

13th Annual *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 13th Annual *Fleet Feet Sports Lady Eagles Invitational*, to be held at Bethlehem Central High School on Saturday April 21st at 10am. Our goal is to offer a quality, feature invitational which will offer different events for female athletes. Last year's invitational was a large success, with 18 teams in attendance. We hope to build on the success and achievements of the 2017 *Fleet Feet Sports Lady Eagles Invitational*.

Bethlehem Central High School offers a high quality facility, which has hosted numerous Suburban Council Championship competitions. The facility features four jumping pits, two high jump areas, two shot put circles and an eight lane straightaway. The track and runways have recently been resurfaced and are like new.

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. This year there will be a local ice cream truck, a Fleet Feet merchandise tent, along with a DJ with music.

Invitational Information (any changes will be finalized by March 15th)

- **Coaches will enter their rosters and entries at milesplit.com**
- The closing date for entries will be Thursday, April 19th 10pm
- Entries will be posted on the finishright.com website on Friday, April 20th
- There will be fully automatic timing provided by **Finish Right 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-8th place finishers in all individual events. Relay winners will receive *Fleet Feet Sports Lady Eagles Invitational* batons. 2nd and 3rd relay teams get medals. 4th-8th receive ribbons.
- Awards in frosh-soph and novice events- Ribbons will be awarded to 1st-8th place finishers.
- Awards in Invitational races- Special awards for top 3 finishers. 4th-8th place receive medals.
- 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 13, 2018.

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
194 Murray Ave
Delmar, New York 12054

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 Coach
re: 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 by: April 13, 2018

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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
200m novice	(NON-VARSITY ONLY- 2 ENTRIES / SCHOOL)
800m relay	Timed final Varsity
400m relay	Frosh-Soph
Distance Medley Relay	Varsity
100m HH	Semis (Varsity and Frosh-Soph)
100m	Semis (Varsity and Frosh-Soph)
Invite 1000m	Top 12 Entries- all others will go to 600m or 1500m
100m HH	Final (Varsity and Frosh-Soph)
100m	Final (Varsity and Frosh-Soph)
Invite 200m	Top 12 entries- all other will go to 100m Timed Final
600m	Sections (Varsity and Frosh-Soph)
1500m RaceWalk	Varsity
2000m Steeplechase	Varsity
800m novice	(NON-VARSITY ONLY- 2 ENTRIES/SCHOOL)
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
Frosh-Soph Triple Jump	12:30-2:30pm – 4 jumps only
Varsity High Jump	10am Opening height at 4' 2"
Frosh-Soph High Jump	10am Opening height at 3'6
Pole Vault	10am Opening height 6'0"
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

**All Field Event times
 are approximate. We
 may run ahead.**

Frosh-Soph Discus

10am-12:30pm – 4 throws only

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_____ Yes, our school _____ intends on participating in the ***Fleet Feet Sports*** Lady Eagles Invitational, on April 21, 2018.

_____ No, our school _____ will not be attending the ***Fleet Feet Sports*** Lady Eagles Invitational, presented by on April 21, 2018. However, we do wish to receive information for future dates.

Please return this intention sheet by April 3, 2018

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 2018 ***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*.

