

## **Important Information for the 2018 Queensbury Invitational**

Due to a building project at Queensbury High School, a large area near our track is being used for a staging area and construction of a new gymnasium. We have had to relocate our discus area and we only will have one Shot Circle. As you know we also run a pentathlon at this meet and normally have a separate circle for that event. In order to make sure that we can complete the meet in a timely fashion we are going to be limiting the number of competitors in the **Shot Put event to 2 entries per school**. We realize this may be an inconvenience, but we think it is the best way to handle this situation.

The construction also poses an issue for tents as well. For this reason, all tents will need to be set up in the field outside of the track on the backstraight side. No tents will be allowed to be set up on the high school side of the track. Thanks for your understanding and we hope to have a great meet.

Pete Crotty and Matt Crossman

## DR. JACK V. IRION

### QUEENSBURY INVITATIONAL TRACK & FIELD MEET

**SITE:** Queensbury High School - 400 meters west of Exit 19 of the Northway

**DATE/TIME:** **Saturday, May 12, 2018**  
**Field Events start at 9:30,**  
**Track Events start at 10:00**

**Scratches:** **Due to the clerk at 8:30- Substitutions only**

**Meet Information** Complete information and any changes that might be made can be found on our track website. Please check the site periodically at <https://sites.google.com/a/queensburyschool.org/girls-track-coaches-team-page/>

We will be using Fully Automatic Timing provided by Finish Right Racing.

**FACILITIES:** 8 lane Action Track 300 urethane based track. The facility includes a Steeplechase pit, expanded jumping areas and redesigned jumping pits. We will allow 1/8" or 1/4" recessed pin spikes.

**SCORING AND AWARDS** Team plaques will be awarded to top two (2) boys, girls and co-ed teams We will be scoring 8 places. Scoring will be 10-8-6-5-4-3-2-1 Tee shirts and medals will be awarded to top three (3) finishers in each individual event, and to winning relay teams. Ribbons will be awarded to places four through eight.

**A special plaque will go to the winner of the boys One Mile run, now called the Quentin Howe Memorial Mile**

**ENTRY FEES:** \$275.00 per co-ed team and \$150 for a single team. **Make vouchers or checks payable to QUEENSBURY UNION FREE SCHOOL DISTRICT. Please respond by email to confirm your entry. [pcrotty@queensburyschool.org](mailto:pcrotty@queensburyschool.org)**

**ENTRIES:** Each school will be allowed three (3) athletes in each open event and one team in each relay.

Relay times can be estimates, open events must use best time performance in 2017 outdoor season. **Due to construction issues we only have one shot put circle this year so we will be limiting entries to 2 per school in the Shot Put; We apologize for the inconvenience, but it cannot be helped.**

Entries will be done using [ny.milesplit.com](http://ny.milesplit.com). You will need to go to their website to establish an account so you can submit your roster and entries.

**THE DEADLINE FOR ENTRIES IS 10:00 PM ON THURSDAY MAY 10.** YOU WILL BE ABLE TO MAKE SCRATCHES OR SUBSTITUTIONS ONLY ON THE DAY OF THE MEET. THOSE CHANGES MUST BE SUBMITTED TO THE CLERK BY 8:30 AM.

**QUEENSBURY HIGH SCHOOL, QUEENSBURY, NY 12804, (518) 824-4600**  
**DR. JACK V. IRION QUEENSBURY HIGH SCHOOL INVITATIONAL**

**Saturday May 12, 2018 – 9:30 a.m.**

**ORDER OF EVENTS**

**8:30 a.m. Scratches or changes due      9:30 a.m. Field Events Begin**  
**9:15 a.m. Coaches Meeting              10:00 a.m. Track Trials Begin**

**PRELIMINARY EVENTS**

1. 100m hurdles - Girls pentathlon
2. 100m hurdles - Girls Semi's
3. 110m hurdles - Boys pentathlon
4. 110m hurdles - Boys Semi's
5. 3000m Girls unseeded
6. 3000m Girls seeded
7. 3200m Boys unseeded
8. 3200m Boys seeded
9. 100m dash - Girls semis
10. 100m dash - Boys semis
11. 1500m run - Girls unseeded
12. Mile run - Boys unseeded
13. 200m dash - Girls semis
14. 200m dash - Boys semis

**FINAL TRACK EVENTS**

15. 3200m relay - Girls
16. 3200m relay - Boys
17. 100m hurdles - Girls
18. 110m hurdles - Boys
19. 100m dash - Girls
20. 100m dash - Boys
21. 1500m run - Girls
22. **Quentin Howe Memorial One Mile Run**
23. 400m relay - Girls (sections)
24. 400m relay - Boys (sections)
25. 400m dash - Girls (Timed Finals)
26. 400m dash - Boys (Timed Finals)
27. 400m hurdles - Girls (timed Finals)
28. 400m hurdles - Boys (timed Finals)
29. 800m run - Girls (sections)
30. 800m run - Boys (sections)
31. Girls Pentathlon 800m run
32. Boys Pentathlon 1500m run
33. 200m dash - Girls
34. 200m dash - Boys
35. 2000m Steeplechase(Girls)
36. 3000m Steeplechase (Boys)
37. 1600m relay - Girls (sections)
38. 1600m relay - Boys (sections)

**NOTE**

**Field Events will begin at 9:30**

**Pentathlon 800/1500 will be run where they are set in the schedule unless they have to be moved to a later time.**

## QUEENSBURY INVITATIONAL MEET RECORDS

1	Girls 100 Meter Dash	12.49	2012	Jess Huber - Beekmantown
2	Boys 100 Meter Dash	10.8h	2002	Drew Wirfel - South Glens Falls
3	Girls 200 Meter Dash	25.48	2012	Jess Huber - Beekmantown
4	Boys 200 Meter Dash	22.3h	1997	James Matarese - Columbia
5	Girls 400 Meter Dash	56.94	2015	Kallie Villemaire-Beekmantown
6	Boys 400 Meter Dash	49.30	2010	Tim Mount - Saratoga Springs
7	Girls 800 Meter Run	2:16.1h	1985	Quentin Howe - Queensbury
9	Girls 1500 Meter Run	4:32.3h	1983	Eileen Ellig - Rutland VT
10	Boys 1 Mile Run	4:17.89	2013	Jeremy Spezio - Greenwich
11	Girls 3000 Meter Run	9:48.49	2008	Mary Kate Champagne - Set. Ca
12	Boys 3200 Meter Run	9:26.7h	1998	John Phillips - Glens Falls
13	Girls 100 Meter Hurdles	14.91	2014	Nikari Carota - Queensbury
14	Boys 110 Meter Hurdles	14.35	2012	Jay Hebert - Ticonderoga
15	Girls 400 Meter Hurdles	1:03.70	2015	Ellery Bianco - Saratoga
16	Boys 400 Meter Hurdles	54.91	2008	Shane Wagner - Schuylerville
17	Girls 4x100 Meter Relay	50.16	2015	Saratoga <b>Bianco, Jelenik,Liebers,Ventra</b>
18	Boys 4x100 Meter Relay	43.72	2012	Columbia - <b>K Mathieu, N Martin, Z Mallard, J Alviene</b>
19	Girls 4x400 Meter Relay	4:07.5h	2002	Burnt Hills - Burnt Hills <b>Jones, Lewek, Ross, Abraham</b>
20	Boys 4x400 Meter Relay	3:27.93	2008	Saratoga Springs - Saratoga <b>C Benidt, C Habart, H Suggs, M Seahorn</b>
21	Girls 4x800 Meter Relay	9:21.9h	1998	Saratoga Springs - <b>Kearns, Houghton,Odonnell, Coon</b>
22	Boys 4x800 Meter Relay	8:00.5h	2006	Burnt Hills-Ballston Lake - <b>Buell, Goodrich, Jess, Utz-Meagher</b>
23	Girls High Jump	5-10.00	1990	Michelle Choppa - Glens Falls
24	Boys High Jump	6-07.00	1995	Joe Kemer - Columbia
25	Girls Pole Vault	11-11.00	2008	Michelle Quimby Shenendahowa
26	Boys Pole Vault	14-09.00	2008	Jake Platel - Bethlehem
27	Girls Long Jump	18-07.00	2014	Natasha Johnston - Columbia
28	Boys Long Jump	22-00.75	2008	Cameron Benidt - Saratoga
29	Girls Triple Jump	36-07.00	2002	Mary Heitkamp - Fair Haven VT
30	Boys Triple Jump	46-05.00	1994	Brian Greenburg- Bethlehem
31	Girls Discus Throw	151-04	1998	Deshaya Williams - Saratoga Springs
32	Boys Discus Throw	182-05	1999	Adam Terry - Queensbury
33	Girls Shot Put	44-07.75	2001	Zach Beadle - Queensbury
35	Girls Outdoor Pentathlon	3153	1989	Michelle Choppa - Glens Falls
36	Boys Outdoor Pentathlon	3080	1993	Tim McMurray - Glens Falls
38	Boys 3000 Meter Steeplechase	9:42.85	2008	Craig Weiss - Shaker
39	Girls 2000 Meter Steeplechase	7:06.07	2008	Samantha Roecker - Burnt Hills

## Field Events

## **Shot/Disc**

**9:30 Girls shot** followed by the boys

**Boy's disc** followed by the girls

**Throwers will be flighted and will get 3 preliminary throws. The top 9 will advance to the finals.**

**Pentathlon Shot Put will bump in when necessary.**

## **Long Jump**

8:30-9:15 Warm-up

9:30- Prelims

Finals will begin 30 min. after the completion of trials

## **Triple Jump**

12:00-12:30 Warm-ups

12:30 Prelims

Finals will begin 30 min. after the completion of trials

**Jumpers will be flighted with the top 9 advancing to Finals**

Girls will use the North pit for both jumps

Boys will use the South pit for both jumps

These times are an estimate. If we can finish earlier we will.

**Pentathlon long jump will be fit in where necessary.**

## **High Jump**

Pentathlon high jump will take place immediately following the hurdles.

Boys in the pit nearest 1500 start

Girls in the pit nearest the main start line

Boys and Girls High Jump will begin immediately following the Pentathlon High Jump

**Progression Girls 4-0 4-3 4-6 then by 2 inches**

**Boys 5-0 5-3 5-6 then by 2 inches**

## **Pole Vault**

8:45- 9:20 Girls only warm-up

9:30 Girls competition **Starting Height 6' 6" to 7' 6" and then by 6"**

12:00-12:30 Boys Warm up

12:45- Boys Competition **Starting Height 9'0 to 10'0 and then by 6"**

**Starting heights may be adjusted depending on entries and weather conditions**

**PLEASE REPLY BY EMAIL TO**

**PLEASE RETURN BY THUR. APRIL 13 WITH VOUCHER OR CHECK**  
***Make Checks payable to Queensbury Union Free School District***

\_\_\_\_\_ Boys/Girls/ Both  
(School)

\_\_\_\_\_ PLAN TO ATTEND MAY 12, 2018  
(Coaches Name)

\_\_\_\_\_  
(coaches email)

**MAIL CHECKS TO:**

**Richard Keys**  
**Athletic Director**  
**Queensbury High School**  
**429 Aviation Road**  
**Queensbury, New York 12804**  
**(518) 824-5688**  
**Fax# (518) 824-4682**

**MAKE CHECKS PAYABLE TO:**

***QUEENSBURY UNION FREE SCHOOL DISTRICT***

**REMEMBER THAT YOU MUST ENTER YOUR ROSTER AND SUBMIT  
YOUR ENTRIES AT [WWW.NY.MILESPLIT.COM](http://WWW.NY.MILESPLIT.COM)**