who do more than 1 event. Therefore, no waiting for athletes in other events. Field events competitors can compete out of order in their flight. All of the throwing events will be contested on the fields behind the cafeteria. A map to the throwing area is enclosed.
  12. Starting heights for HJ (4'4" girls/5'4" boys) PV (7' girls/10' boys).
  13. Throwing minimums SP (24' girls/30' boys) Discus (70' girls/85' boys) Jav (70' girls/100' boys).
  - Jump Minimums LJ (14' girls/ 17' boys) TJ (24' girls/ 34' boys)
  - We'll measure first legal attempt under minimums.
  14. Girls running events will go first.
  15. FASTEST heats will go LAST
  16. Other athletic events will be going on during the meet, for safety reasons please caution your athletes to be aware at all times!
  17. In case of lightning we'll evacuate to: Zimbar Gym, Stroud Hall, School buses  
(Please Check map for locations)
  18. Please use enclosed garbage bags to clean up your area before you leave.
- \*NO ADDITONS ON THE DAY OF THE MEET\***