

5th Annual Jessica Fingers Memorial Invitational

(Formally known as the Monticello Games)
MONTICELLO HIGH SCHOOL TRACK & FIELD

TRACK LOCATED AT MONTICELLO HIGH SCHOOL

ROUTE 42

MONTICELLO, NY 12701

Saturday April 21st 2018

9:30AM

Dear Coach:

You are cordially invited to the Jessica Fingers Memorial Invitational (formally known as the Monticello Games) which will be held at Monticello High School on Saturday, April 21st. This event will allow your athletes the opportunity to compete in a meet with a full slate of individual events and relays, including boys' and girls' javelin, boys' and girls' hammer throw and the boys' and girls' steeplechase. We will start the meet promptly at 9:30 A.M.

AWARDS

Team trophies will be awarded to the top three schools. Medals for 1st through 6th place will be awarded in each individual event and 1st through 3rd for relays. Special plaques for boys and girls in each of the following areas: Track MVP Boys, Field MVP Boys, and Track MVP Girls and Field MVP Girls.

ENTRY FEE

\$300.00 per school (includes boys' and girls' teams): single team (boys or girls) entries are \$200.00 per team. Please make checks or claim forms payable to: Monticello Athletic Association. Entry fees are non-refundable. Please respond by April 17th. Thanks.

Send Voucher or check to: Monticello High School
c/o Louis Cioffi, Athletic Director
39 Breakey Avenue
Monticello, NY 12701

Questions: Contact - Louis Cioffi – Athletic Director
Work - 845-794-8840 Ext. 10995 / lcioffi@k12mcsd.net

Rick Sternkopf- rsternkopf@k12mcsd.net
Matt Buddenhagen – mbuddenhagen@k12mcsd.net

Jessica Fingers Memorial Invitational

ENTRY FORM

School _____

Boys' Coach _____ PHONE _____

Email _____ FAX _____

Girls' Coach _____ PHONE _____

Email _____ FAX _____

Entry Fee Enclosed _____

Questions: Contact -

Louis Cioffi – Athletic Director

Work - 845-794-8840 Ext. 10995 / lcioffi@k12mcsd.net

Rick Sternkopf- rsternkopf@k12mcsd.net

Matt Buddenhagen – mbuddenhagen@k12mcsd.net

Meet Information

3x5 cards for ALL track races should be turned into the clerking area in the North (small) gym with Name-School-Event- Seed Time clearly printed on front. Turn in field event cards at the field event area (Long Jump & Triple Jump do not require a card)

ENTRIES

Three entries per individual event and one relay team per relay race (unless otherwise specified)

Athletes must wear a 3 x 5 index card

SCORING and RULES

First through sixth place: 10-8-6-4-2-1. National Federation and NYSPHSAA rules apply. Uniform rule subject to change weather pending.

NOTES

1/4" spikes are allowed on the track. The Javelin (B/G) will be held on grass and spikes WILL BE permitted in these events.

Long and Triple Jumpers will have only a 2.5 hour window to complete their jumps. B/G LJ and B/G TJ will be combined. LONG JUMP BEGINS AT 9:30am. TRIPLE JUMP 30 MINUTES AFTER CONCLUSION OF LONG JUMP. ATHLETES ARE RESPONSIBLE FOR CHECKING IN AND COMPELTING JUMPS BEFORE PIT CLOSES

The discus and hammer throw events will be held at the Rutherford Elementary school behind the High School. Athletes will be shown to the field on the day of the meet.

NO ATHLETES ARE TO BE ON THE INFIELD!!! Except for those who are competing in field events or track events that have been clerked prior to running.

Athletes are allowed to warm up on the track until 9:25 am. Thereafter they may use the areas adjacent to the track that are not being used for a field event.

Starting blocks and batons WILL NOT BE PROVIDED. Please plan accordingly.

Refreshments and t-shirt sales will be available at the meet.

If you do not include entry fee with your entry form please forward as soon as possible. For questions call me at school 794-8840 ext. 10995.

We look forward to seeing you on April 21, 2018 and wish you the best of luck this season.

Louis Cioffi, Athletic Director

Jessica Fingers Memorial Invitational

BOYS' TRACK EVENTS

100 M
400 M
1600 M
3000 M Steeplechase
110 M High Hurdles
400 M Intermediate Hurdles
F/S 400m Relay
400 M Relay
Fr/So 1600m Relay
1600 M Relay
3200 M Relay
Distance Medley Relay
Fr/So Sprint Medley Relay
Varsity SMR

GIRLS' TRACK EVENTS

100 M
400 M
1500 M
2000 M Steeplechase
100 M High Hurdles
400 M Inter. Hurdles
F/S 400m Relay
400 M Relay
Fr/So 1600m Relay
1600 M Relay
3200m Relay
Distance Medley Relay
Fr/So Sprint Medley Relay
Varsity SMR

BOYS' FIELD

SHOT PUT
DISCUS
LONG JUMP
TRIPLE JUMP
POLE VAULT
HIGH JUMP
JAVELIN
HAMMER

GIRLS' FIELD

SHOT PUT
DISCUS
LONG JUMP
TRIPLE JUMP
POLE VAULT
HIGH JUMP
JAVELIN
HAMMER

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FIELD EVENTS

FIELD EVENTS - 9:30 AM

JAVELIN - THREE ATTEMPTS- NO FINALS. BOYS & GIRLS OPEN PIT, UPON THE COMPLETION OF THE POLE VAULT. NO MINIMUM MEASURE. YOU MUST PROVIDE YOUR OWN IMPLEMENT.

SHOT PUT - BOYS FOLLOWED BY GIRLS, THREE (3) THROWS ONLY. NO FINALS, NO MINIMUM MEASURE.

**LONG JUMP Followed by Triple Jump 2.5 Hours Open Pit
(Boys & Girls Together) 3 Jumps- No final, No Minimum measure.
Athletes encouraged to take all 3 jumps ASAP**

POLE VAULT – GIRLS FOLLOWED BY BOYS. GIRLS START AT 6’ AND INCREASE BY 6”. BOYS START AT 7” and INCREASE BY 6” UNTIL 10” AFTERWHICH THE BAR WILL INCREASE BY 6”.

HIGH JUMP - GIRLS FOLLOWED BY BOYS, OPENING HEIGHT - BOYS 5’, GIRLS 4’, BAR GOES UP BY 3” UNTIL 5’/6’ THEN BY 1”.

DISCUS - GIRLS FOLLOWED BY BOYS, THREE (3) THROWS ONLY. NO FINALS, NO MINIMUM MEASURE.

HAMMER THROW - (AFTER DISCUS IS COMPLETED) BOYS & GIRLS OPEN PIT; THREE (3) THROWS ONLY. NO FINALS, NO MINIMUM MEASURE. YOU MUST PROVIDE YOUR OWN IMPLEMENT.

***NOTE- TOP 18 SEEDS WILL RUN SEMI-FINALS TO ADVANCE TO FINAL.**

ALL OTHER SEEDS WILL RUN A TRIAL ROUND WITH NO POSSIBILITY OF ADVANCING

RUNNING EVENTS 9:30* AM GIRLS RUN FOLLOWED BY BOYS!

- 1) Varsity Girls Distance Medley Relay- (1200- 400-800-1600)
- 2) Varsity Boys Distance Medley Relay- (1200-400-800-1600)
- 3) *100M HURDLES - GIRLS SEMIS
- 4) *110M HURDLE - BOYS SEMIS
- 5) *100M DASH - GIRLS SEMIS
- 6) *100M DASH - BOYS SEMIS
- 7) 400M DASH - GIRLS FINALS (ON TIME)
- 8) 400M DASH - BOYS FINALS (ON TIME)
- 9) 400M HURDLES - BOYS FINALS (ON TIME)
- 10) 400M HURDLES - GIRLS FINALS (ON TIME)
- 11) FROSH/SOPH MEDLEY RELAY - GIRLS (400-200-200-800)
- 12) FROSH/SOPH MEDLEY RELAY - BOYS (400-200-200-800)
- 13) Girls Varsity SPRINT MEDLEY RELAY
- 14) Boys Varsity SPRINT MEDLEY RELAY
- 15) 3200M RELAY – GIRLS
- 16) 3200M RELAY – BOYS
- 17) 100M HURDLES - GIRLS FINALS
- 18) 110M HURDLES - BOYS FINALS
- 19) 100M DASH - GIRLS FINALS
- 20) 100M DASH - BOYS FINALS
- 21) 1500M RUN - (GIRLS SECTIONS)
- 22) 1600M RUN - (BOYS SECTIONS)
- 23) Fr/So 400M Relay- GIRLS
- 24) Fr/So 400M Relay- BOYS
- 25) 400M RELAY - (GIRLS SECTIONS)
- 26) 400M RELAY - (BOYS SECTIONS) 27) 2000M STEEPLECHASE – GIRLS*
- 28) 3000M STEEPLECHASE – BOYS
- 29) Fr/So Girl 1600m Relay
- 30) Fr/So- Boys 1600m Relay
- 31) VARSITY 1600M RELAY – (GIRLS SECTIONS)
- 32) VARSITY 1600M RELAY – (BOYS SECTIONS)

AWARDS PRESENTATION (AFTER LAST EVENT)

1. Track MVP Boys, Field MVP BOYS
2. Track MVP GIRLS, Field MVP GIRLS
3. TEAM TROPHY PRESENTATIONS

START TIME THIS YEAR 9:30AM