



# 45<sup>th</sup> ANNUAL JOE WYNNE SOMERS LIONS CLUB INVITATIONAL

FRIDAY AND SATURDAY, MAY 5<sup>th</sup> AND 6<sup>th</sup>, 2023 @ SOMERS HIGH SCHOOL

Sponsored and conducted by Somers Track & Field, The Somers Lions Club, The Somers Track & Field Booster Club, and the Somers High School Department of Athletics

## ***What color will the T-Shirts be this year?***

Please email meet directors John Vegliante and Mike Lacko letting us know you are coming.

No Milesplit entry – enter your athletes on **Athletic.net**

## **FRIDAY'S ORDER OF EVENTS**

### **ON THE TRACK – 4:30 PM (BOYS, THEN GIRLS ALL DAY)**

3 x Shuttle Hurdle Relay  
Pentathlon Hurdles - Random Seeding  
Girls 1 Mile Race Walk – Final on Time  
4 x 1600M Relay – Final on Time  
Varsity Sprint Medley Relay (4-2-2-8) – Final on Time  
JV Sprint Medley Relay – Final on Time  
Frosh/Soph Sprint Medley Relay – Final on Time

### **FIELD EVENTS**

Hammer Throw (Girls, then Boys) – 3 Throws, Top 8 to Finals, **4:00 PM Start**  
Girls Pent Long Jump – after Pent HH  
Boys Pent Shot Put – after Pent HH  
Girls Pent Shot Put – after HH & LJ  
Boys Pent Long Jump – after HH & SP

**\*\* Girls hammer will start at 4 PM but you can throw even if you arrive after it starts. We just need to get the event going.**

## **SATURDAY'S ORDER OF EVENTS**

### **ON THE TRACK**

#### **9:00 AM**

Youth Open 400m Dash – Ages 5-13, Register at 8:30 AM  
Alumni/Coaches Open 1 Mile Run

#### **10:00 AM – BOYS, THEN GIRLS ALL DAY**

4 x 200m Relay – Final on Time  
3200m Run – Top 20 Athletes Only, Final on Time  
3000m Run – Top 20 Athletes Only, Final on Time  
100m Dash – Trials  
400m Dash – Final on Time  
Boys 1 Mile Run – Unseeded Sections, Final on Time  
**Boys Invitational 1 Mile Run – Seeded Section, Final on Time**

#### **Opening Ceremonies**

#### **100m Dash – Finals**

**Girls Invitational 1500m Run – Seeded Section, Final on Time**  
Girls 1500m Run – Unseeded Sections, Final on Time  
Boys Pent 1500m Run – Fits in Whenever Possible, Final on Time  
Girls Pent 800m Run – Fits in Whenever Possible, Final on Time  
200m Dash Trials – 6 Fastest to Finals  
Frosh/Soph 200m Dash – Final on Time  
800m Run – Final on Time  
Frosh/Soph 800m Run – Final on Time  
400m Hurdles – Final on Time  
200m Dash – Finals  
4 x 800m Relay – Final on Time  
4 x 400m Relay – Final on Time

### **FIELD EVENTS – 10:00 AM**

Girls Long Jump  
Girls Pent High Jump  
Girls Discus  
Girls Javelin  
Boys Shot Put  
Boys Pole Vault  
Boys Long Jump  
Boys Pent High Jump

### **FIELD EVENTS – LATER START**

Girls Pole Vault – after Boys  
Girls Shot Put – after Boys  
Girls Triple Jump – after Long Jump  
Girls High Jump – 1:00 PM  
Boys High Jump – 1:00 PM  
Boys Discus – after Girls  
Boys Triple Jump – after Long Jump  
Boys Javelin – after Girls

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## MEET INFORMATION

### Four Event Rule

All athletes are limited to 4 events. Pent athletes cannot compete in anything else.

### Open Track Events

All running events have a limit of **3 athletes per school per event** except the 200m, 800m, and Race Walk.

Race Walk is limited to 6 entries. The 200m and the 800m have unlimited entries.

There will also be a frosh/soph division of the 200m and 800m with unlimited entries.

Only 3 athletes can score in all events on both days.

### Relays

All schools are limited to **1 relay per event** except the shuttle hurdles (two) and the 6400m relay. To enter a second boys team, both teams must be able to run better than 19:15. To enter a second girls team, both teams must be able to run better than 23:00. Only the "A" relay can score in all relays.

### Field Events

Top 8 go to Finals in horizontal jumps and all throws. All field events are limited to **2 athletes per school per event**.

A school can enter a third athlete in a field event if all three athletes meet the qualifying standard listed below.

### Field Event Standard for third athlete

	Girls	Boys
Long Jump	14'	17'6"
Triple Jump	29'	36'
High Jump	4' 6"	5' 4"
Shot Put	27'	37'
Discus	70'	90'
Javelin	65'	100'
Pole Vault	7'	10'
Hammer	70'	90'

### Height Progressions

Boys Pole Vault – 8', up by a foot until 6 jumpers left, then by 6"

Girls Pole Vault – 6'-7'-8', up by 6"

Boys High Jump – 5'-5'3"-5'6", up by 2" to 6'0", then by 1"

Girls High Jump – 4'-4'3"-4'6"-4'8"-4'10"-5'-5'2", then up by 1"

## AWARDS

### T-Shirts

Individual events: 5 deep in open and class.

Relays: 5 deep in open and to the Class Champion.

### Team Trophies

1<sup>st</sup> place trophies to the girls and boys open champions.

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place trophies in all three classes.

Joe Wynne Memorial Bowl to the combined boys and girls team champion.

### Individual Trophies

"The Hanna Monte Trophy" for Sportsmanship, Character, and Integrity – See application in packet

"The Trevor Hash Trophy" to the winner of the Boys Invitational 1 Mile

"The Margaret Wynne Trophy" to the winner of the Girls Invitational 1500m

"The Gerry Gilberti Trophy" to the Most Outstanding Female Track Athlete

"The Chuck Gilberti Trophy" to the Most Outstanding Male Track Athlete

"The Tara Maguire Trophy" to the female winner of the Coaches/Alumni Mile

"The Freeman Family Trophy" to the male winner of the Coaches/Alumni Mile

"The Heather Kohnken Trophy" to the Most Outstanding Female Field Athlete

"The Roy Arnesen Trophy" to the Most Outstanding Male Field Athlete

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MAY 5<sup>th</sup> AND 6<sup>th</sup>, 2023  
ENTRY FORM**

**1. FILL OUT THE FORM BELOW COMPLETELY AND MAIL IN BY APRIL 14<sup>TH</sup>.**

**2. ATTACH A SCHOOL VOUCHER OR PO WITH YOUR ENTRY.**

We will need to see your payment method before your spot in the meet is secured.

**3. THERE WILL BE FAT TIMING WITH AN ELECTRONIC PRE-ENTRY.**

Go to athletic.net and enter athletes in ALL individual running and field events as well as all relays. There will be no Milesplit entry. We will be using Fulton Accurate Timing. Enter athletes in all events they may run – scratches can be made on the day of the meet. We will accommodate any last-minute additions to the best of our ability

SCHOOL \_\_\_\_\_  
SCHOOL PHONE \_\_\_\_\_  
SCHOOL ENROLLMENT GRADES 9-11 (BOYS AND GIRLS) \_\_\_\_\_  
BOYS COACH \_\_\_\_\_  
BOYS COACH'S E-MAIL \_\_\_\_\_  
BOYS COACH'S PHONE \_\_\_\_\_  
GIRLS COACH \_\_\_\_\_  
GIRLS COACH'S E-MAIL \_\_\_\_\_  
GIRLS COACH'S PHONE \_\_\_\_\_

NUMBER OF INDIVIDUAL EVENTS X \$15.00 PER EVENT = \_\_\_\_\_

NUMBER OF PENTATHLETES X \$30.00 PER ATHLETE = \_\_\_\_\_

NUMBER OF RELAYS X \$30.00 PER RELAY = \_\_\_\_\_

\$600.00 BLANKET ENTRY (BOYS AND GIRLS) \_\_\_\_\_

OR \$300.00 BLANKET ENTRY FOR GIRLS OR BOYS TEAM = \_\_\_\_\_

**TOTAL =** \_\_\_\_\_

**MINIMUM ENTRY FEE IS \$30.00**

CHECKS MUST BE MADE OUT TO:

**“THE SOMERS TRACK AND FIELD BOOSTER CLUB”**

CHECKS MUST BE MAILED TO:

**THE SOMERS TRACK AND FIELD BOOSTER CLUB  
PO BOX 665, SOMERS, NY 10589**

**ANY QUESTIONS OR CONCERNS CAN BE SENT TO THE MEET DIRECTORS:**

HEAD GIRLS COACH JOHN VEGLIANTE – JOHNVEGLIANTE@GMAIL.COM

HEAD BOYS COACH MICHAEL LACKO – MLACKO@SOMERSSCHOOLS.ORG

## **Hannah Monte Award for Leadership and Integrity**

**Hannah was an outstanding student, member of the track team, and a gifted musician here at Somers. She died far too early in her life from stomach cancer. We would like to honor her memory by presenting an award to an athlete who represents the same qualities she did. We are looking for an athlete who is active in his or her school community, has a spirit of volunteerism, is a strong student, and generally makes the world a better place by his or her contributions.**

**If you have such an athlete on your team, please take a few moments to nominate him or her by writing a brief description. Please attach with your entry. We will present this award as part of our Opening Ceremonies.**

**Thank you.**

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