
Max D. Lederer Junior Varsity Track and Field Invitational



Saturday, **May 6th, 2023** - 10:00am start
Emmet Belknap Intermediate School
Lockport, New York



Contact

Tim Willett - Head Coach
(716) 478-5238
twillett@lockportschools.net

Mike Sobieraski - Athletic Director
(716) 478-4473
msobieraski@lockportschools.net

Entry

Coaches please e-mail Tim Willett (twillett@lockportschools.net)
by **Friday, April 14th** with your intent to participate

Register all athletes using ny.milesplit.com by **Thu. May 4th, 2023 @ 10pm**
The meet will be listed under the calendar

Please ensure the accuracy of your lineup. Scratches only at the meet please.

Entry Limits

Please use discretion when entering athletes for this meet.

4 Individuals in each event (maximum 4 events per athlete)
1 Relay per school

Entry Fee

\$200 per school. Checks payable to:
Lockport Track and Field Booster Club
Send Payment to: Mike Sobieraski - Athletic Director
Lockport High School
250 Lincoln Avenue
Lockport, NY 14094

Timing/Results

Hand timing will be used for this meet
Results will be posted as soon as possible and top finishers will be announced

Awards

Top 6 places will be awarded ribbons in each event at the conclusion of the meet

Concessions

Food, Drinks, and Invitational T-Shirts will be available for purchase **\$20**

- Facilities** 6-lane all-weather surface with an interior-lane steeplechase
Two horizontal jumping areas with all-weather surface runways
One high jump and one pole vault area with all-weather surface/runway
One shot put and one discus area with concrete throwing surfaces
“Home” and “Away” bleachers for spectators and athletes
Adjustable starting blocks will be available. Spikes limited to ¼” please
- Directions** **From South:** Transit Rd. (NY-78) into the City of Lockport, make a Right onto High St. followed by another Right onto Beattie Ave. and a Left into the Emmet Belknap parking lot at Oak St.
From East: Traveling on NY-31 make a left onto Davison Rd., then turn right onto High St. Make a Left onto Beattie Ave. and a Left into the Emmet Belknap parking lot at Oak St.
- BUSES and PARKING** **NO BUSES** should be in the parking lot located to the South of the stadium at the Board of Education. This lot will be used for additional spectator parking only. All buses should park in the school parking lot located North of the track.

ORDER OF EVENTS

All sections on the track will be run as timed finals and seeded fast to fastest
*2-hour open pit for Long Jump and Triple Jump (4 attempts each)/ No Finals
*Shot Put and Discus will be done in flights (4 attempts each)/ No Finals
Coaches Meeting at 9:30am at the Start/Finish Line

Track and Field Events Start at 10:00am*

TRACK EVENTS

GIRLS followed by BOYS

Exhibition 800m Racewalk - 9:45am*

100m/110m High Hurdles

3000m/3200m

100m

400m

1500m/1600m

400m Intermediate Hurdles

800m

200m

4x800m Relay

4x100m Relay

4x400m Relay

FIELD EVENTS

GIRLS followed by BOYS

Discus

Triple Jump

High Jump

BOYS followed by GIRLS

Shot Put

Long Jump

Pole Vault



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