

**15<sup>th</sup> Annual CNS Coed Relays**  
**Friday, April 6, 2018**

**Site of the 2018 New York State Track & Field Championships**

**Track Event Schedule:** (4:30 PM Start, Field events may start earlier if ready)

G/B	100 HH/110 HH (2-person combined time relay)
G/B	1500m / 1600m (4-person combined time relay)
G/B	4 x 400 Relay
G/B	4 x 100 Relay
G/B	4 x 800 Relay
G/B	400 IH (2-person combined time relay)
G/B	Sprint Medley Relay (400, 200, 200, 800)

**Field Event Schedule:**

1 <sup>st</sup> Session (4:30PM Start)	<b><u>Boys</u></b> Long Jump Shot Put High Jump Pole Vault	<b><u>Girls</u></b> Long Jump Discus High Jump Pole Vault
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2<sup>nd</sup> Session (To Follow Completion of 1<sup>st</sup> Session Events)

<b><u>Boys</u></b> Triple Jump Discus	<b><u>Girls</u></b> Triple Jump Shot Put
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All field events will be scored as two-person relays, with scoring based upon the combined marks of the competitors.

**Note: Entries are limited to one relay team per event from each school.** (unless pre-approved by the meet director in extreme cases)

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**Date:** Friday April 6, 2018

**Location:** Richard J. Nastasi Track Facility inside of the Michael J. Bragman Athletic Complex at Cicero-North Syracuse High School  
Parking available in front of stadium complex on the west side of CNS High School

**Time:** 4:00 PM - Scratch and change deadline  
4:30 PM - Track events begin, 1<sup>st</sup> session of field events

**Entry Process:**

1.) Coaches must notify Coach Broton, via e-mail at [gbroton@nscsd.org](mailto:gbroton@nscsd.org) their intent to participate by **Friday, March 30<sup>th</sup>**.

2.) **All Entries are to be done online via <http://ny.milesplit.com/>**

If you do not already have a team account or are unfamiliar with entries, e-mail Chad [chad@leonetiming.com](mailto:chad@leonetiming.com) for instructions.

**Entry Deadline is Thursday, April 5, 2018 at 10:00 pm** Coaches are *strongly encouraged* to make any and all changes to their entries before the day of the meet.

**Scratch sheets are to be picked up in front of the concession area upon arrival into the stadium.** Coaches are asked to make scratches on the sheets and then return them to meet officials.

**Scoring:** 10-8-6-4-2-1

**Awards:**

Medals: 1<sup>st</sup> Place Relay Team in Each Event

Ribbons: 2<sup>nd</sup> – 6<sup>th</sup> Place Teams in Each Event

**Results:** Leone Timing & Results Services will be using FinishLynx Fully Automatic Timing and Hy-Tek's Meet Manager to produce fast, accurate results.

Results will be posted on the Leone Timing website ([www.leonetiming.com](http://www.leonetiming.com)). Also, full results will be sent to **TullyRunners.com** and **ny.milesplit.com**. Upon request, Leone Timing will e-mail results to newspapers outside of the Syracuse area.

**Entry Fee:**

\$125 for one team entry

\$200 for combined girls and boys entries from one school

\$40 for one relay team entry (one event only)

**There will be a concession stand operated by the CNS Track Booster Club.**

Make checks payable to:

**CNS Track**

Please send your check or voucher to:

**Greg Broton**

**Cicero-North Syracuse High School**

**6002 Route 31**

**Cicero, NY 13039**