

Union Springs Track & Field Invitational

Saturday May 12, 2012

Dear Coach:

We would like to invite you to the 1st Union Springs Track & Field Invitational. This meet will take the place of the Southern Cayuga Invitational. I will be working with both Southern Cayuga and Groton to make sure it runs as smoothly as their invites. Our track is a six-lane rubberized surface with an eight-lane straightaway. We will be using the Lynx timing system that has been used for the Groton and Southern Cayuga Meets. **A coaches meeting will be held at 9:15, field events will start at 9:45 and running events at 10:00.** Entry fees, payable to Union Springs Central Schools, will be \$175 for boys and girls combined or \$100 for one team.

As with the Southern Cayuga and Groton meet, this will be a non scoring meet so the athletes can focus on getting a quality time for the upcoming championship meets. Each team can put in 2 athletes per event and 1 team for the relays. Depending on entries and heat breakdowns, some athletes may not be in seeded races. In order to allow for greater participation, we have included a novice 1500 and 1600, and a Freshman/sophomore Sprint medley relay. We plan on having medals for the top 3 and ribbons for places 4th-6th. Plaques for winners in sponsored events and MVP athletes.

This meet will be pre-seeded using Sydex. Please have all entries posted to www.sydex.com and sent in by 5pm Thursday, May 10th. If you need assistance with Sydex, please let me know. Absolutely no entries will be accepted after 5pm on the 10th. Only scratches will be accepted on meet day. Please send in your boys and girls entries at the same time.

Please email me at mgaffney_44@yahoo.com if you plan to attend.

If you have any questions you can reach me at (315) 406-0388 (C) or (315) 678-2877 (H) or by the above email.

Thanks,

Mark Gaffney

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Order of events

Track events, Starting at 10:00

4 X 100 Final on Time, G then B

4 X 800, G then B

100h Semi G

110h Semi B

100m semi, G then B

Novice 1500m G

Novice 1600m B

110h Final B

100h Final G

100 Final, G then B

1500m G

1600m B

F/S Sprint Medley Relay, G then B

400m, G then B

200m (Final on Time), G then B

400h, G then B

800m, G then B

3000m G

3200m B

4 X 400, timed final, G then B

Field Events, Starting at 9:45

Discus, B then G (4 throws No Final)

Shot Put, G then B (4 throws No Final)

Long Jump, Open Pit, 9:45- 11:45 (3 jumps No Final)

Triple Jump, Open Pit, Noon - 2pm (3 jumps No Final)

High Jump, G then B

Pole Vault, B then G