

16th Cy Fritz Track & Field Open @ Millersville University

Biemesderfer Stadium - Friday April 26, 2024

Presented by



Penn Medicine
Lancaster General Health

Sports Medicine

Dear Coach,

We would like to invite you to the 16th annual Cy Fritz Track and Field Open presented by **Penn Medicine Lancaster General Health Sports Medicine**, which will be held at Millersville University on **Friday April 26, 2024**. In the recent past, we had 35 high schools represented with strong competition.

With stadium lighting, dual long jump / triple runways, all weather javelin runway, 2k steeplechase and all throwing areas within the stadium we feel we have a great facility for track and field. We will be using FAT timing with live result, a PA announcer, have souvenir shirts, concessions and be providing awards to the top 3 finishers for individual events and relay winners.

Our entry fee is **\$225 per gender (\$450 boys and girls)**.

Payment is due prior to the start of the meet.

- Checks should be made out to: **Cy Fritz Foundation**
- Mailed to:

Andy Young / Millersville T&F
Lehigh Hall
80 Brooks Drive
Millersville PA 17551

If you are interested in attending or if you have any questions, please let me know. Please email your intent to attend as soon as possible.

Sincerely

Andy Young

Millersville University Cross Country Track and Field

516-316-0981 cell

ayoung@millersville.edu

Seeding - Accepted Entries

Registration:

- Registration closes on Tuesday, April 23rd at 10:00 p.m.
- **No additions or time changes will be accepted after registration closes.**
- We suggest coaches submit on-line entries in the preceding days or week prior to the meet and make any needed updates just prior to closing of registration.

Payment:

- Payment is due prior to the start of the meet

Accepted Entries

- An accepted athlete performance list will be posted on the Millersville web site and emailed by Wednesday April 24th.
- Participation will be limited to those individuals included on the accepted performance list.
- Schools will be limited to one relay team per event.

Seeding performance:

- Must be achieved during 2023.
- Coaches may enter as many as you like in each event but only the top seeds will be accepted. The number following the event is the maximum number of entries we expect to accept.

2k Steeple – 15 to 20

Long Jump – 30 to 36

3200 seeded – 15 to 20

Triple Jump - 30 to 36

3200 unseeded -20 to 25

High Jump – 20 to 30

3200 relay - 1 team per school

Pole Vault – 20 to 30

110/100 HH - 48

100 - 64

Javelin - 30 to 36

1600 - 55

Discus - 30 to 36

400 relay - 1 team per school

Shot put - 30 to 36

400 - 64

300 IH- 48

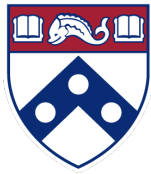
800 - 55

200 - 64

1600 relay - 1 team per school

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Order of Track Events

2:40	2k steeplechase	girls
2:50	2k steeplechase	boys
3:00	3200 unseeded (slower section)	girls
3:15	3200 unseeded (slower section)	boys
3:30	3200 meter relay	girls
3:40	3200 meter relay	boys
3:55	100 HH	girls
4:15	110 HH	boys
4:35	100	girls
4:50	100	boys
5:05	1600	girls
5:25	1600	boys
5:40	400 meter relay	girls
5:50	400 meter relay	boys
6:00	400	girls
6:15	400	boys
6:25	300 IH	girls
6:45	300 IH	boys
200m entries must confirm participation prior to start of the 800m		Girls & Boys
7:00	800	girls
7:15	800	boys
7:30	200	girls
7:45	200	boys
1600m relay entries must confirm participation prior to start of the 3200m		Girls & Boys
8:00	3200 seeded	girls
8:15	3200 seeded	boys
8:30	1600 meter relay	girls
8:40	1600 meter relay	boys

Order of Field Events

3:15	Long Jump (<i>runway 1 near track</i>)	girls
3:15	Long Jump (<i>runway 2 away track</i>)	boys
3:15	Javelin	girls
3:15	Discus	boys
3:15	Shot Put	girls
3:15	High Jump <i>5'4" starting</i>	boys
3:15	Pole Vault <i>7'6" starting</i>	girls
5:35 *	Shot Put	boys
5:35 *	Javelin	boys
5:35 *	Discus	girls
5:35 *	Triple Jump (<i>runway 2 away track</i>)	boys
5:35 *	Triple Jump (<i>runway 1 near track</i>)	girls
6:00 *	High Jump <i>4'4" starting</i>	girls
6:00 *	Pole Vault <i>10" starting</i>	boys

* Indicates estimated start time. Actual start time may be up to 30 minutes earlier or later based on number of entries.

- All running events are finals based on time (Slow to Fast heats)
- Top 8 advance to field event finals (seeded with best last)
- Running event time schedule will advance from published time when possible