

2017 NV-ME RED, WHITE, BLUE, AND GOLD INVITATIONAL

The Newark Valley Cardinals and the Maine-Endwell Spartans Track & Field teams invite you to the 12th Annual Red, White, Blue, and Gold Invitational at Newark Valley High School's Track & Field facility, located at 68 Wilson Creek Road, Newark Valley, NY 13811 on **Saturday, April 8, 2017.**

We have a FAST 8-lane track, 2 horizontal jump pits, 2 High Jump pits, crushed shale Shot Put landing area, a Steeplechase pit, and 2 Pole Vault pits. There is plenty of room for bus parking in front of the school and for team tents near the track.

All TRACK and All FIELD events will begin at 10:30.

This is **not** a scratch one-scratch all meet. Scratches will be done on paper at the Scorer's Tent. Scratches will be permitted throughout the day, as needed. However, there will be **no substitutions or additions** on the day of the meet.

All track events will be Finals, except the 4 x 100m Relays, 100/110m Hurdles, and the 100m Dash. Heats for all Finals will be run from slowest to fastest. Being an early-season meet, we realize that seed times will not be 100% accurate. Please understand that heats will only be as fair as your realistic seed times. The meet will have FAT timing and a paid certified T & F official or a coach to run each field event, as well as a Starter, Clerk(s), and a Finish Line official.

Team Awards: Plaques will be presented to the top two Large School Boys teams, the top two Large School Girls teams (Large School = Class A + B), the top two Small School Boys teams, and the top two Small School Girls teams (Small School = Class C + D). **Individual Awards:** Awards will be given to the top 6 place finishers. Medal to 1st place individuals and relay teams, and ribbons for places 2 – 6.

Entry Fees:

\$215	Two-team entry (boys and girls)
\$125	One-team entry (boys or girls)
\$ 10*	Per individual *

* You may use whichever entry fee method, or combination, that works best for your circumstances. For example, if you enter a combination such as, 14 boys and 6 girls = \$125 one-team + \$60 = \$185. Note - There will no refunds for scratches once Sydex entries are submitted, unless the meet is cancelled due to inclement weather.

- The Cardinal Booster Club will be running their Concession Stand – indoors or outdoors, or in both locations.
- Red, White, Blue, & Gold Invite short-sleeve T-shirts will be available for \$10.

If you are interested in having your teams/individuals participate in this year's NV-ME RWB&G Invitational, please mail/email/fax **Notice of Intention** (see form below) by **Friday, March 17th**. The first 24 schools to send a notice are guaranteed a slot, though depending upon the number of entries, we very well may have room for a few more teams.

The **deadline for meet entries on Sydex is Wednesday, April 5th at midnight** – no exceptions.

Any questions? Email/call Brian Trippany at: btrippany@nvcs.stier.org
(607) 743-0782 Cell or (607) 642-5524, x-2490 School, or

Mike Cordi at: mcordi@stny.rr.com or mcordi@me.stier.org
(607) 242-6420 Home/Cell or (607) 754-1400 School

*Make **checks** payable to **M-E XC & Track Boosters** and **mail** by April 5th to:

Please note: **we cannot process Purchase Orders.**

IAC schools can ask the IAC Treasurer to transfer the applicable funds.

Maine-Endwell High School
c/o Michael Cordi
712 Farm-to-Market Road
Endwell, NY 13760

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All pits will be open by 9:30 for run-throughs and warmups, though if a coach is at the field event venue, you may begin sooner. **All warmups and run-throughs must be completed prior to the competition start time of 10:30.** Up to 3 entries per event are allowed if ALL 3 entrants have met the 3rd entry standards; otherwise, 2 entries per school. 3rd entry standards are on the last page.

10:30 Start Time for Track Events

	# of entries per team	Est. Start times
100 High Hurdles (G) Semi	2-3	10:30
110 High Hurdles (B) Semi	2-3	10:42
4 x 800m Relay (G) Finals (1 heat)	2	10:55
4 x 800m Relay (B) Finals (1 heat)	2	11:05
4 x 100m Relay (G) Semi	2	11:10
4 x 100m Relay (B) Semi	2	11:20
3000 Steeplechase (B) (1 heat)	2-3	11:33
110 High Hurdles (B) Finals (semis heat win + top times)		11:48
100 High Hurdles (G) Finals (semis heat win + top times)		11:54
2000 Steeplechase (G) (1 heat)	2-3	12:00
100m Dash (G) Semi	2-3	12:10
100m Dash (B) Semi	2-3	12:23
400 Hurdles (B) Finals (3-4 heats)	2-3	12:35
400 Hurdles (G) Finals (3-4 heats)	2-3	12:46
100m Dash (G) Finals (semis heat winners + top times)		12:58
100m Dash (B) Finals (semis heat winners + top times)		1:03
1500m Run (G) (2-3 heats)	2-3	1:08
1600m Run (B) (2-3 heats)	2-3	1:23
400m Dash (G) Finals (3-4 heats)	2-3	1:38
400m Dash (B) Finals (3-4 heats)	2-3	1:50
800m Run (G) (2-3 heats)	2-3	2:00
800m Run (B) (2-3 heats)	2-3	2:15
200m Dash (G) Finals (4-5 heats)	2-3	2:30
200m Dash (B) Finals (4-5 heats)	2-3	2:45
3000m Run (G) Finals (1 heat)	2-3	3:00
3200m Run (B) Finals (1 heat)	2-3	3:15
4 x 100m Relay (G) Finals (Semis heat win + top times)		3:30
4 x 100m Relay (B) Finals (semis heat win + top times)		3:35
4 x 400m Relay (G) Finals (2-3 heats)	2	3:40
4 x 400m Relay (B) Finals (2-3 heats)	2	3:55
End of Meet		4:05

10:30 Competition Start Time for Field Events

For all Field Events, each competitor is allowed 3 jumps/throws, and all legal attempts will be measured and recorded. Finals for **top 8** in Shot Put, Discus, Long Jump, and Triple Jump.

of entries
per team

10:30 High Jump - Boys and Girls concurrently

Boys start height 4' 10" (South D-zone) 2-3

Girls start height 3' 10" (North D-zone) 2-3

*Girls HJ Location may change depending on PV venue

10:30 Pole Vault – Girls, then Boys

Pole Vault pit location will be determined that day
Girls start height 6'0" 2-3
Boys start height 8'6" 2-3

Throws - 10:30 – 4:00 - in flights

Weigh-ins at Throwing Venue at 9:45

Boys Discus, 5-min break, Boys Finals 2-3

Girls Shot Put, 5-min break, Girls Finals, 2-3

then Boys Shot Put, 5-min break, Boys Finals 2-3

Girls Discus, 5-min break, Girls Finals 2-3

Open Pits from 10:30 – 12:30, Finals 12:40

Boys Long Jump – pit closest to f-ball field 2-3

Girls Long Jump – pit closest to steeple 2-3

- Following LJ Finals, TJ warm-ups until 1:30 -

Open Pits from 1:30 – 3:30, Finals 3:40

Boys Triple Jump – pit closest to f-ball field 2-3

Girls Triple Jump – pit closest to steeple 2-3

- Open pits will close at the designated time. It is your athlete's responsibility to get their jumps in.
- Remember, scratches are permitted throughout the meet without penalty to the athlete but will not be substitutions or additions after the Sydex entry deadline or at the meet.
- **Only ¼" pyramid spikes are permitted.** as they are kinder to the track surface than are pin or Christmas tree spikes. If inappropriate spikes are discovered, they will need to be removed prior to the athlete competing, regardless of whether doing so results in the athlete missing the event.
- It is the athlete's responsibility to inform the Field Event official **and** the clerk when s/he needs to leave for an event.
- Unadorned hats/headbands and/or gloves/mittens may be worn in case of cold weather. Otherwise, the **uniform rule is in effect.**

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NOTICE OF INTENT TO ENTER:

Name of School: _____

Name of Contact Coach: _____

E-Mail Contact: _____

Phone Number(s) of Contact Coach: (School)* _____ (Cell)* _____ (Home)* _____

* = All three numbers are essential to have so that I can contact you if issues with your entries are found

Please check the one appropriate line:

_____	\$215	Two-team entry (Boys and Girls)
Boys _____ or Girls _____	\$125	One-team entry (Boys or Girls)
_____	\$ 10*	Per individual *

* You may use whichever entry fee method, or combination, that works best for your circumstances. For example, if you enter a combination such as, 14 boys and 6 girls = \$125 one-team + \$60 = \$185. Note - There will no refunds for scratches once Sydex entries are submitted, unless the meet is cancelled due to inclement weather.

Notice of Intent to Enter is due: Friday, March 17, 2017, with the first 24 Boys teams and first 24 Girls teams guaranteed their entry.

To send your Intent to Enter Form via:

Email: Please save this page and send it as an attachment to:

btrippany@nvcs.stier.org

Fax: to Brian Trippany: (607) 642-8997, or

Mail to: Brian Trippany
Newark Valley Middle School
P.O. Box 547, 88 Whig Street
Newark Valley, New York 13811

*Make **checks** payable to **M-E XC & Track Boosters** and **mail** by April 5th to:

Maine-Endwell High School
c/o Michael Cordi
712 Farm-to-Market Road
Endwell, NY 13760

Please note: **we cannot process Purchase Orders.**

IAC schools can ask the IAC Treasurer to transfer the applicable funds.

Sydex Meet entries are due **Wednesday, April 5th, by Midnight.** It takes time to put a meet together and we cannot start that process until all the entries are in. We want to be able to send out the Heat Sheets on Friday so that everyone will know what their event looks like and everything is ready to go on time come Saturday.

Thanks. We look forward seeing you on Saturday, April 8th for an exciting early Outdoor Track Season meet!

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3rd Entry Standards

All 3 entrants must meet this standard; otherwise, 2 entries per team. These standards are based on the average 8th place finisher in each event (aka, the finals) from the last 3 RWBG meets and adjusted slightly for this year to reflect it being an early April meet.

	<u>BOYS</u>	<u>GIRLS</u>
100m Hurdles	18.24	19.00
400m Hurdles	1:06.74	1:18.24
100m	12.44	14.00
200m	25.00	29.24
400m	57.44	1:08.24
800m	2:15.24	2:40.24
1500/1600	5:00.24	5:35.24
3000/3200	11:15.24	13:00.24
Steeplechase	12:00.00	9:25.24
High Jump	5'4"	4'6"
Long Jump	17'10"	13'8"
Triple Jump	36'0"	28'6"
Shot Put	37'0"	25'10"
Discus	98'0"	73'0"
Pole Vault	9'0"	7'6"