



Westhill Indoor Track and Field Invitational

Date: December 22, 2023
Site: SRC Arena, Onondaga Community College

Start Time: 4:00pm

Entry process

- 1) Please email your intent to participate to runrunreid@aol.com by December 12
- 2) All entries should be made through ny.milesplit.com.
- 3) Entry deadline is December 19 at 10:00pm.

Entry Fees

\$175.00 for a one-team (boys only or girls only) entry
\$250.00 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

******Important-** As part of your entry into this meet, you will need to provide a Certificate of Insurance. Please have your Athletic Director send this to Westhill's Athletic Director, Jennie Smarrelli at jsmarrelli@westhillschools.org. Please make sure that the certificate is for SRC Arena 4585 W Seneca Turnpike, Syracuse, NY 13215, not Westhill High School.

Entry Limits

Meet management reserves the right to limit the number of teams that we will accept into this meet. Get your intent to participate in early to ensure entry into this meet.

Track events- 5 entries per a school

Field events-	High Jump-	3 entries
	Shot Put-	3 entries
	Weight Throw	3 entries
	Pole Vault	3 entries

*****Long Jump/Triple Jump 2 entries**

- Due to Facility limitations, we will only accept the top 30 entries into the Long Jump and Triple Jump. This means that some teams may only have 1 entry athlete able to participate in these events or may have no athletes in these events. LJ and TJ are difficult events to complete in a timely fashion at the SRC Arena and we want to ensure that these events are not taking place long after everything else has been completed. We will review entries as soon as our entry deadline has passed and provide a list of accepted entries the next day.

Order of Running Events

(1/4 inch pin spikes allowed)

55HH
1000
55m dash
4 x 400
600
1500/1600
4 x 200
Shuttle Hurdle Relay (4 athletes in relay)

Field Events

High Jump	(G then B)
Pole Vault	(G then B)
Shot Put	(B then G)
Weight Throw	(G then B)
Long Jump followed by Triple Jump	(B then G)

Invitational Events

We are putting together 2 Invitational Events,

- An Invitational 600m Run for girls and an Invitational 600m Run for boys

Feel free to contact us with any athletes that you think might be appropriate for this event. However, meet management will ultimately determine which athletes compete in the Invitational section based on seed times and past performances. Any athlete not selected for the Invitational section will still be eligible to compete in the open 600m Run.

In order to allow athletes participating in these events to have an optimum warm up, we will designate a specific start time for each of these invitational events. We will announce the start time for these two events as we get closer to the date of our meet.

Results

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

Awards

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