

2022 Rome Co-Ed “Copper City Classic” Invitational

Rome Free Academy Stadium

Date: Friday, April 29th @ 4:00pm

Coaches,

Welcome back to what will hopefully be a normal year of Upstate NY Track & Field! We are excited to announce that since we last hosted our “home invite”, the RFA Stadium & Track Facilities have been completely renovated in 2020 returning them to being one of the top pristine facilities in NYS that has hosted countless school, section, & state records for decades. We have a 6 lane 400m all surface track with 8 lanes on the straight, two jump pits, a new throwing circle for shot & the steeple.

This will be a highly competitive meet with state ranked competition. Combined with an excellent facility, it will be a great meet to hit early season marks for the post season. This year we will also be going co-ed for the first time so come join us for what will be a great evening of Track & Field!

RFA Coaching Staff

ORDER OF EVENTS:

(Girls→Boys Unless Otherwise Noted)

3:50 pm	Coaches meeting and entry deadline	
4:00 pm	G/B Triple Jump, B Discus, G Pole Vault, G SP	
4:00 pm	100 Pentathlon hurdles	then to High Jump
	100 m H	semi (possibly eliminated)
	110 Pentathlon hurdles	then to High Jump
	110 meter HH	semi (possibly eliminated)
	3000/3200 meter run	final
	110m HH/100m H	final
	400 meter relay	semi
	800 meter run	final
	400 meter relay	final
	400 meter hurdles	final
	100 meter dash	semi (possibly eliminated)
	Barb Smith 400 dash	final
	100 m dash	final
	Mile run	final
	SMR (400,200,200,800)	final
	4x800 meter relay	final
	200 meter dash	final
	2000/3000m steeplechase	final
	4x400 meter relay	final

*** Pent. 800/1500 to be inserted when necessary.

** B/G TJ 1st (OP 4-530) then LJ (OP 630-830).

** Pent SP after GSP, Pent LJ after B/G TJ

** **B Discus/G SP** First than switch

** G PV @ 6' & B @ 8'6 and go up by 6"

** High Jump will start after Pentathlon High Jump

Open HJ heights: G- 4-2, B-4-10 go up by 2"

ENTRY NOTES

Entries:

- *ENTRY FEE WILL BE \$110.00 per team. \$180.00 Co-ed*
- 2 Entries Per Event. 1 Athlete in Pentathlon. 3 event max per athlete.
- Entries & registration will close 4/28 @ 9pm through Finishright.com
 - <https://ny.milesplit.com/timing/27/finish-right-timing>
- ***Pending sign ups/amount of teams we may cap the meet for time constraints

Please email your intent to compete as soon as possible and any questions regarding the meet to: **Nicholas Jeror** Nicholas.jeror@gmail.com

TIMING: FAT Timing will be through Finish Right Timing (Finishright.com)

AWARDS:

- *MEDALS FOR 1ST -3RD*
- *AND RIBBONS FOR 1st- 6TH.*
- *TEAM TROPHIES FOR 1ST-3RD.*
- *Small School Champion Trophy (Highest scoring class C/D school)*
- *Co-Ed Team Champion Trophy 1st-3rd*

SPECIAL AWARDS:

- *THE BARBARA SMITH 400 PLAQUE.*
- *THE DAVID WASHINGTON DISCUS PLAQUE*
- *MOST OUSTANDING TRACK ATHLETE*
- *MOST OUTSTANDING FIELD ATHLETE*

CONCESSION:

- Food trucks will be on site with many local restaurants nearby (More info to follow)

T-SHIRTS:

- *We will have a vendor on hand to sell a variety of high quality event merchandise.*
- ****Concession and Merchandise sales help to support this meet, so please show your support.*

Other Notes:

- *Implements MUST be weighed in*
- *LJ, TJ, Shot, Discus will have three attempts.*
- *Top 7 will go to finals in all events except 400 relay (only top 6)*
- *No spectators/team camps on the infield (there will be as separate place for tents)*

TEAM ENTRY FORM

(Please postmark Entry by April 22nd)

**** SEND THIS FORM AND CHECK OR VOUCHER FOR \$110.00 (One Team) /180.00 (Co-Ed) PAYABLE**

PAYABLE TO:

“RFA GIRLS TRACK CLUB”

***** DO NOT MAKE THEM OUT TO ROME FREE ACADEMY*****

MAIL TO: RFA Girl’s Track Club
C/O Nicholas Jeror
109 Caswell Street
Rome, New York 13441

SCHOOL NAME: _____

SCHOOL ADDRESS/#: _____

COACH’S NAME: _____

ASSISTANT: _____

COACH’S #s: WORK: _____

CELL: _____

HOME: _____

EMAIL: _____

- I will send any announcements out via email.
- So print neatly.