

# ADPRO Sports Panther Relays 2012

**General Information:** The meet will be run on May 5<sup>th</sup>, 2011 beginning at 2pm at Sweet Home High School which is located at 1901 Sweet Home Road, Amherst, NY. The meet will begin with field events at 2:00pm, followed by the start of track events at 2:15. All teams should arrive by 1:30 for warm ups (hopefully everyone will be able to leave their school by 12:30 following the SATs). Field events will begin promptly at 2:00, as warm ups for the 2<sup>nd</sup> phase of field events need to begin by 4:30.

**Entries:** Please email your interest in competing to [brianlombardo77@gmail.com](mailto:brianlombardo77@gmail.com) by April 29, 2011. All relay entries should be emailed to [Brianlombardo77@gmail.com](mailto:Brianlombardo77@gmail.com) by Wednesday May 2<sup>nd</sup> at noon. Entries will be emailed out by Friday at 9am and any corrections should be sent to [brianlombardo77@gmail.com](mailto:brianlombardo77@gmail.com) at that time. Please attempt to put the email in a spreadsheet, such as the format shown below. Scratches will be allowed along with changes to relay names at the 1:30 coaches meeting .

**Awards:** Top 5 in each event will receive awards, with medals being awarded 1-3, and ribbons for 4<sup>th</sup> and 5<sup>th</sup>. There will be Nike backpacks given to the winners of the Pat Wyatt Shot Put Relay, the Carl Roesch mile, the Matt Leffler Memorial Pole Vault, and the "Papa" Garnham 4x100 relay.

**Cost:** There is a \$125 entry fee for a male or female team entry, or \$200 for a team with both genders. If you wish to enter only a few relays, there is a \$25 entry fee per relay. Checks should be made out to Sweet Home Track and Field, and mailed to 1901 Sweet Home Road, Amherst, NY, 14228 Attn: Brian Lombardo.

## Events and Scoring:

- Hurdles: The hurdles will be run individually in lanes, with times added up to determine places (we were concerned about safety with the shuttle hurdles, as our start line backs up to the parking lot). Each team will enter four individuals for the hurdles (you must have 4 finishers on order to score). Please give individual and team times when entering hurdlers.
- Throwing events: Each team is allowed two throwers, in both the shot put and discus. Each competitor will get 3 attempts, and the best attempt added to his/her teammates' best attempts for team total.
- Long/triple jump: The long/triple jump relay will consist of 2 long jumpers and 1 triple jumper. The boys long jump will be done in the pit closer to the finish line, while girls long will be done in the pit closer to the 100 meter start line. The track has one shared

runway, so we will alternate jumpers from each pit. Following the completion of the long jumps boys triple will compete in the pit near the finish line while the girls triple will compete in the pit near the 100 meter start line. Each jumper will be given two attempts, with the jumper's best attempt being added to their teammates' best attempts for a combined total.

- Pole Vault: Pole vault will have two vaulters per school, with their heights added together for a team score. Males and females will be run simultaneously, in order to stay on our time schedule, and opening height will be 5'6" for girls and 7'6" for males- NO MALES CAN BEGIN BEFORE THE BAR REACHES 7'6"!
- High jump: High jump will have two jumpers per school, with their heights added together for team score. Opening height is 4'2" for girls and 4'10" for boys.
- Track races: All track events will be run slow heat to fast heat. The mile is an individual event, and each school is allowed one entry per gender.

**Team Scoring:** Top 3 teams will be given team trophies in each gender, with one trophy to the top combined boys and girls team. Each event will be scored 10-8-6-4-2-1.

**Results:** All results will be posted at the meet on the press box side of the track, as well as posted on [section6runs.com](http://section6runs.com) after the meet ends.

### **Order of Events-Panther Relays**

#### **Coach/Officials Meeting-1:30**

#### **Track Events-2:15**

2:15-110/110 Hurdles – Girls followed by Boys

3:00-Distance Medley Relay (1200-400-800-1600)

3:45-4x200 Relay – Girls followed by Boys

4:25-"The Carl Roesch Jr." Mile Run – Girls and Boys will run the full mile

5:05-Sprint Medley Relay (400-200-200-800) – Girls followed by boys

5:50-4x400 Relay – Girls Followed by boys

6:50-4x800 Relay – Girls followed by Boys

7:30-"The Papa Garnham" 4x100 Relay – Girls Followed by Boys

\*\*\*\*Track events will run ahead of schedule when possible.

#### **Field Events**

- 2:00-Boys Long Jump (pit near finish line) (2 Long Jumpers, 3 attempts)
- 2:00-Girls Long Jump (pit near 100 meter start) (2 Long Jumpers, 3 attempts)
- 2:00-“The Pat Wyatt” Boys Shot Put (2 shot putters, 3 attempts)
- 2:00-Girls Discus (2 Discus Throwers, 3 attempts)
- 2:00-The Matt Leffler Memorial Girls Pole Vault (2 Pole Vaulters)
- 2:00-Girls High Jump (2 High Jumpers)
- 5:00-The Matt Leffler Memorial Boys Pole Vault
- 5:00-Girls Triple Jump (in the pit near the 100 meter start) (1 Jumper, 3 attempts)
- 5:00-Boys Triple Jump (in the pit near the 100 meter start) (1 Jumper, 3 attempts)
- 5:00-The Pat Wyatt Girls Shot Put (2 Shot Putters, 3 attempts)
- 5:00-Boys Discus (2 Discus Throwers, 3 attempts)
- 5:00-Boys High Jump (2 High Jumpers)

Entries-Paste this into a spreadsheet (or format one similar), one for male and one for female, and email to [brianlombardo77@gmail.com](mailto:brianlombardo77@gmail.com) by noon on Friday May 6<sup>th</sup>.

Event	Seed Time/Distance	Athlete 1	Athlete 2	Athlete 3	Athlete 4
100 Hurdles			XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
100 Hurdles			XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
100 Hurdles			XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
DMR					
4x200					
Mile Run			XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
4x400					
Sprint Medley					
4x800					
4x100					
Shot Put				XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
Long/Triple (#3 is your triple jumper)					XXXXXXXXXXXXXXXXXX
Discus				XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
Pole Vault				XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX
High Jump				XXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXX

### Boys Meet Records

Event	School	YR	Time	Runners
110 Hurdles-3man	Williamsville North	2011	49.0	Kenyon, Gullino, Taggert
DMR	Grand Island	2011	10:41.5	Geiger, Killian, Lutnick, Meyer
4x200	Niagara Falls	2011	1:34.2	Stewart, Bass, Johnson, Bryant
Mile Run	St. Joes	2011	4:28.2	Dan Courtney
SMR	Clarence	2011	3:49.3	Rogers, Wrobel, Ptak, Dewes
4x400	Cheektowaga	2011	3:31.6	Dewald, Taylor, Lamel, Olejniczak
4x800	St. Joes	2011	8:17.5	Spillman, Lucas, Rizzo, Courtney
4x100	Williamsville North	2011	44.4	Kenyon, Preston, Teal, Noel
Long/Triple Jump	St. Joes	2011	83'2.75"	Lekeuneu, Ministero, Price
Shot Put	Williamsville South	2011	87'7"	Patterson, Dycha
Pole Vault	Grand Island	2011	20'6"	Colao, Rustowicz
Discus	Grand Island	2011	216'8"	Nijjar, Cummings
High Jump	Niagara Falls	2011	11'8"	Joyce, Jackson

### Girls Meet Records

Event	School	YR	Time	Runners
100 Hurdles-3 girl	Cheektowaga	2011	51.8	Dandy, Gosciak, Williams
DMR	Clarence	2011	13:04.0	Saegner, Reinhardt, Tresino, Garrett
4x200	Grand Island	2011	1:49.5	Kullerkup, Kowalik, Kelly, Raepple
One mile	Clarence	2011	5:26.4	McCadden
SMR	Clarence	2011	4:30.4	Le, Lukowski, George, Reinhardt
4x400	Medina	2011	4:19.6	Thompson, Robinson, Newman, Porter
4x800	Clarence	2011	10:07.0	Garrett, Tresino, McCadden, Saenger
4x100	Medina	2011	52.2	Robinson, Newman, Thompson, Porter
Long/Triple	Clarence	2011	60'7"	Allen, Le, George
Pole Vault	Clarence	2011	16'6"	Kaiser, Reusch
High Jump	Sweet Home	2011	9'5"	Izard, Penberthy
Discus	Clarence	2011	184'5"	M. McCadden, Cooney
Shot Put	Cleveland Hill	2011	56'.5"	Hamilton, Houston