

15th *Fleet Feet Sports Lady Eagles Invitational*,
presented by Boies, Schiller and Flexner; CDPHP; and Delmar Pediatrics:
at Bethlehem Central High School



FLEET FEET
Sports

<http://www.fleetfeetalbany.com/>

The Bethlehem Central High School Track and Field Booster Club would like to invite you and your team to the 15th *Fleet Feet Sports Lady Eagles Invitational*, to be held at Bethlehem Central High School on Saturday April 16th at 10am. Our goal is to offer a quality, feature invitational which will offer different events for female athletes. We hope to build on the success and achievements of the 2019 *Fleet Feet Sports 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. There will be a 25 team limit- first come, first serve.

Invitational Information (any changes will be finalized by March 19th)

- **Coaches will enter their rosters and entries at ny.milesplit.com**
- The closing date for entries will be Thursday, April 14th 10pm
- Entries will be posted on ny.milesplit.com website on Friday, April 15th
- There will be fully automatic timing provided by **First Across Timing**
- Starting blocks and batons will be supplied
- ¼ inch spikes only will be permitted
- Athletes may enter 3 events only
- Athletes competing in Varsity events CANNOT compete in Novice or Frosh-Soph events
- Each school may enter 3 individuals and 2 relays in each event

- Scoring will be 10-8-6-5-4-3-2-1 in each event.
- Awards in Varsity Events- Trophies or plaques will go to the winner in each individual event. Medals will be awarded to 2nd and 3rd place finishers in all individual events. Ribbons for 4th-8th place. Relay winners and 2nd and 3rd relay teams get medals. Ribbons for 4th-8th place.
- Awards in frosh-soph and novice events- Ribbons will be awarded to 1st-8th place finishers.
- Awards in Invitational events- Special awards for top 3 finishers. 4th-8th place receive medals. **There will be an invitational award for Triple Jump this year.** Invitational relay winners will receive *Fleet Feet Sports Lady Eagles Invitational* batons. 2nd and 3rd place receive medals. 4th-8th receive ribbons.
- Team Awards- This year's invitational will have a large and small school division for team awards. Divisions will be split in half by the bed numbers for the schools entered. The top 3 teams in each division will receive trophies. The top 3 OVERALL teams in the frosh-soph competition will receive trophies.
- All warm-ups will take place outside the track area.
- Only 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. THERE WILL BE NO ADDITIONS. All events will begin at 10am promptly.
- There will be a local DJ on site to provide added entertainment for the 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 at finishright.com

Entry form along with payment is due, not postmarked, by April 11, 2022.

The entry fee for the *Lady Eagles Invitational* will be \$135 per school

Make checks payable to: [Bethlehem Track and Field Booster Club](#)

Any questions please contact: Darnell Douglas
Phone: 518-441-2893
Email: ddouglas66@gmail.com

Please fill out the meet entry form on the following page and return it to:

Bethlehem Central High School
700 Delaware Avenue
Delmar, New York 12054

c/o Darnell Douglas, Girls Track & Field Coach: Lady Eagles Invite

Thank you and we look forward to your participation at this year's event. Any updates for the **Fleet Feet Sports** Lady Eagles Invitational, can be found on our team's website bethlehemruns.org. Just click on the link for the *Lady Eagles Invitational*.

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Team Information

High School Name: _____

High School Address: _____

Athletic Dept. Phone: _____

Team Contact: _____

Contact Phone #: (H) _____

(W) _____

(C) _____

Contact email: _____

Meet entry fee: \$135

Entry fee due, not postmarked, by: April 11, 2022

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ORDER OF EVENTS

Running Events; starting at 10am

3000m run	(sections if needed) Varsity	
300m IH	Timed final Varsity	
3200m relay	Frosh-Soph	
800m relay	Timed final Varsity	
400m relay	Frosh-Soph	
Distance Medley Relay**	Varsity	** Invitational Event
100m HH	Semis (Varsity and Frosh-Soph)	
100m	Semis (Varsity and Frosh-Soph)	
1000m	Frosh-Soph	
Invite 1000m**	Varsity	** Invitational Event
200m	Frosh-Soph	
Invite 200m**	Varsity	** Invitational Event
1500m RaceWalk	Varsity	
2000m Steeplechase	Varsity	
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-12:30pm trials, 12:30-1pm finals	
Frosh-Soph Long Jump	10am-12pm – 4 jumps only	
Varsity Triple Jump **	1-3:30pm trials, 3:30-4pm finals	** Invitational Event
Frosh-Soph Triple Jump	12:30-2:30pm – 4 jumps only	
Varsity High Jump	10am Opening height at 4' 4"	All Field Event times are approximate. We may run ahead.
Frosh-Soph High Jump	10am Opening height at 3'6"	
Varsity Pole Vault	Following Frosh-Soph	
Frosh-Soph Pole Vault	10am	
Varsity Shot Put	10am-12:30pm trials, 12:30-1pm finals	
Frosh-Soph Shot Put	1-3pm – 4 throws only	
Varsity Discus	1-3:30pm trials, 3:30-4pm finals	
Frosh-Soph Discus	10am-12:30pm – 4 throws only	

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_____ Yes, our school _____ intends on attending
the ***Fleet Feet Sports*** Lady Eagles Invitational, on April 16, 2022.

_____ No, our school _____ will not be attending
the ***Fleet Feet Sports*** Lady Eagles Invitational on April 16, 2022.
However, we do wish to receive information for future dates.

Please return this intention sheet by April 2, 2022

Please mail to:

Bethlehem Central High School
700 Delaware Avenue
Delmar, New York 12054
c/o Darnell Douglas
Girls Track Coach
Re: Lady Eagles Invitational

OR Email Darnell Douglas 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 2022 ***Fleet Feet Sports*** Lady Eagles Invitational, presented by Boies, Schiller and Flexner; CDPHP; and Delmar Pediatrics can be found on our team's website bethlehemruns.org. Just click on the link for the *Lady Eagles Invitational*.