

# **The Art Reimer Freshman-Sophomore Championships**

## **At Robert Wainman All Weather Track Wednesday May 31st 2023**

**ELIGIBILITY:** This is a BOYS meet only

**ANY SEVENTH, EIGHTH, NINTH, OR TENTH GRADE TEAM MEMBER IS ALLOWED TO COMPETE WHO HAS NOT MADE THE SECTIONAL QUALIFYING STANDARD**

**Maximum number of competitors:** Three competitors per event and one relay team per relay. No athletes may compete in exhibition. No exceptions will be made.

**DATE:** Wednesday May 31<sup>st</sup>, 2023

**TIME:** Coaches meeting will be at 4:15 p.m.  
Events will begin at **4:30 p.m. sharp**

**FACILITIES:** NEW EIGHT LANE, 400M ALL-WEATHER TRACK

- Shot put area is concrete and only flats and sneakers can be used.
- Located at Iroquois High School, 2111 Girdle Road Elma, NY.
- Limited parking available by stadium. Additional parking available across the street.
- Restrooms and Port-a-Potties available

**ENTRIES:** Please email intent to participate by Friday May 5<sup>th</sup>, 2023. Entry fee of \$175 per school team.

**PAYABLE TO:** Iroquois Track Boosters

**MAIL TO:** FROSH/SOPH CHAMPIONSHIP  
IROQUOIS CENTRAL SCHOOLS  
DEPARTMENT OF ATHLETICS  
P.O. BOX 32  
ELMA, NY 14059

## **Concessions will be available**

### **Entry Guidelines:**

1. NO SECTIONAL QUALIFIERS- If your athlete has made the sectional qualifying standard they are not allowed to compete in this meet.
2. Max 3 entries per event and 1 relay- Not per class.
3. Entries will be done through MileSplit. A link for entries and directions will be emailed out after Friday, May 5<sup>th</sup>.

### **Meet Regulations:**

1. Team scoring 8-6-4-2-1
2. Awards 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place team trophies
3. Ribbons for 1<sup>st</sup> -6<sup>th</sup> place finishers
4. jury of appeals will be determined at the coaches meeting
5. Meet Chairman is Rick Dombrowski
6. Starting Heights:
  - a. Pole vault-6'0 with 6" intervals to 11' then 3" until complete.
  - b. High Jump- 4'6 with 2" intervals to 5'6 then 1" until complete.
  - c. Jumps- 1 hour open pit 3 jumps per athlete. Top 6 determined by longest jumps.
  - d. Throws- 3 attempts and top 6 will be determined by farthest throws
7. Concessions will be available
8. Heats will be run slowest to fastest

### **Order of Events:**

3200 meter relay 4:30  
110 hurdles  
100 meter  
1600 meter  
400 meter  
400 hurdles  
800 meter  
200 meter  
3200meter  
1600 meter relay  
400 meter relay

### **Field Events:**

Pole vault -4:30 start  
Long jump-4:30 start  
High jump- 4:30 start  
Shot/Discus- will run at the  
same time. Competitors will  
be split then switch