

# The Shen Invy #5



**Friday MAY 10, 2019**  
**4pm-10pm**

**\*\*\*New LIGHTING for entire facility, including jumps\*\*\***  
**Brand New Awards!**

**45 National Elite performances in 2018**  
*(68 in '17, 64 in '16, 24 in '15)*

**Follow the meet on Twitter: @ShenInvy**  
**Live Results (Milesplit)**  
**Races streamed to Youtube**  
**Head coaches will eat & drink for free!**

**Please email Coach Rob Cloutier ASAP to secure your spot ([realdealmiler@gmail.com](mailto:realdealmiler@gmail.com))!**

**\*\*\*We limit the field to ensure a smooth competition\*\*\***

## **Shenendehowa is host for the Section 2 State Qualifier Meet**

- 2 runways for the horizontal jumps
- 2 runways and pits for pole vault (1 is used solely for warm-ups)
- two shot put circles
- 8 lanes
- Concessions stands, bathrooms, & parking are plentiful

## Entry Information:

**Please email Coach Rob Cloutier ASAP to secure your spot [realdealmiler@gmail.com](mailto:realdealmiler@gmail.com)**

**Milesplit's online registration:**

**Entries due May 8th Wednesday 6:00PM**

*\*\*\*only scratches can be made day of\*\*\**

**2 individuals** per event per gender

**PLUS 1 additional entry if all 3 have met the standard** (see below)

*\*\*\*Long/Triple Jump: will enforce a minimum measurement:*

Girls: LJ - 14'      TJ - 30'

Boys: LJ - 17'      TJ - 38'

**1 relay** per gender per event(no standard)

**\*3000m, 2 Mile, & both Steeplechase races** will be limited to the **top 18** entrants

**\*Discus** will be limited to **top 18** entrants

**Accepted entries** including flights & heats will be emailed on Thursday by 3pm

**Entry Fee:** \$150 per Gender OR \$250 Coed Blanket Entry OR \$15 per individual \$30 per relay

Checks should be made out to: Shenendehowa CSD

Mail to: Shenendehowa High School

Athletic Department

% Kristie Heffner

970 Route 146

Clifton Park, NY 12065

**\*\*\*This is an Entry Fee not a Participation Fee\*\*\***

**\*\*\*Payment due by day of Meet\*\*\***

**Questions** please contact:

Rob Cloutier

(518)928-5569

[realdealmiler@gmail.com](mailto:realdealmiler@gmail.com)

**Contact me A.S.A.P. with your intent to compete - we will limit/maintain the size of the meet to ensure a 6 hour window!**

## **Meet Info:**

Fully Automatic timing operated by First Across Timing

**Results:** Live online, announced, posted by concessions at the conclusion of each event

**Coaches Meeting** will be held at 3:30pm (Meet starts promptly at 4pm)

### **Scratches must be made prior to 3:00pm**

*\*can be done via email to Coach Rob: [realdealmiller@gmail.com](mailto:realdealmiller@gmail.com) up until 2:00 pm\**

*\*No additions will be made after the **entries close (May 8<sup>th</sup> at 6pm)***

¼ inch Spikes only

Please bring your own batons; we can provide starting blocks

We will adhere to NYSPHSAA and NFHS rules

Athletes may compete in up to 4 events

Tents can be used outside the stadium in grass field behind main grandstand (Map will be provided)

Only coaches & athletes already clerked are permitted on the infield

Warm-ups should be conducted outside of the track

Athletes are instructed to arrive at the clerk upon final call ready to compete (in uniform)

*Approximately 20 minutes prior to race*

We will have a trainer present for any medical needs

Bathrooms are located next to the Concessions (No one is allowed in the school)

Each head coach will receive a voucher that can be used for food and a drink at the concessions.

### **Awards:**

Team scoring: top 2 teams in each gender will be awarded championship trophies.

Scoring will be 10-8-6-5-4-3-2-1

The top 8 individuals and relays will receive awards!

Special Invite Events (Discus, 1500m, & Mile) will be awarded a unique award!

Awards can be picked up at the Awards tent once the results have been announced & posted

### **Directions:**

970 Route 146 Clifton Park NY, 12065

187/Northway: Exit 9 (from North: Exit 9W)

\*There are 2 entrances:

a) Main Entrance is on left off Route 146 1.9miles from Exit

b) Is off of Moe Road

\*\*Buses should drop off in main parking lot in front of High School East building

### **Hotels & Restaurants:**

Accommodations and Eateries are plentiful in Clifton Park

Let me know if you need recommendations

# Order of Events/Meet Records

*Sections will run fast to fastest*

*\*a timeline will be posted and emailed once entries have been posted\**

*\*Meet will run on a rolling schedule so timeline is for spectator purposes and only suggested\**

**(3:45) PE' Girls 1500m/Boys Mile (Shen students only)**

**4pm 100m/110m Hurdles** (Girls/Boys; Trials; top 8 advance to Finals)

**100m** (Girls, Boys; Trials; top 8 advance to Finals)

**1500m** (*unseeded sections*)

**1600m** (*unseeded sections*)

**200m** (Girls, Boys; Trials; top 8 advance to Finals)

**National Anthem**

**"Legacy 1500m"** (top 12 entrants)

**"Dynasty Mile"** (top 12 entrants)

**Hurdle Finals** (Boys, Girls)

**100m Finals** (Boys, Girls)

**400m** (Girls, Boys)

**800m** (Girls, Boys)

**400m Hurdles** (Girls, Boys)

**200m Finals** (Girls, Boys)

**2000m Steeplechase**

**3000m Steeplechase**

**3000m** (1 section top 18 entrants)

**3200m** (1 section top 18 entrants)

**4x100m Relay** (Girls, Boys)

**4x800m Relay** (Girls, Boys)

**4x400m Relay** (Girls, Boys)

**Field:**

**4pm Long Jump** (separate pits; flights followed by Finals; top 9 advance)

**High Jump** (Girls, Boys) (Starting heights: Girls 4', Boys 5')

**Shot Put** (separate Circles; flights followed by Finals; top 9 advance)

**Discus** (Boys, Girls; flights - top 9 advance; **Top 18 entrants**)

**Pole Vault** (separate pits) (Starting heights: Girls 7', Boys 9')

**Triple Jump** (separate pits; follows Long Jump; flights followed top 8 Finals; top 9 advance)

## Event Standards for 3rd Entry

*(individuals; no 2nd relays)*

	<b>Boys</b>		<b>Girls</b>
<b>110m Hurdles</b>	17.00	<b>100m Hurdles</b>	18.0
<b>400m Hurdles</b>	63.0		75.0
<b>100m</b>	11.84		13.24
<b>200m</b>	23.75		27.75
<b>400m</b>	54.0		63.0
<b>800m</b>	2:05.0		2:26.0
<b>1600m</b>	4:40.0	<b>1500m</b>	5:00.0
<b>*3000m/3200m</b> Top 18 entrants only*			
<b>*2000m/3000m Steeple</b> Top 18 entrants only*			
<b>High Jump</b>	5'9"		4'9"
<b>Pole Vault</b>	10'6"		8'6"
<b>Shot Put</b>	39'		31'0"
<b>*Discus</b> Top 18 Entrants Only*			
<b>Long Jump</b>	19'		15'0"
<b>Triple Jump</b>	39'		31'0"