

East Syracuse-Minoa Girls Track and Field Invitational
Thursday, May 10, 2012
4:30 P.M. @ East Syracuse-Minoa High School

Meet Information

1. Pin spikes allowed in all running/jumping events.
2. Starting blocks will be provided or bring your own.
3. Multiple circles and runways allow for no Pentathlon delays.
4. **No coach will be asked to work the meet.....simply watch your kids.**
5. A quality concession stand will be open.
6. Team scores will be kept. 1st and 2nd and 3rd place team trophies. Individual awards given to the top 8 in each event.
7. Medals will be awarded for event winners including relays.
8. Two individual entries per school in each event. 1 relay team per event.
9. Individuals can be entered in a maximum of 3 events.
10. Timing will be FAT. Entries will be on www.onlineentries.com . Check there for entry closing date. Results will appear on Tullyrunners.com, and Armorytrack.com.
11. This meet will be double clerked so that the next heat/section will be on the track immediately after the last runner has finished.
12. We plan on finishing this meet in under 4 hours with no gaps, no breaks. Please plan accordingly.
13. Entry Fee is \$120.00. Make check or voucher payable to the ES-M Harriers, c/o Jim Gorney and send by April 28th with the form below.

Send bottom portion and check/voucher to:

Jim Gorney
21 Elia Circle
Canastota, NY 13032 jgorney@esmschools.org

School_____Coach_____Email_____

School phone_____Home phone_____

Mailing address_____

ES-M Girls Invitational (Thursday, May 10th)

Order of Events (starting at 4:30)

Pent High Hurdles
100 High Hurdles Semi
3000 Meter Run
100 High Hurdles Final
4x100 Timed Final
800 Meter Run
100 Meter Dash Semi
400 Meter dash
100 Meter Dash Final
4x800 Relay
JV 200 Meter Dash (Three Entries Only!!)
200 Meter Dash
400 Low Hurdles Final
2000 Meter Steeplechase
JV 1500 Meter Run (Three Entries Only!!)
1500 Meter Run
Pent 800 Meter Run
4x400 Relay

Field Events:

Discus (higher seeds) and
Shot Put (lower seeds) 4 attempts
Long Jump (higher seeds) and
Triple Jump (lower seeds) 4 attempts
High Jump and Pole Vault

Discus (lower seeds) and
Shot Put (higher seeds) 4 attempts
Long Jump (lower seeds) and
Triple Jump (higher seeds) 4 attempts

Pent Field Events will start when ready

ES-M Girls Track Invitational Records

| | | | | |
|-------------|---------------------------------------|--------------|---------|------|
| 100 Meter | Jessica Razy | RFA | 12.76 | 2010 |
| 200 Meter | Christina Monroe | Proctor | 26.45 | 2008 |
| 400 Meter | Christina Monroe | Proctor | 59.23 | 2008 |
| 800 Meter | Leah Andrianos | ESM | 2:16.33 | 2006 |
| 1500 Meter | Nichole Lister | South Jeff | 4:45.83 | 2004 |
| 3000 Meter | Laura Leff | West Genesee | 10:09.9 | 2011 |
| 100 HH | Kierra Arthur | Proctor | 15.62 | 2010 |
| 400 LH | Allison Stankavage | Chittenango | 1:06.05 | 2004 |
| 4x100 Relay | Baker, Southwell, Razy, Gallagher | RFA | 50.32 | 2010 |
| 4x400 Relay | Jordan, Allen, Marshall, Carnovale | B'Ville | 4:09.68 | 2011 |
| 4x800 Relay | Homeyer, Barnett, Mazzeo, Van der van | Skan. | 10:01.1 | 2008 |
| Steeple | Kayleigh Wheelless | Westhill | 7:09.8 | 2003 |
| Long Jump | Ashley Palmer | Phoenix | 17'04 | 2011 |
| Triple Jump | Ashley Palmer | Phoenix | 36'06 | 2011 |
| High Jump | Nina Zesky | ESM | 5'4 | 2011 |
| Pole Vault | Paris Mclean | Proctor | 10'00 | 2008 |
| Shot Put | Monica Ridgeway | Liverpool | 41'07 | 2006 |
| Discus | Monica Ridgeway | Liverpool | 122'03 | 2006 |
| Pentathlon | Heather Stec | Cazenovia | 3020 | 2004 |