South Jefferson Track and Field Invitational

Thursday
April 17th, 2025



SJ Track and Field

Head Girls Coach: Justin Crossway
jcrossway@spartanpride.org
(315) 286-2823

Head Boys Coach: Paul Gaede
pgaede@boces.com
(315) 804-2317

Objective:

There are not many FAT timed invitationals in Section 3. Come join us for an early invitational ahead of our Spring Break (North Country) or on your Spring Break (Syracuse and Utica). Early exposure to Track and Field for your rookies, FAT timing (courtesy of Leone Timing), for an early jump on standards for your veterans. We want to be part of rebuilding the early invitational culture we used to see in Section 3!

Where:

Wilson Elementary Track (Not the High School)
GPS: South Jefferson Wilson Elementary School
11060 US Rt, 11, Adams, NY, 13606
Parking: Buses are able to stay on site in our side parking lot. Please see the map.

Cost:

$250.00 per school (both Varsity Teams) or $150.00 (for single Varsity team). Limit of 4 per individual running events and field events. 2 relay teams. Athletes can participate in up to 3 events. I apologize for the cost. We aim to break even in hosting. Timing and Officials are required for our meet objectives, and we want their fantastic services. We will cap the team limit to 10, to keep the meet costs down, and keep things moving before we lose the Sun.

Please make checks payable to:
South Jefferson Club Account - Track and Field

Mail Checks or Vouchers to:	**Scanned Vouchers can be sent to:**
South Jefferson Central School District **Clarke High School** **C/O Justin Crossway** **11060 US. Rt. 11 Adams, NY 13605.**	jcrossway@spartanpride.org vzehr@spartanpride.org

Entries:

1. **Please email your intent to attend: jcrossway@spartanpride.org.**
2. **Entries need to be submitted through NYMilesplit by Monday, April 7th at 10:00pm. Timing will be serviced by Leone Timing.**

Order of events:

Please do not arrive earlier than 3:00 pm to allow our elementary departures to run as normal. Please pick up your entry sheets when you arrive. Scratches must be made ahead of 4:30 pm.

Heats will be run fast to faster.

Track opens at 3:00pm. PLEASE BE RESPECTFUL OF THIS!	
4:30pm Track start	**4:30pm Field start**
G 4 x 800m / B 4 x 800m	**Girls Pole Vault, then Boys Pole Vault to follow**
G 400 H / B 400H	**Boys High Jump, then Girls High Jump to follow**
G 400m / B 400m	**Girls Discus, then Boys Discus to follow (4 throws)**
G 1500m / B 1600m	**Boys Shot Put, then Girls Shot Put to follow (4 throws)**
G 200m / B 200m	
G 100H / B 110H	**Girls Long Jump, then Boys Long Jump.** **Horizontal Jumps will be an open pit for exactly 90 minutes to get your jumps in. 4 jumps or what time allows.** **Please get your marks down upon arrival.** **NO RUNBACKS! Please be prepared with marks.** **You will get designated warm up times.** **WE WILL MOVE THE PITS TO STAY ON SCHEDULE!**
G 100m / B 100m	
G 4 x 400m / B 4 x 400m **Waterfall Start!**	

Goal is to be done before 8:00 pm! We are racing the Sunset!

Progressions:
Girls Pole Vault - Start at 5'0", up by 6" until 9'0, then up by 3" until the last vaulter
Boys Pole Vault - Start at 7'0", up by 6" until 11', then by 3" until the last vaulter
Boys High Jump - Start at 4' 8", up by 2" until completion
Girls High Jump - Start at 3' 10", up by 2" until 5'0", then up by 1" increments

Awards:

- **1st – 3rd place team plaques**
- **1st – 3rd place medals**
- **1 “Athlete of the Day” award will be given to each Coach to give to an athlete they deem deserving of it.**

Scoring will be 6 places. 10-8-6-4-2-1.

Concessions:

We will offer a full concession stand, at the Red Concession Building immediately next to the entrance of the Track.

No T-shirts this year.

Keep scrolling for the Map. 😀



Track opens at 3:00pm. Please do not arrive earlier, so our elementary building can dismiss.

After dropping off your team and equipment, we are going to have your drivers park at our High School.

GPS to our High School:
SJ High School
11060 US Rt. 11
Adams NY, 13605
* Tops Grocery is adjacent to our parking lot.

There will be no admittance into the elementary or high school. We have bathrooms and water fountains open at the track , and a concession stand.

Team tents need to be outside of the track, and not near the throwing areas.

List of Teams attending:

	Varsity Girls	Varsity Boys
1.	South Jefferson	South Jefferson
2.	Indian River	Indian River
3.	Carthage	Carthage
4.	OFA	OFA
5.	Gouverneur	Gouverneur
6.	Watertown	Syracuse ITC
7.		
8.		
9.		
10.		