



## **8<sup>th</sup> Annual Westhill Spring Break Invitational**

**Date:** Tuesday, April 23, 2024

**Location:** Westhill High School

**Time:** Warm-ups to start at 12:15

All running and field events to start at 1:00pm

### **Our pledge:**

- We intend to host a quality meet with a variety of events
- We intend to host a meet that runs on schedule and will be completed in time for everyone to be home for dinner

### **Entry process**

- 1) Please email your intent to participate to [runrunreid@aol.com](mailto:runrunreid@aol.com) as early as possible. We will accept a limited amount of teams and will not allow entry for any teams that may inquire after we have reached our entry limit.
- 2) All entries should be made through ny.milesplit.com.
- 3) Entry deadline is April 21 at 10:00pm.

### **Entry Fees**

\$175.00 for a one-team (boys only or girls only) entry

\$300.00 for combined boys and girls entry from one school

\$10.00 for each individual or relay team

### **Please make checks or vouchers payable to**

Westhill Cross Country

### **Please send checks or vouchers to:**

Dan Reid

Westhill High School

4501 Onondaga Boulevard

Syracuse, NY 13219

### Entry Limits

Pole Vault and High Jump- 3 entries (may allow more dependent on total entries)

All other events- Unlimited entry

**\*\*\* In order to provide the opportunity to allow for unlimited entry in most of the events in our meet, the meet organizers will cap the number of teams allowed to enter. Please declare your intent to participate as early as possible in order to be allowed entry into our meet.**

### Order of Running Events

**(1/4 inch pin spikes allowed)**

Ed Lukens 3 x 100 Shuttle Hurdle	(G)
2000 Steeplechase	(G)
Ed Lukens 3 x 110 Shuttle Hurdle	(B)
3000 Steeplechase	(B)
100m dash	(G)
100m dash	(B)
1500m Run	(G)
1600m Run	(B)
200m Dash	(G)
200m Dash	(B)
800m Run	(G)
800m Run	(B)
4 x 400	(G)
4 x 400	(B)
200m Hurdles	(G)
200m Hurdles	(B)

### Field Events

Shot Put	1:00pm- Girls Shot	3:00pm- Boys Shot
Discus	1:00pm- Boys Discus	3:00pm- Girls Discus
Long Jump	Open Pit, B/G, 1:00pm-3:00pm	***Two pits available
Triple Jump	Open Pit, B/G, 3:00pm-5:00pm	***Two pits available
High Jump	(B then G)	
Pole Vault	(G then B)	

### **\*\*\*Field Event Notes**

- Open Pits (LJ/TJ) will end at scheduled times. Please inform your athletes to complete their jumps in the time permitted
- Pole Vault starting heights to be determined by entries
- We are hoping to run two PV and HJ pits. If we are able to do so, both boys and girls PV and HJ will start at 1:00pm.

### **Results**

All results will be posted on leonetiming.com. Additionally, results will be forwarded to tullyrunners.com and ny.milesplit.com

### **Awards**

T-shirts to the winners of each individual event (**not each heat**) and relay.