

12th Annual ESU Red & Black Invitational
Friday April 20, 2018
Eiler-Martin Stadium

Dear Coach,

Enclosed is the meet schedule/information for our Red + Black Invitational (Friday, April 20nd). ONLY high school athletes are eligible to compete. Best of luck with your season and please contact us with any questions.

1. **Location:** The outdoor facility is located in the heart of East Stroudsburg University. Leave route 80 at Exit 308, proceed north past the 1st traffic light and just past the Hospital parking lot turn right onto Center Street. (1 way Street) At 2nd Stop sign turn sharp right up a small incline and go past the stadium fence on your right to where you can pullover and unload to come in the East Gate of the stadium. BUSES: once unloaded continue up Center St. to intersection of Smith St. Turn left and make the 1st right and Park behind the Library (Large White Stone building on corner) in the large lots there.

Throws Location: ALL throwing events contested on fields behind building on corner of Normal and Green Street.

2. **Facility:** 400-meter euro-tan surface. Eight 42" lanes around the entire track. We have dual long/triple jump pits. Javelin is thrown off of an all-weather runway.
3. **Dressing Facilities:** Lockers and showers are not available. Valuables should be secured.
4. **Equipment:** Bring your own implements and poles. Blocks will be provided.
5. **Shoes:** Spikes ¼" or less. Especially the javelin runway- shoes will be checked.
6. **Entry Fee:** \$5.00 per event per individual/\$15.00 per relay/Team entries: \$175.00 per team (\$350 combined boys and girls). Make check payable to East Stroudsburg University (if you're mailing it ahead of time, please send it to:
Joe Koch
Track and Field Office
ESU
East Stroudsburg, PA 18301
7. **Entry Procedure:** We'll be using Milesplit (access through PennTrack web-site)...entries due Tuesday, April 17th by 6PM...5 max in running and 4 max in field events(shot, disc, jav, LJ, TJ) 3 attempts, no final in LJ / TJ...relays are unlimited...PLEASE have your athletes check-in at first call so we can keep the meet moving (field event at the site...running events clerked at tent beyond finish line)...we CANNOT do any additions day of the meet...YOU MUST PRE-ENTER!!! COACHES SHOULD SCRATCH ATHLETES NOT COMPETING!!!(This is not a participation meet, please be realistic with entries. Throws will have 3 flights(36 competitions)
8. **Awards:** Medals to the top 6 in each individual event and top 3 for relays.
Meet Scoring (top 6) 10-8-6-4-2-1... Winning teams receive trophies
9. We'll have a concession stand for food/t-shirts that will be open.
10. We'll be having summer meets on Thursdays in June and July (Info will be up on track and field web-page in May)
11. At the end of the meet please CLEAN UP your area!
12. We cannot hold up events for athletes competing in more than 1 event at the same time
13. Depending on Field event sizes minimum measurements/opening heights will be adjusted. Fields in throws will be posted on Wednesday (April 18th) by marks we can verify (Please be honest with entries.)

12th Annual Red and Black Invitational
Meet Schedule
Friday, April 20, 2018

Field Events:

2:30 p.m. Boys Triple Jump (3 Jumps)
Girls Long Jump (3 Jumps)
Boys Javelin
Girls High Jump
Boys Pole Vault
Girls Shot Put
Boys Discus

4:00 p.m. (Approx.) We'll start warm-ups/events immediately following the previous event.

Girls Triple Jump (3 Jumps)
Boys Long Jump (3 Jumps)
Girls Javelin
Boys High Jump
Girls Pole Vault
Boys Shot Put
Girls Discus

Running Events (order of events...will follow one after the other).

2:45 p.m. 4 x 800 Relay
100/110 Hurdles (Final on Time)
100 (Final on Time)
1600 Meters
400 Meters
4 x 100 Relay
300 Hurdles
800 Meters
200 Meters
3200 Meters
4x 400 Relay

- Girls event goes first
- LJ/TJ (top 42 entries): 3 Jumps...No finals... We're having an open pit Boys TJ/Girls LJ 2:30 and your athletes receive a # and jump anytime during the open pit. same open pit for Boys LJ/Girls TJ (Approx 4pm)
- Throws: 3 Attempts (No Finals)
- Entries: 5 running/4 field events...Relays unlimited. Report (clerk) at 1st call:
Field events at the site/running events at the tent past the finish line
- Final on time for ALL running events with more than 1 heat. Fast heat will go last.
- Starting Heights
 - o HJ 4'4" Girls 5'6" Boys
 - o PV 7'6" Girls 10'6" Boys

May change due to field size

Throws 3 flights (36 competitors)

Red and Black Information Sheet

Dear Coach,

Below is the information for the 2018 Red and Black Invitational. We would like to thank you for attending and are looking forward to having a successful meet.

1. PLEASE do scratches before the meet and throughout the competition.
 2. ***Clerking runners report to the tent past finish line. Check-in at 1st call! ***
Field event check-in at the site.
 3. 3 attempts in horizontal jumps and throws.
 4. Results will be posted on the wall by the bathroom underneath the stands. We'll try and have them on our website by Friday Night (www.esuwarriors.com)/ Mile Split/ PennTrack
 5. Top 6 Individuals/Top 3 Relays receive medals...Report to the table by the bathroom (RESULTS)
 7. Fill out relay cards with complete names (Girls yellow, Boys blue).
 8. Team score: Top 6 (10-8-6-4-2-1) for Individuals & Relays/winning teams receive a trophy.
 9. Our summer Cross Country camp are scheduled as follows:
 - o Cross Country Camp(Aug 2-7)
 - o Summer Meets (All-comer) Thursdays in June-We've enclosed brochures or our camps website has the info.
 10. Athletic Trainer available at the clerk tent/throws area.
 11. Due to the size of the meet, we can't hold events for competitors who do more than 1 event. Therefore, no waiting for athletes in other events. Field events competitors can compete out of order in their flight. All of the throwing events will be contested on the fields behind the cafeteria. A map to the throwing area is enclosed.
 12. Starting heights for HJ (4'4" girls/5'4" boys) PV (7' girls/10' boys).
 13. Throwing minimums SP (24' girls/30' boys) Discus (70' girls/85' boys) Jav (70' girls/100' boys).
Jump Minimums LJ (14' girls/ 17' boys) TJ (24' girls/ 34' boys)
We'll measure first legal attempt under minimums.
 14. Girls running events will go first.
 15. FASTEST heats will go LAST
 16. Other athletic events will be going on during the meet, for safety reasons please caution your athletes to be aware at all times!
 17. In case of lightning we'll evacuate to: Zimbar Gym, Stroud Hall, School buses (Please Check map for locations)
 18. Please use enclosed garbage bags to clean up your area before you leave.
- *NO ADDITONS ON THE DAY OF THE MEET***
- May need coaches help counting laps during the 3200