

**Prepare for the championships at the
East Syracuse-Minoa Girls Track and Field/
Boys Specialty Invitational**

Monday, May 9, 2022

**4 pm @ East Syracuse Minoa High School Meet
Information**

**ESM will be password protected....1st 20 girls teams and 1st
10 boys teams: to email: jgorney18@gmail.com or
mcarr@esmschools.org**

1. ¼” spikes allowed in all running/jumping events.
2. Starting blocks will be provided or bring your own.
3. Multiple circles and runways allow for no Pentathlon delays.
4. A quality concession stand will be open.
5. Girls Team scores will be kept. 1st, 2nd and 3rd place team trophies. Individual awards given to the top 8 in each event.
Boys Individual ribbons will be awarded.
6. Medals will be awarded for varsity event winners including relays.
7. Two girls individual entries per school in each event. 1 relay team per event. **Three individual boys entries per school each event.**
8. Individuals can be entered in a maximum of 3 events. Entries will be on www.ny.milesplit.com. Check there for entry closing date and time. Results will be posted on Tully Runners and Armory Track.
9. We plan on finishing this meet in under 4 hours with no gaps, no breaks. Please plan accordingly.
10. Girls Entry Fee is \$140.00. **\$15.00 for individuals** (schools without full teams). **Boys Entry Fee \$75.00**
Make check or voucher payable to **ESM Girls Track**, c/o Jim Gorney and email by April 24th with the information on the form below.
jgorney18@gmail.com

(jgorney18@gmail.com)

School _____ Coach _____

Email _____

School phone _____ Home phone _____

Mailing address _____

Order of Events ESM Boys Specialty Meet/Girls Invitational 4 pm start

Boys 3000m Steeplechase

Boys 110HH Finals

Pent High Hurdles

100 High Hurdles Semi

3000 Meter Run

100 High Hurdles Final

4x100 Timed Final

Boys 4x100

Boys 800

800 Meter Run

100 Meter Dash Semi

400 Meter dash

100 Meter Dash Final

4x800 Relay

JV Sprint Medley Relay (1 team, 8,4,2,2)

Boys Weight Throw 4x100 (must throw this day)

200 Meter Dash

Boys 400 Hurdles

400 Low Hurdles Final

2000 Meter Steeplechase

JV 1500 Meter Run (Three Entries Only!!)

1500 Meter Run

4x400 Relay

{Pent 800 inserted when ready}

Field Events

Starts at 4:30 PM

Discus: 1st-Boys (upper seeds), 2nd-Boys-(lower seeds) 3rd -Girls (higher seeds) and 4th Girl's(lower seeds) 4 attempts

Shot Put Upper Circle: 1st-Boys-(lower seeds), 2nd-Boys (upper seeds), 3rd-Pent Shot

Shot Put Lower Circle: 1st-Girls-(higher seeds), 2nd-Girls (lower seeds)

East Pit-Boys Long Jump (higher seeds) and (lower seeds) 4 attempts

West Pit-Girls Long Jump (higher seeds) and (lower seeds) 4 attempts

East High Jump-Boys High Jump

West High Jump-Girls Pent High Jump

East Pole Vault-Boys PV

West Pole Vault-Girls PV

Starts at 5:30 PM

East Pit-Boys Triple Jump (higher seeds) and (lower seeds) 4 attempts

West Pit-Girls Triple Jump (higher seeds) and (lower seeds) 4 attempts

West High Jump-Girls High Jump

ES-M Girls Track Invitational Records {updated 2/21/22}

100 Meter Jakia Howard Nottingham

12.71 2017

| | | |
|-------------|---|---------------|
| 200 Meter | Kierra Richardson Liverpool | 26.17 2016 |
| 400 Meter | Christina Monroe Proctor | 59.23 2008 |
| 800 Meter | Carly Benson W Genesee | 2:14.57 2016 |
| 1500 Meter | Nichole Lister South Jeff | 4:45.83 2004 |
| 3000 Meter | Laura Leff West Genesee | 10:09.9 2011 |
| 100 HH | Kierra Arthur Proctor | 15.62 2010 |
| 400 LH | Allison Stankavage Chittenango | 1:06.05 2004 |
| 4x100 Relay | Baker, Southwell, Razy, Gallagher RFA | 50.32 2010 |
| 4x400 Relay | Jordan, Allen, Tomasello, Carnovale B'ville | 4:07.23 2012 |
| 4x800 Relay | Chewning-Kuiick, Moore, Basla, Aardner L'pool | 9:54.33 2016 |
| Steeple | Brooke Rauber Tully | 6:59.49 2018 |
| Long Jump | Marissa Baskin Liverpool | 17'10.5 2020 |
| Triple Jump | Brooke Blaisdell CNS | 38' 1.25 2020 |
| High Jump | Nina Zesky ESM | 5'4 2011 |
| Pole Vault | Marlena Jacobs South Jeff | 10'06 2018 |
| Shot Put | Monica Ridgeway Liverpool | 41'07 2006 |
| Discus | Monica Ridgeway Liverpool | 122'03 2006 |
| Pentathlon | Alex Payne J-D | 3043 2018 |