

# Prepare for the championships at the East Syracuse-Minoa Invitational

**Saturday, May 3, 2025**

**10 am @ East Syracuse Minoa High School**

**Confirmed Teams:**

Chittenango	Mexico	Phoenix
Homer	Bville	Skaneateles
Marathon	CNS	Living Word
Caz	Tully	Cortland
C Square	JD	ESM

**Meet Information ESM will be password protected....**

**1st 15 boys and girls teams: to email: [mcarr@esmschools.org](mailto:mcarr@esmschools.org)**

1. ¼" spikes allowed in all running/jumping events.
  2. Starting blocks will be provided or bring your own.
  3. Multiple circles and runways allow for no delays.
  4. A quality concession stand will be open.
  5. Individual awards given to the top 6 in each event.
  - 6. Two individual entries per school in each event. 1 relay team per event.**
  - 7. Individuals can be entered in a maximum of 4 events. Entries will be on [www.ny.milesplit.com](http://www.ny.milesplit.com). Check there for entry closing date and time. Results will be posted on Tully Runners and Armory Track.**
  - 8 We plan on finishing this meet in under 4 hours with no gaps, no breaks. Please plan accordingly.
  - 9. Entry Fee is \$150.00. Per team**
- Make check or voucher payable to ESM Boys Track, c/o Mark Carr and email by April 24th with the information on the form below. [mcarr@esmschools.org](mailto:mcarr@esmschools.org)**

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School \_\_\_\_\_ Coach \_\_\_\_\_  
Email \_\_\_\_\_ School phone \_\_\_\_\_  
Home phone \_\_\_\_\_  
Mailing address \_\_\_\_\_

## **Order of Events ESM Invitational**

### **10:00 am start**

Order of Events (starting at 10 am)

Boys 110HH Finals

Girls 100 High Hurdles Final

100 Meter Dash Final

4x800 Relay

1500 Meter Run

1600 Meter Run

4x100 Timed Final

400 Meter dash

800 Meter Run

JV Girls 800

JV Boys 800

SMR (4,2,2,8)

200 Meter Dash

Boys 400 Hurdles

Boys 200 LH

Girls 400 Hurdles Final

Girls 200 LH

2000 Meter Steeplechase

Boys 3000m Steeplechase

4x400 Relay

## **Field Events**

### **Starts at 10:00 AM**

**Discus: 1st-Boys (upper seeds), 2nd-Boys-(lower seeds) 3rd -Girls (higher seeds) and 4th Girl's(lower seeds) 3 attempts**

**Shot Put Lower Circle: 1st-Girls (upper seeds), 2nd-Girls-(lower seeds) 3rd -Boys (higher seeds) and 4thBoys's(lower seeds) 3 attempts**

**Shot Put Upper Circle: Warm Up area**

**East Runway-Boys Long Jump (higher seeds) and (lower seeds) 3 attempts**

West Runway-Girls Long Jump (higher seeds) and (lower seeds) 3 attempts

East High Jump-Boys High Jump

West High Jump-Girls High Jump

East Pole Vault-Boys PV

West Pole Vault-Girls PV

### **Starts at 11:30 AM**

**East Runway-Boys Triple Jump (higher seeds) and (lower seeds) 3 attempts**

West Runway-Girls Triple Jump (higher seeds) and (lower seeds) 3 attempts

**ES-M Girls Track Invitational Records {updated 2/21/22}**

100 Meter Jakia Howard Nottingham	12.71	2017
200 Meter Kierra Richardson Liverpool	26.17	2016
400 Meter Christina Monroe Proctor	59.23	2008
800 Meter Carly Benson W Genesee	2:14.57	2016
1500 Meter Nichole Lister South Jeff	4:45.83	2004
3000 Meter Laura Leff West Genesee	10:09.9	2011
100 HH Kierra Arthur Proctor	15.62	2010
400 LH Allison Stankavage Chittenango	1:06.05	2004
4x100 Relay Baker, Southwell, Razy, Gallagher RFA	50.32	2010
4x400 Relay Jordan, Allen, Tomasello, Carnovale B'ville	4:07.23	2012
4x800 Relay Chewning-Kuiick, Moore, Basla, Aardner L'pool	9:54.33	2016
Steeple Brooke Rauber Tully	6:59.49	2018
Long Jump Marissa Baskin Liverpool	17'10.5	2020
Triple Jump Brooke Blaisdell CNS	38' 1.25	2020
High Jump Nina Zesky ESM	5'4	2011
Pole Vault Marlana Jacobs South Jeff	10'06	2018
Shot Put Monica Ridgeway Liverpool	41'07	2006
Discus Monica Ridgeway Liverpool	122'03	2006
Pentathlon Alex Payne J-D	3043	2018