

13th Annual New Paltz Modified Track Invitational

Date: Wednesday 16 May 2018

Time: 3:30 Coaches meeting 3:15

Location: New Paltz High School Track

Contact: Ann Gregory if you have any questions: 845-679-8138 or school voicemail 256-4000 box 69414 or e-mail agregory2@hvc.rr.com

Entry fee: \$ 110 for combined Boys and Girls Teams. \$60 for one team.

Entries will be due by Noon on Sunday, 13 May.

Please use the entry format emailed to you- also shown on the last page

Checks should be made out to New Paltz Track and Field and sent to:

Gregory Warren

196 Main Street

New Paltz, NY 12561

Rules: All modified rules apply. No starting blocks allowed. No spikes. We will have 2 to 4 officials, depending on the number of team entries.

Placing: Will be based on time. We will time to the hundredths, and fastest heats will go first. Place finishers will be announced so they are recognized.

Facility: 6 lanes all weather. We have 2 jumping pits, 1 high jump pit, 1 shot and 1 discus area. Areas outside the fence- tents can be set up. We do have a large set of bleachers for some canopies.

Food: A concession stand will be available.

Awards: Place ribbons 1st through 6th.

Procedure: Since this meet is running after school we do have to place some limits on the number of entrants. More may be allowed depending on the number of team entries. See guidelines on next page.

Individual running events: limit to your top 4 athletes.

Field events: limit to 6 individuals (with the exception of the **high jump...3 entries**)

Relays: unlimited entries, but only your top can place/earn a ribbon. Please indicate your top scoring team by placing them in the fastest heat (giving them the faster seed time as mentioned under entries).

Meet Entries must be submitted in advance, by email, no later than 13 May

Please see details about entries- next page

For Meet entries- *We need this information this way because we must enter it all to the meet management program:*

1. A list of each of your team rosters separated by Gender. Include last name, First name, Gender, and grade level. **Please Send ASAP.**

2. Entry by Running event: **include last name, first name, gender, seed time.** Please be as accurate as possible as this information will seed the heats. Scratches will result in empty lanes but will not change seeding **please use the table Emailed to you (also shown on final page of this announcement). The table will expand as you type in entries.**

3. Field Event entries also need to be sent. Put down all names that may enter-it is easier to scratch than add. **Seed height or distance is NOT necessary for FIELD events** **Entries will be due by Noon on Sunday, 13 May .**

Please use the entry format emailed to you- also shown on the last page

On meet day we will be available to make scratches only. Scratches will not change heats/seeding.

e-mail these to Don Bartlett dbartlett@newpaltz.k12.ny.us

Order of Events (Meet starts at 3:30, or as close as we can in the event a team is late)

Track Events:

200 m hurdles

100 m dash

1500 m run

400 m dash

200 m dash

800 run

Shuttle hurdle Relay (3x55 M)

Sprint medley Relay (100 100 200 400)

4 x 100 Relay

4 x 200 relay

Field Events

Girls and boys long jump: girls pit outside the fenced area, boys is inside the fence

Girls and boys triple jump: girls outside the fenced area, boys inside the fence.

Boy's high jump then girls

Girl's discus then boys shot

Boy's shot then girls

Please print the information below, complete and send to

Gregory Warren
196 Main Street
New Paltz, NY 12561

Phone: 256-4153
Fax: 256-4154

New Paltz Modified Track Invitational 16 May 2018
We plan on attending. We will bring the following teams:

Circle one: Boys only Girls only Both boys and girls

Reminder: \$60 for one team \$110 for 2 teams

School Name: _____

School phone: _____

Coaches' names and phone:

1. Name: _____
e-mail _____
School voicemail or cell: _____ Home: _____

2. Name: _____
e-mail _____
School voicemail or cell: _____ Home: _____

As soon as possible, please fax or mail this to
(Remember to send your check/voucher made out to New Paltz Track and Field)

Gregory Warren
196 Main Street
New Paltz, NY 12561

Phone: 256-4153
Fax: 256-4154

Contact Ann Gregory if you have any questions: 845-679-8138 (H)
or school voicemail 845-256-4000 box 69414

Entry Format: Copy the table below, add entries, email to
dbartlett@newpaltz.k12.ny.us

Entries will be due by Noon on Sunday, 13 May .

Event	Gender	Names(e)	Seed time
200 hurdles			
100 dash			
1500 run			
400 dash			
200 dash			
800 run			
Shuttle hurdle relay (3x55)			
Sprint medley relay (100-100-200-400)			
4x100 relay			
4x200 relay			
Long Jump			n/a
Triple jump			n/a
Shot put			n/a
Discus			n/a
High Jump			n/a