

# Goshen Freshman Invitational

Monday, May 18, 2020



## The Coliseum:

400m BSS 300 Thixotropic & Embedded Polyurethane Surface

10-Lane Straight Away, 8-Lanes 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!

## Event Information:

As specified by **NYSPHSAA**, any **8th or 9th grader** who is listed on school track rosters and has met New York State eligibility requirements and has competed on a **varsity or frosh track team** this Spring. Please enter ALL athletes on **Milesplit**. **Entries are UNLIMITED!!!** Times and marks entered will be used to seed the meet. Each event will run fast to fastest. All running events are finals by time. Three trials for all field events. **Only  $\frac{1}{8}$  inch or  $\frac{1}{4}$  inch recessed spikes** are permitted on the track and runway surfaces.

## Scoring/Awards: Dual meet scoring

- ★ Boys and girls will be scored separately
- ★ Plaques for 1st, 2nd & 3rd in boys and girls divisions
- ★ Ribbons for places 1st through 6th in all events

## Starting Time:

3:35 PM Coaches Meeting/Check ins

3:45 PM Meet begins

## On the Track:

3200m/3000m Relay

110m/100m High Hurdles

100m Dash

1600m/1500m Run

400m Relay

400m Dash

400m Hurdles

800m Dash

200m Dash

3200m/3000m Run

1600m Relay

## In the Field:

3:45 Girls Long Jump

3:45 Boys Triple Jump

3:45 Girls Discus

3:45 Boys Shot Put

3:45 Girls & Boys High Jump (2 Pits)

3:45 Girls & Boys Pole Vault (Combined)

5:15 Boys Long Jump

5:15 Girls Triple Jump

5:15 Girls Shot Put

5:15 Boys Discus

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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: \$100.00

Girls team: \$100.00

Blanket Fee: \$150

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