

# 16th *Lady Eagles Invitational* – 4/15/2023

## Bethlehem Central High School, Delmar NY



The Bethlehem Central High School Track and Field Booster Club would like to invite you and your team to the 16<sup>th</sup> *Lady Eagles Invitational*, to be held at Bethlehem Central High School on Saturday April 15<sup>th</sup> at 10am. Our goal is to offer a quality, feature invitational which will offer a variety of events for female frosh-soph, junior varsity, and varsity athletes. We hope to build on the success and achievements of the 2022 *Lady Eagles Invitational*.

Bethlehem Central High School offers a high quality facility, which has hosted numerous Suburban Council competitions. The facility features four jumping pits, two high jump areas, two shot put circles and an eight lane straightaway.

A concession stand and bathroom facility will be available trackside. Meet T-shirts will be available for purchase.

### ***Invitational Information (any changes will be finalized by March 18<sup>th</sup>)***

- **Coaches will enter their rosters and entries at [ny.milesplit.com](http://ny.milesplit.com)**
- The closing date for entries will be Thursday, April 13<sup>th</sup> 10pm
- Entries will be posted on [ny.milesplit.com](http://ny.milesplit.com) website on Friday, April 14<sup>th</sup>
- There will be fully automatic timing provided by **First Across Timing**
- Relay batons will be supplied; please bring starting blocks as limited numbers will be available
- ¼ inch spikes only will be permitted
- Athletes may enter 3 events only
- Athletes competing in Varsity events CANNOT compete in Junior Varsity or Frosh-Soph events; exception is athletes not accepted into invite 800 meter run.
- Each school may enter **4 individuals** and **2 relays** in each event
- Scoring will be **10-8-6-4-2-1** in **varsity events only**.
- Awards in Varsity Events: Medals will be awarded to 1<sup>st</sup> to 6<sup>th</sup> for individual events and relays. Note: Medals are for overall top 6 athletes regardless of school size. Awards in frosh-soph & Junior Varsity events: Ribbons will be awarded to 1<sup>st</sup>-6<sup>th</sup>.
- There is one invitational event this year – the 800 meter run. There will be a special award for the event winner. Non-accepted varsity 800 runners will move to Junior Varsity 800 meter run.
- Team Awards- There will be a large and small school division for team awards. Divisions will be split in half by the bed numbers for schools entered (NYSPHSA Division 1 and 2 split with adjustments depending upon teams entered in the meet). The top 2 varsity teams in each division will receive trophies. There is no team scoring for frosh-soph or Junior Varsity events.

- All warm-ups will take place outside the track area.
- Only athletes clerking for track events and coaches will be allowed on the infield
- All events will have a certified official
- There will be a coaches meeting at 9:30am- ALL SCRATCHES ARE TO BE MADE BY 9:00 AM. THERE WILL BE NO ADDITIONS. All events will begin at 10am promptly.
- There will be music to provide added entertainment for athletes and spectators.

### **Directions to Bethlehem Central High School**

Bethlehem Central High School is located at 700 Delaware Avenue in Delmar, New York 12054.

From the New York State Thruway coming North  
Get off at Exit 23, and turn right onto Route 9W South. Follow 9W one mile to the Delmar by-pass (Route 32) exit. Follow the Delmar by-pass to the end. Take a right on VanDyke. The track is about ½ a mile down the road on the right.

From the Northway I-87 South  
Take the Route 90 East exit from the Northway. Stay on Route 90 East until the Slingerlands/Route 85 exit (exit 4). Follow Route 85 West passing straight through all rotaries and continue onto Route 140 East. At the following stop light (intersection of Kenwood Avenue and Cherry Avenue) go straight. Turn right onto Delaware Avenue, the high school is on the left.

From The New York State Thruway going East  
Get off at Exit 24. Stay on Route 90 east until you come Slingerlands/Route 85 Exit 4 Follow Rout 85 West passing through all the rotaries and continue on Route 140 East. At the following stop light {intersection of Kenwood Ave and Cherry Ave go straight. Turn right onto Delaware Ave, the school is on the left.

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### IMPORTANT NOTES

New York State Public High School Athletic Association rules on participation limits will be followed.

Tents will be allowed outside the track, but not inside. Please keep in mind that space is limited to put up tents.

Results will be posted at the concession stand and available online following the meet at [ny.milesplit.com](http://ny.milesplit.com)

Make check for \$150 payable to Bethlehem Track and Field Booster Club. Please fill out the meet entry form on the following page and return it along with \$150 check by April 6, 2023 to:

Attention: Darnell Douglas, Lady Eagles Invite  
Bethlehem Central High School  
700 Delaware Avenue  
Delmar, New York 12054

Any questions please contact: Darnell Douglas  
Phone: 518-441-2893  
Email: [ddouglas66@gmail.com](mailto:ddouglas66@gmail.com)

Note: Entry fee for each individual athlete is \$25 or \$50 per relay if not registering as a team. A coach must contact Darnell Douglas prior to registration close if only entering an individual(s) or a relay.

Thank you and we look forward to your participation at this year's event. Any updates for the *Lady Eagles Invitational*, can be found on our team's website [bethlehemruns.org](http://bethlehemruns.org). Just click on the link for the *Lady Eagles Invitational*.

**16th *Fleet Feet* Lady Eagles Invitational**  
Bethlehem Central High School, Delmar NY

Team Information

High School Name: \_\_\_\_\_

High School Address: \_\_\_\_\_  
\_\_\_\_\_

Athletic Dept. Phone: \_\_\_\_\_

Team Contact: \_\_\_\_\_

Contact Phone #: (H) \_\_\_\_\_

(W) \_\_\_\_\_

(C) \_\_\_\_\_

Contact email: \_\_\_\_\_

Team entry fee: \$150 to Bethlehem Track and Field Booster Club

Individual entry fee: \$25 per athlete or \$50 per relay

Entry fee due, not postmarked, by: April 6, 2022

Please feel free to contact Darnell Douglas if you have any questions at (518) 441-2893 or email at [ddouglas66@gmail.com](mailto:ddouglas66@gmail.com). Reminder: All coaches are to contact Darnell Douglas if only entering individual(s) or relay prior to registration close.

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### ORDER OF EVENTS

#### Running Events; starting at 10am

3000m run	Varsity (sections if needed)
300m IH	Timed final Varsity
3200m relay	Frosh-Soph
800m relay	Timed final Varsity
400m relay	Frosh-Soph
Distance Medley Relay	Varsity
100m HH	Semis (Varsity and Frosh-Soph)
100m	Semis (Varsity and Frosh-Soph)
800m	Frosh-Soph
800m	Junior Varsity (and non-accepted varsity 800m invite entries)
<b>Invite 800m**</b>	<b>Varsity ** Invitational Event (Top 12 Entries Only)</b>
200m	Frosh-Soph
200m	Junior Varsity
200m	Varsity
2000m Steeplechase	Varsity (sections if needed)
100m HH	Final (Varsity and Frosh-Soph)
100m	Final (Varsity and Frosh-Soph)
400m	Timed final Varsity
1500m run	Varsity, Frosh-Soph (sections)
Sprint Medley Relay	Varsity, Frosh-Soph timed final

#### Field Events, starting at 10am

Varsity Long Jump	10am trials; then Finals (Top 7)	
Frosh-Soph Long Jump	10am-12pm – 4 jumps only	
Coach Jim Connolly		
Varsity Triple Jump	Follows Long Jump, 12 PM trials; then Finals (Top 7)	
Frosh-Soph Triple Jump	12:00-2:00pm – 4 jumps only	
Varsity High Jump	10am	<b>All Field Event times are approximate. We may run ahead.</b>
Frosh-Soph High Jump	Opening height at 3'6"	
Varsity Pole Vault	Following Frosh-Soph	
Frosh-Soph Pole Vault	10am	
Varsity Shot Put	10am trials; then Finals (Top 7)	
Frosh-Soph Shot Put	1-3pm – 4 throws only	
Varsity Discus	12 PM trials; then Finals (Top 7)	
Frosh-Soph Discus	10am - 4 throws only	

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\_\_\_\_\_ Yes, our school \_\_\_\_\_ intends on attending  
the *Lady Eagles Invitational*, on April 15, 2023.

\_\_\_\_\_ No, our school \_\_\_\_\_ will not be attending  
the *Lady Eagles Invitational* on April 15, 2023. However, we do wish  
to receive information for future dates.

Please email intention sheet by March 29, 2023 to Darnell Douglas at [ddouglas66@gmail.com](mailto:ddouglas66@gmail.com)

Please feel free to contact Darnell Douglas if you have any questions at (518) 441-2893.  
Thank you and we look forward to your participation in our event.

\* Any updates for the 2023 *Lady Eagles Invitational* can be found on our team's website at  
[bethlehemruns.org](http://bethlehemruns.org). Just click on the link for the *Lady Eagles Invitational*.