

Lakeside Icebreaker Invitational
Saturday April 6, 2019

We are looking forward to having you and your team at the Lakeside Icebreaker Invitational on Saturday, April 6, 2019. This is a reincarnation of the previous Icebreaker meet, the last one held was in 2013!

Participating Teams: Lakeside, Youngstown East, Pymatuning Valley, NDCL

Please read the following information and contact AD Jason Baxter with any questions.

Phone – 440-221-0515

Email – jason.baxter@aacs.net

Meet Entries <http://www.baumspage.com/track/trevent.php?peventid=1004&table=C>

Teams are limited to four entries per running event, two teams for relays and four per field event.

Entry Deadline: Friday April 5 (12:00 pm)

Meet Schedule: Field events will start at 10:00 a.m. and Running events at 11:00 a.m.

Scoring: Events - 6-4-3-2-1 Relays - 6-4-2

Trophies – 1st place boys and girls teams

Track Surface: The Lakeside High School track is an all-weather 8 lane surface.

Starting Heights: **Pole Vault** – Boys - 7', Girls – 4' **High Jump** – Boys –5', Girls – 4'

Shot/Discus: Athletes will be assigned to flights. Each will have four throws, which will be finals (No Prelims).

Long Jump: An open pit format will be used with each athlete getting four jumps. (No Finals)

Athletic Trainer – A certified athletic trainer will be available to handle athletes' medical needs and emergencies.

Admission: Adults - \$6.00 Students: \$4.00 (Senior Citizens & Children age Four and under are free)

Concessions: The AACs Music Boosters will operate a concession stand with a wide variety of refreshments.