

9th Annual
Cicero-North Syracuse Co-Ed Track Invitational
Held @ The Richard J. Nastasi Track Facility
(Michael J. Bragman Complex)

SITE OF THE 2009 NYS TRACK & FIELD CHAMPIONSHIPS

Saturday, May 17, 2008
Order of Events

Track Events (Start 1:00 p.m.)

3000 Steeple	B	Final
110 HH	B	Semis
100 HH	G	Semis
2000 Steeple	G	Final
100	G	Semis
100	B	Semis
1500	G	Final
1600	B	Final
100 HH	G	Final
110 HH	B	Final
100	G	Final
100	B	Final
400	G	Final
400	B	Final
800	G	Final
800	B	Final
200	G	Semis
200	B	Semis
1500 m (Novice)	G	Final
1600 m (Novice)	B	Final
400 IH	G	Final
400 IH	B	Final
3000	G	Final
3200	B	Final
200	G	Final
200	B	Final
3200 Relay	G	Final
3200 Relay	B	Final
400 Relay	G	Final
400 Relay	B	Final
1600 Relay	G	Final
1600 Relay	B	Final

Field Events

Pole Vault	B	Final	1:00 pm
Pole Vault	G	Final	1:00 pm
High Jump	B	Final	1:00 pm
High Jump	G	Final	1:00 pm
Shot Put	B	Final	1:00 pm
Discus	G	Final	1:00 pm
Long Jump	B	Final	1:00 pm
Long Jump	G	Final	1:00 pm
Discus	B	Follows shot put	
Shot Put	G	Follows discus	
Triple Jump	B	Follows Long Jump	
Triple Jump	G	Follows Long Jump	

Starting Heights

High Jump (Boys - 5' 2'') (Girls - 4' 4'')
Pole Vault (Boys - 9' 0'') (Girls - 6' 6'')

Field Event Measuring Standards

Long Jump (Boys - 16') (Girls - 12')
Triple Jump (Boys - 35') (Girls - 28')
Discus (Boys - 100') (Girls - 75')
Shot Put (Boys - 38') (Girls - 26')

The CNS track facility is unique in that it has the capability of allowing each field event to be run simultaneously. For example, both the boys and girls long jump can be held at the same time. The CNS multi-event sites will allow co-ed meets to run much smoother and faster.

Facilities 8 Lane All-Weather Track (1/4 inch spikes will be allowed)
2 High Jump, 2 Shot Put, 2 Discus, 2 Pole Vault, & 4 Jumping Pits.
Daktronics Full Matrix Video Board for Live Results Display.

Entry Limits: Two (2) entries per school for each individual event, (except Novice)
One (1) relay team entry per school for each relay event

Entry Process:

1.) Coaches must notify Coach Nastasi, via e-mail at rnastasi@twcny.rr.com , their intent to participate by **Friday, May 9.**

2.) **All Entries are to be done online via <http://www.onlineentries.com>**
If you do not already have a team account with [OnlineEntries.com](http://www.onlineentries.com), e-mail Pat Leone pat@leonetiming.com for instructions.

Entry Deadline is Thursday, May 15 at 11:00 pm Coaches are *strongly encouraged* to make any and all changes to their entries before the day of the meet.

Scratch sheets are to be picked up in front of the concession area upon arrival into the stadium. Coaches are asked to make scratches on the sheets and then return them to meet officials at the check-in table by 12:30 pm.

ONLY SCRATCHES WILL BE ALLOWED THE DAY OF THE MEET!

Scoring All events will be scored, except the **Novice 1500/1600**
10-8-6-4-2-1

Results Leone Timing & Results Services will be using FinishLynx Fully Automatic Timing and Hy-Tek's Meet Manager to produce fast, accurate results.

Results will be immediately posted inside the stadium during the meet. Results will be posted on the Leone Timing website (<http://www.leonetiming.com>). Also, full results will be sent to [TullyRunners.com](http://www.tullyrunners.com) and [Armorytrack.com](http://www.armorytrack.com).

Full results packets will be available at the conclusion of the meet. Upon request, Leone Timing will e-mail results to newspapers outside of the Syracuse area.

Individual Awards – Medals will be awarded to positions 1 through 6 in all events. There will be a trophy awarded to the top male and female athlete at the meet.

Team Awards - Top three male & female teams

Entry Fee

- **\$120 for one team entry**
- **\$210 for combined girls and boys team entries from one school**
- **\$30 per individual or relay if not bringing entire team.**

Make checks payable to:

CNS Boys Track

Please send your check or voucher to:

Richard Nastasi

Cicero-North Syracuse High School

Northstar Drive

Route 31

Cicero, NY 13039

There will be a concession stand operated by the CNS Track Booster Club.

Any questions should be referred to the Meet Director, Richard Nastasi
(Home: 315-676-7896) E-mail: rnastasi@twcny.rr.com

SITE OF THE 2009 NYS TRACK & FIELD CHAMPIONSHIPS

9th Annual Cicero-North Syracuse Co-Ed Track & Field Invitational Cicero-North Syracuse High School

**Saturday, May 17, 2008
1:00 pm**

Dear Coach,

Your team is invited to attend the 9th Annual Cicero-North Syracuse Co-Ed Track & Field Invitational being held at the Richard J. Nastasi Track Facility in the Michael J. Bragman Complex at Cicero-North Syracuse High School, site of the 2009 New York State Track & Field Championships. CNS High School is located on Route 31 just east of Interstate 81 at the Cicero exit, just 15 minutes north of the Thruway.

The meet will offer varsity events for both boys and girls. Full Automatic Timing will be used to time all running events. Results will be computer generated and posted immediately inside the stadium at the conclusion of each event.

National Federation rules will govern the meet. An athlete may compete in four (4) events but all must adhere to all New York State regulations. The top six finishers in each event will receive medals, with team scoring for both the boys and girls teams entered. Awards will be given out at the completion of each event. Team score ties will be awarded to the team with the most first place finishes.

We look forward to hosting you and your school. If there are any questions or concerns please contact me at 315-676-7896, or via e-mail: rnastasi@twcnv.rr.com

Sincerely,

Richard Nastasi
Meet Director