

**GOLDEN BEAR INVITATIONAL
FRIDAY MAY 4, 2018 4:00 P.M.
VESTAL DICK HOOVER STADIUM**

This is your formal invitation to the 8th annual Golden Bear Invitational.
This is not a relay event but following the order of events listed on the next page.

The track and runways are a rubberized surface allowing 1/4" pin or pyramid spikes.
Field events will begin at 4:00 as well as the Girls 2000 meter steeplechase. There will be a scratch meeting on the infield at 3:30. Enclosed is the order of events and we will be using the FAT system so the meet may run ahead of schedule. Two athletes may be entered in each event and seeding will be done through sydexsports.com. The meet is listed as "Golden Bear Invitational" May 4 and entries are due by Wednesday, May 2 at 7:00 p.m. Remember to send in your entries only once especially if there are separate coaches for the boys and girls team.

The cost is \$125.00 per team (boys or girls) and \$200.00 for the combined team. Boys **or** girls teams of less than 8 individual will be prorated at \$15.00 per individual entered. (not by event)

T-shirts will be awarded to the first and second place individuals in each event with ribbons to 3rd through 6th. Team trophies will be awarded to the top two teams for both boys and girls and well as awards to the outstanding performers on the track and in field events.

Checks or P.O.'s are to be made payable to "**VESTAL FLYERS BOOSTER CLUB**" and can be mailed to Jim Cerra
Vestal High School
205 Woodlawn Drive
Vestal NY 13850

If you have any question, call 607-727-0170 (cell) or email jcerra1@stny.rr.com

Looking forward to seeing you at the Golden Bear Invitational.

Jim Cerra
Head Track and Field Coach

Vestal Golden Bear Invitational

2000 steeple	Final	boys long jump followed by boys triple	pit 1
3000 steeple	Final	girls long jump followed by girls triple	pit 2
400 relay girls	Trial	boys shot followed by girls shot	
400 relay boys	Trial	girls discus followed by boys discus	
3200 relay girls	Final	boys high jump	pit 1
100 hurdles girls	Trial	girls high jump	pit 2
3200 relay boys	Final	girls pole vault followed by boys	
100 meter girls	Trial		
100 meter boys	Trial		
100 hurdles girls	Final		
100 hurdles boys	Trial		
1500 meter girls	Final		
400 meter girls	Final		
110 hurdles boys	Final		
1600 meter boys	Final		
400 meter boys	Final		
100 meter girls	Final		
100 meter boys	Final		
400 hurdles girls	Final		
400 hurdles boys	Final		
200 meter girls	Trial		
200 meter boys	Trial		
800 meter girls	Final		
800 meter boys	Final		
3000 meter girls	Final		
200 meter girls	Final		
200 meter boys	Final		
3200 meter boys	Final		
400 relay girls	Final		
400 relay boys	Final		
1600 relay girls	Final		
1600 relay boys	Final		

Meet History

Men's

2010	Vestal 90	Union Endicott 86
2012	Corning 136	Binghamton 88
2013	Vestal 91	Ithaca 73
2014	New Rochelle 107	Ithaca 81
2015	Vestal 82	Elmira 72
2016	Binghamton 93	Maine Endwell 81
2017	Binghamton 95	Maine Endwell 84

Women's

2010	Ithaca 97	Vestal 77
2012	Vestal 130	Corning 97
2013	Vestal 99	Dryden 75
2014	Corning 107	Elmira 89.5
2015	Vestal 69	Ithaca 68
2016	Athens 84	Newark Valley 54
2017	Elmira 104	Newark Valley 100

GOLDEN BEAR INVITATIONAL MEET RECORDS

EVENT	NAME	SCHOOL	PERFORMANCE	YEAR
2000 METER STEEPLECHASE	McKenna Coughlin	Johnson City	.7:16.44 *	2010
100 METER DASH	Kathy Cadet	Union Endicott	12.38	2012
200 METER DASH	Emily Cluck	Johnson City	25.41	2016
400 METER DASH	Abbey Yatsko	Dryden	58.17	2015
800 METER RUN	Jenna Cupp	Newark Valley	.2:13.14	2013
1500 METER RUN	Lauren Mullins	Johnson City	.4:38.14	2010
3000 METER RUN	Abbey Wheeler	Elmira	.9:45.57	2015
100 METER HIGH HURDLES	Kathy Cadet	Union Endicott	15.25	2012
400 METER INT. HURDLES	Lisa Gerwig	Corning	.1:04.13	2012
400 METER RELAY	Vestal		50.49	2015
1600 METER RELAY	Elmira Notre Dame		.4:06.16	2015
3200 METER RELAY	Elmira Notre Dame		.9:46.86	2015
SHOT	Alexis Daniels	Binghamton	46' 3"	2016
DISCUS	Alexis Daniels	Binghamton	145' 3"	2016
POLE VAULT	Kari Stromhaug	Vestal	12' 1"	2014
HIGH JUMP	Kari Stromhaug	Vestal	5' 2"	2013
	Kristie Michta	Sachem	5' 2"	2010
LONG JUMP	Breana Gambrell	Athens	18' 1"	2016
TRIPLE JUMP	Camille Ginyard	Vestal	36' 4.25"	2010

3000 METER STEEPLECHASE	Cody Brizzolara	Maine Endwell	.9:48.91	2014
100 METER DASH	Jordan Thomas	Union Endicott	10.64 *	2010
200 METER DASH	Jordan Thomas	Union Endicott	22.04 *	2010
400 METER DASH	Tor Wildenstein	Dryden	49.99	2016
800 METER RUN	Charles King	New Rochelle	.1:56.75	2014
1600 METER RUN	Dan Schaffer	Maine Endwell	.4:12.42	2016
3200 METER RUN	Dan Schaffer	Maine Endwell	.9:28.38	2015
110 METER HIGH HURDLES	Dylan Hunt	Vestal	14.79	2014
400 METER INT. HURDLES	Kyle Kulp	Vestal	56.38	2015
400 METER RELAY	Union Endicott		42.74 *	2010
1600 METER RELAY	Horseheads		.3:27.69	2015
3200 METER RELAY	Owego		.8:01.3	2016
SHOT	Pat Heikkila	Vestal	49' 8"	2010
DISCUS	Sam Cherney	Ithaca	164' 10"	2012
POLE VAULT	Chris McCarty	Waverly	15'	2010
HIGH JUMP	Brenan Crowel	Maine Endwell	6' 4"	2012
LONG JUMP	Mike Egotanda	Vestal	22' 9"	2013
TRIPLE JUMP	Oseoba Airewele	Ithaca	46' 3"	2014

* hand held converted