

64th ANNUAL NEW HARTFORD INVITATIONAL TRACK MEET

May 5, 2017

Start 4:30 PM

Scratch 3:00-4:00 PM

Entry Fee: \$125.00 per school Send checks to: New Hartford Central School
c/o: John Banek, A.D.
33 Oxford Rd.
New Hartford, NY 13413

IF THERE ARE ANY QUESTIONS:

CALL TOM WELLS, 315-733-1698 e-mail swim09@roadrunner.com

Rules: National Federation, NYSPHSAA, and TW rules will be in effect.

Food: New Hartford Track Boosters will operate a large concession next to track.

ENTRY RULES: Each must pay \$125 entry fee. All entries will be done with **NY Mile Split.com**
Coaches are to enter online by Online Entries.com. DEADLINE IS WEDNESDAY May 3 BY 10:00pm
A POSITIVE CHECK-IN WILL BE DONE EITHER IN PERSON OR MY CELL PHONE (315-527-9043)
BY 4:00pm ON MEET DAY. **SCRATCHES ONLY.**

COACHES NOTE---- Schools will only be allowed 2 entries per event and coaches are asked to adhere to qualifying times and distances for all events. Please do not enter athletes or relay teams that do not really meet these standards. Please enter athletes on actual time or distance already performed this season. Also if a coach has a quality third athlete, please call Tom Wells for entrance. **COACHES MUST REMEMBER THAT THIS MEET IS FOR QUALITY ATHLETES, LEAVE THE OTHERS AT HOME.**

NEW HARTFORD has a new track surface and runners and jumpers may wear $\frac{1}{4}$ pin spikes. Longer spikes are absolutely not allowed and that penalty will result in the entire team being disqualified from the meet.

RUNNING EVENTS: First event will be called at 4:15 and athletes must report to clerking in infield or be scratched.

SCORING: 10-8-6-4-2-1 AWARDS: All awards will be presented on the field award stand about 10 minutes after an event. Coaches----please have athletes ready to appear. A trophy is awarded to all first place finishers and ribbons to second thru sixth place. Team trophies to the first five teams.

COACHES: COACHES only are permitted on the infield and athletes are not to gather near the finish line. Athletes are permitted on infield if clerking in. Once athletes are done field event, they must leave. Pole Vault will start at 10' High jump will start at 5'8

PLEASE USE THESE SUGGESTED TIMES AND DISTANCES WHEN ENTERING. LEAVE OTHERS OUT OF MEET !!!!

Qualifying times	100-12.0	200-25.5	400-58.0	800-2:15
	1600-5:10	3200-11:00	110H-18.0	400H-68.0
400R-50.0	HJ-5'8	PV-10'	LJ-18'	TJ-38'
800R-1:44.0	Shot-43	Discus-120'		
1600R-3:58	3200R-9:10	SMed-4:10	DMR-12:00	

NEW HARTFORD INVITATIONAL TRACK MEET ORDER OF EVENTS

4:30 START

3200 Relay

Timed Finals

110 Hurdles

Trials

100 Meters

Trials

400 Meters

Timed Finals

400 Relay

Timed Finals

1600 Meters

Timed Finals

110 Hurdles

Semis

100 Meters

Semis

1600 Relay

Timed Finals

110 Hurdles

Final

100 Meters

Final

Sprint Medley Relay

Timed Finals

3200 Meters

Timed Finals

800 Relay

Timed Finals

400 Hurdles

Timed Finals

200 Meters

Semis

800 Meters

Timed Finals

Distance Medley Relay

Timed Finals

200 Meters

Final

4:30 START

Discus followed by Shot Put

**Long Jump followed by
Triple Jump**

**4:30
High Jump**

**4:30
Pole Vault**

NEW HARTFORD INVITATIONAL TRACK MEET ENTRY SHEET

_____ School

_____ Coach

_____ e-mail address

_____ phone

_____ cell phone

Enclosed with this entry sheet is either check or voucher for \$125.00

MAKE PAYABLE TO NEW HARTFORD CENTRAL SCHOOL

Please send this sheet by April 24, 2017 to:

TOM WELLS
29 WOODBERRY RD.
NEW HARTFORD, NY 13413