

# Coliseum Classic

Thursday April 30, 2020



Coaches, you are invited to the first annual Coliseum Classic held on **Thursday April 30, 2020** at **4:00PM** at Goshen High School. The purpose of this meet is to give field athletes and those who compete in relays a unique opportunity to reach their goals at our brand new, state of the art track and field facility. Your athletes will be able to enjoy a rare free weekend to themselves!

## The Coliseum:

400m BSS 300 Thixotropic & Embedded Polyurethane Surface  
10-Lane Straight Away, 8-Lanes track all the way around, "48" Lanes  
4 Long Jump & Triple Jump Pits, 2 High Jump Pits, 2 Pole Vault Pits  
2 Shot Circles, 2 Discus Circles  
Water pit, 4 Portable Adjustable Steeplechase Barriers  
Fully Automated Timing By Finish Lynx and AMB Chip Technology for all finishes.  
All under the lights!  
There will be restrooms and **concessions** available on site to all athletes and spectators.

## Meet Information:

1. Events will be entered onto MileSplit- **UNLIMITED Entries!** Due on Tuesday, April 29, 2020 at 9:00PM.
2. NYS Public High School Athletic Association rules on participation will be enforced.
3. Only  **$\frac{1}{8}$  inch or  $\frac{1}{4}$  inch recessed spikes** are permitted on the track and runway surfaces.

## Order of Events:

3:30 PM Warm ups and Check ins  
3:45 PM Coaches Meeting

## On the Track (Girls then Boys):

800m Relay (200-200-200-200)  
3x100m Shuttle Hurdles  
3x110m Shuttle Hurdles  
Distance Medley Relay (1200-400-800-1600)  
Sprint Medley Relay (400-200-200-800)  
2K/3K Steeplechase  
Swedish Relay (100-200-300-400)

## Field Events:

4:00-5:30	Girls Long Jump
4:00-5:30	Boys Triple Jump
4:00-6:00	Girls/Boys Discus
4:00-6:00	Boys/Girls Shot Put
4:00-6:00	Girls & Boys Pole Vault (Open)
4:00-6:00	Girls & Boys Javelin (Open)
5:30	Boys Long Jump
5:30	Girls Triple Jump
6:00	Girls & Boys High Jump (Separate Pits)
6:00	Girls & Boys Hammer Throw (Open)

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## Entry Form



<b>School</b>	
<b>Address</b>	
<b>Coach</b>	
<b>Phone #</b>	
<b>Email</b>	

## Entry Payment Information (circle one)

This is an entry fee and not a participation fee!

Boys team only: \$100

Girls team only: \$100

Blanket Fee: \$175

OR

Number of Relay Pairs/Entries \_\_\_\_\_ x \$20 = \_\_\_\_\_

Make Checks or Vouchers Payable to: **Goshen Track Club**

Mail entry to:

Goshen High School  
ATTN: Gus Lawson  
222 Scotchtown Ave.  
Goshen, NY 10924

Fax/Scan/Email (with check to follow) to:

GHS Athletic Department  
ATTN: Gus Lawson  
FAX #: (845) 615-6163  
[Gus.lawson@gcsny.org](mailto:Gus.lawson@gcsny.org)

Meet Director: Gus Lawson

Email: [Gus.lawson@gcsny.org](mailto:Gus.lawson@gcsny.org)

Cell: (845) 321-4054

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## Event Information:

- ★ **Long Jump**- 4', 8' and 12' toe boards with oversized pits. 3 jumps, NO FINALS
- ★ **Triple Jump**- 20', 24', 28', 32', 36', 40' toe boards. 3 jumps, NO FINALS
- ★ **High Jump**- Girls height progression: 4'0", 4'3", 4'6", 4'9", 5'0", 5'2", 5'4", ...  
Boys height progression: 5'0", 5'3", 5'6", 5'9", 6'0", 6'2", 6'4", ...
- ★ **Pole Vault**- Girls height progression: 7'0", 8'0" (up by 1 until 6 left...then 6")  
Boys height progression: 9'0", 10'0" (up by 1 until 6 left...then 6")
- ★ **Shot Put**- Boys/Girls: 3 throws -- NO FINALS
- ★ **Discus**- Girls/Boys: 3 throws -- NO FINALS
- ★ **Javelin**-Open: 3 throws -- NO FINALS
- ★ **Hammer**- Open: 3 throws -- NO FINALS
- ★ **800m Relay**-200m-200m-200m-200m  
Top 8 seeds run in lanes. Following seeds-waterfall start.
- ★ **Shuttle Hurdles**- girls 3 x 100m; boys 3 x 110m  
Up to 3 teams will race simultaneously on the straight
- ★ **Sprint Medley Relay**- 400m-200m-200m-800m  
Top 8 seeds run in lanes. Following seeds-waterfall start.
- ★ **Distance Medley Relay**- 1200m-400m-800m-1600m
- ★ **Steeplechase**- Great opportunity to grab an entry for Championship meets  
Top 2 finishers for each team will combine score
- ★ **Swedish Relay**-100m-200m-300m-400m  
Top 8 seeds run in lanes. Following seeds-waterfall start.

## Scoring/Awards:

- ★ Relays will score 10-8-6-4-2-1
- ★ Top two field athletes for each school will combine for a score
- ★ Boys and girls will be scored separately
- ★ Medals to top 3 relay teams in each event
- ★ Team trophy to top boys and girls team

**"One chance is all you need..." -Jesse Owens**