

FAST TIMES AT HOMER HIGH
LOCATION: Homer Senior High School
DATE: Saturday May 20, 2023
TIME: 10:00 AM Start

All scratches should be turned in by 9:30 AM.

We are hoping to host a fun meet for all levels of competition. Music will play throughout the meet from just after the gun until each event is completed.

WHO: This meet is for **Junior High Teams** and **Varsity Teams**. All competition will be separated by division. We are limiting this meet to 12 schools per gender per division.

FACILITY: ¼" spikes allowed (Varsity), Six-Lane All-Weather Track, concrete throws circles, 2 LJ/TJ pits, one PV pit, two HJ Pits.

AWARDS: Ribbons to the First Six Places in each division of each event. Plaques for 1st Place Boys Team and 1st Place Girls Team in each division.

SCORING: 10-8-6-4-2-1.

TIMING: Leone Timing will provide F.A.T. timing.

ENTRIES: All entries will be done through Milesplit: ny.milesplit.com. All entries are due **Thursday 5/18/23**.

Each team may enter **one relay** per track event. All events will be run as timed finals.

All field events will be contested with **two competitors per school per event**. Distances or heights will be combined to get a team result. All entries are eligible to score.

A full concession stand will be run during the meet.

T-Shirts will be available for sale.

ENTRY FEE: \$175 per single gender team (either level), \$275 for a Co-Ed Team or \$400 for an entire school's program (JH and Varsity Team).

CHECKS PAYABLE TO: Friends of Homer Runners

MAIL TO: George Schneider
Homer High School
PO Box 500
Homer, NY 13077

If you have any questions, feel free to contact me at: pschneider@homercentral.org or (315)-254-0029. Just leave a message and I will get back to you. If you want to attend, make sure you email me as soon as possible. Be sure to let me know what genders and divisions you will be entering. I will send a confirmation email, with more information for teams planning to attend.

George Schneider

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Order of Events

Track Events:

1. Varsity Girls 2 x 100 Hurdles (Times will be added)
2. Varsity Boys 2 x 110 Hurdles (Times will be added)
3. JH Girls 2 x 55 Hurdles (Times will be added)
4. JH Boys 2 x 55 Hurdles (Times will be added)
5. Varsity Girls 4 x 1500 (No Baton: Times will be added)
6. JH Girls 4 x 1500 (No Baton: Times will be added)
7. JH Boys 4 x 1500 (No Baton: Times will be added)
8. Varsity Boys 4 x 1600 (No Baton: Times will be added)
9. JH Girls SMR8 (2-1-1-4)
10. JH Boys SMR8 (2-1-1-4)
11. Varsity Girls SMR8 (2-1-1-4)
12. Varsity Boys SMR8 (2-1-1-4)
13. JH Girls 4 x 800
14. JH Boys 4 x 800
15. Varsity Girls 4 x 800
16. Varsity Boys 4 x 800
17. JH Girls 4 x 100
18. JH Boys 4 x 100
19. Varsity Girls 4 x 100
20. Varsity Boys 4 x 100
21. JH Girls SMR16 (4-2-2-8)
22. JH Boys SMR16 (4-2-2-8)
23. Varsity Girls SMR16 (4-2-2-8)
24. Varsity Boys SMR16 (4-2-2-8)
25. JH Girls 4 x 400
26. JH Boys 4 x 400
27. Varsity Girls 4 x 400
28. Varsity Boys 4 x 400
29. JH Girls DMR (12-4-8-16)
30. JH Boys DMR (12-4-8-16)
31. Varsity Girls DMR (12-4-8-16)
32. Varsity Boys DMR (12-4-8-16)
33. JH Girls 4 x 200
34. JH Boys 4 x 200
35. Varsity Girls 4 x 200
36. Varsity Boys 4 x 200

Field Events:

We will use an open pit/circle for the long jump, triple jump, shot put, and discus. Each athlete will be limited to three attempts. No minimum requirements for measurements.

10:00 AM – 11:30 AM: Varsity Boys and Varsity Girls Long Jump, Junior High Boys Shot Put, and Junior High Girls Discus.

11:30 AM – 1:00 PM: Junior High Boys and Junior High Girls Long Jump, Varsity Boys Shot Put, and Varsity Girls Discus.

1:00 PM – 2:30 PM: Varsity Boys and Varsity Girls Triple Jump, Junior High Girls Shot Put, and Junior High Boys Discus.

2:30 PM – 4:00 PM: Junior High Boys and Junior High Girls Triple Jump, Varsity Girls Shot Put, and Varsity Boys Discus.

High Jump:

Pit One: Varsity Girls, then Varsity Boys

Pit Two: JH Girls, then JH Boys

Starting Heights: JH Girls: 3' 6", Varsity Girls High: 3' 10", JH Boys: 4' 0", Varsity Boys: 4' 10".
Up by 2"

Pole Vault: (Varsity Only)

Varsity Boys Pole Vault to completion followed by Varsity Girls Pole Vault.

Boys Pole Vault: 7'0" start and go up by 6".

Girls Pole Vault: 6'0" start and go up by 6".