

5th Annual *Fleet Feet Sports Lady Eagles Invitational*,
presented by CDPHP, at Bethlehem High School



FLEET FEET
Sports



A plan for life.

<http://www.fleetfeetalbany.com/>

The Bethlehem High School Track and Field Booster Club would like to invite you and your team to the 5th Annual *Fleet Feet Sports Lady Eagles Invitational*, *presented by CDPHP* to be held at Bethlehem High School on Saturday, April 17 at 10am. Our goal is to offer a quality, feature invitational which will offer different events for female athletes. Last year's invitational was a large success, with 17 teams in attendance. We hope to build on the success and achievements of the 2009 *Fleet Feet Sports Lady Eagles Invitational*.

Bethlehem High School offers a high quality facility, which has hosted numerous Suburban Council Championship competitions. The facility features four jumping pits, two high jump areas, two shot put circles and an eight lane straightaway.

A newly constructed concession stand and bathroom facility will be available trackside. Asics technical t-shirts will be available for purchase. The head coaches of the first 15 teams will receive a long sleeve Brooks technical shirt. There will be a 25 team limit- first come, first serve.

Invitational Information (any changes will be finalized by March 10th)

- **Coaches will enter their rosters and entries at onlineentries.com**
- The closing date for entries will be Wednesday, April 14
- Entries will be posted on the finishright.com website on Friday, April 16
- There will be fully automatic timing provided by **Finish Right Timing**
- Starting blocks and batons will be supplied
- ¼ inch spikes only will be permitted

- Athletes may enter 3 events only
- Athletes competing in Varsity events CANNOT compete in Novice or Frosh-Soph events
- Each school may enter 3 individuals and 2 relays in each event
- Scoring will be 10-8-6-5-4-3-2-1 in each event.
- Awards in Varsity Events- Plaques will go to the winner in each individual event. Relay winners will receive plaques as well as *Fleet Feet Sports Lady Eagles Invitational* batons. Medals will be awarded to 2nd-8th place finishers in all events.
- Awards in frosh-soph and novice events- Ribbons will be awarded to 1st-8th place finishers.
- Awards in Invitational races- trophies 1st place, unique plaques 2nd place, trays 3rd place, plaques 4th-8th place. 1st-3rd place will also receive Asics technical t-shirts.
- Team Awards- This year's invitational will have a large and small school division for team awards. Divisions will be split in half by the bed numbers for the schools entered. The top 3 teams in each division will receive trophies. The top 3 OVERALL teams in the frosh-soph competition will receive trophies.
- Athletes will be brought into the infield for warm-up after clerking in. All other warm-ups will take place outside the track area. After each race, athletes will be escorted off the track by a meet official
- Only coaches will be allowed on the infield
- All Varsity events will have a certified official
- There will be a coaches meeting at 9:30am- ALL SCRATCHES ARE TO BE MADE BY 9:15. THERE WILL BE NO ADDITIONS. All events will begin at 10 am promptly.
- There will be a local DJ on site to provide added entertainment for the athletes and spectators.

Directions to Bethlehem High School

Bethlehem High School is located at 700 Delaware Avenue in Delmar, New York 12054.

From the New York State Thruway

Get off at Exit 23, and turn right onto Route 9W South. Follow 9W one mile to the Delmar by-pass (Route 32) exit. Follow the Delmar by-pass to the end. Take a right on VanDyke. The track is about ½ a mile down the road on the right.

From the Northway I-87 South

Take the Route 90 East exit from the Northway. Stay on Route 90 East until the Slingerlands/Route 85 exit (exit 4). Follow Route 85 West passing straight through all rotaries and continue onto Route 140 East. At the following stop light (intersection of Kenwood Avenue and Cherry Avenue) go straight. Turn left onto Delaware Avenue, the high school is on the left.

5th Annual *Fleet Feet Sports Lady Eagles Invitational*
presented by CDPHP at Bethlehem High School



IMPORTANT NOTES

New York State Public High School Athletic Association rules on participation limits will be followed.

Tents will be allowed outside the track, but not inside. Please keep in mind that space is limited to put up tents.

Results will be posted at the concession stand and available online at finishright.com

Entry form along with payment is due, not postmarked by April 6, 2010.

The entry fee for the *Lady Eagles Invitational* will be \$125 per school

Make checks payable to: Bethlehem Track and Field Booster Club

Any questions please contact: Tom Howley
123 George Endries Dr.
Schenectady, New York 12303

Cell phone #	518-878-6123
Home phone#	518-355-5887
Email	howley73@hotmail.com

Please fill out the meet entry form on the following page and return it to:

Bethlehem High School
700 Delaware Avenue
Delmar, New York 12054
c/o Tom Howley, Girls Track Coach
re: Lady Eagles Invite

Thank-you and we look forward to your participation at this year's event.

Any updates for the *Fleet Feet Sports Lady Eagles Invitational*, presented by CDPHP can be found on our team's website bethlehemruns.org. Just click on the link for the *Lady Eagles Invitational*.

5th Annual *Fleet Feet Sports* Lady Eagles Invitational
presented by CDPHP at Bethlehem High School



A plan for life.

Team Information

High School Name: _____

High School Address: _____

Athletic Dept. Phone: _____

Team Contact: _____

Contact Phone #: (H) _____

(W) _____

(C) _____

Contact email: _____

Meet entry fee: \$125

Entry fee due by: April 6, 2010

5th Annual *Fleet Feet Sports Lady Eagles Invitational*
presented by CDPHP at Bethlehem High School



ORDER OF EVENTS

Running Events; starting at 10am

3000m run	(sections if needed)
300m IH	Timed final
3200m relay	Frosh-Soph
200m novice	(NON-VARSITY ONLY- 2 ENTRIES/SCHOOL)
800m relay	Timed final
400m relay	Frosh-Soph
Distance Medley Relay	Varsity
100m HH	Semis (Varsity and Frosh-Soph)
100m	Semis (Varsity and Frosh-Soph)
Invite 1000m	Top 12 Entries- all others will go to 600m or 1500m
100m HH	Final (Varsity and Frosh-Soph)
100m	Final (Varsity and Frosh-Soph)
Invite 200m	Top 6 entries- all other will go to 100m
600m	Sections (Varsity and Frosh-Soph)
2000m Steeplechase	(Sections if needed)
800m novice	(NON-VARSITY ONLY- 2 ENTRIES/SCHOOL)
400m	Timed final
1500m run	Varsity, Frosh-Soph (sections)
Sprint Medley Relay	Varsity, Frosh-Soph timed final

Unless noted, events are for Varsity Athletes

Field Events, starting at 10am

Varsity Long Jump	10am-12:30pm trials, 12:30-1pm finals
Frosh-Soph Long Jump	10am-12pm – 4 jumps only
Varsity Triple Jump	1-3:30pm trials, 3:30-4pm finals
Frosh-Soph Triple Jump	12:30-2:30pm – 4 jumps only
Varsity High Jump	10am Opening height at 4'4
Frosh-Soph High Jump	10am Opening height at 3'6
Pole Vault	10am Opening height 6'6
Varsity Shot Put	10am-12:30pm trials, 12:30-1pm finals
Frosh-Soph Shot Put	1-3pm – 4 throws only
Varsity Discus	1-3:30pm trials, 3:30-4pm finals
Frosh-Soph Discus	10am-12:30pm – 4 throws only

**All Field Event times
are approximate**

5th Annual *Fleet Feet Sports Lady Eagles Invitational*
presented by CDPHP at Bethlehem High School



_____ Yes, our school _____ intends on participating in the *Fleet Feet Sports Lady Eagles Invitational*, presented by CDPHP on April 17, 2010.

_____ No, our school _____ will not be attending the *Fleet Feet Sports Lady Eagles Invitational*, presented by CDPHP on April 17, 2010. However, we do wish to receive information for future dates.

Please return this intention sheet by March 20, 2010

Please mail to:

Bethlehem High School
700 Delaware Avenue
Delmar, New York 12054
c/o Tom Howley
Girls Track Coach
Re: Lady Eagles Invitational

OR

Email Tom Howley howley73@hotmail.com

Please feel free to contact Tom Howley if you have any questions at (518) 878-6123 or (518) 355-5887. Thank you and we look forward to your participation in our event.

* Any updates for the 2010 *Fleet Feet Sports Lady Eagles Invitational*, presented by CDPHP can be found on our team's website bethlehemruns.org. Just click on the link for the *Lady Eagles Invitational*.