

HELLO COACHES,

Welcome back for another year of high school track & field. The Rome "COPPER CITY CLASSIC" will be held in the "SILVER CITY" this year on Saturday May 2<sup>th</sup>, 2020 @ 2pm.

**\*THE MEET THIS YEAR WILL BE HELD AT VVS HIGH SCHOOL ON THEIR BRAND NEW AWESOME TRACK FACILITY. \*Plans are in motion to resurface the RFA Stadium facility for us to return there for the spring of 2021.**

The Facilities at VVS are an all surface track and runways with an infield of grass. The facility should be excellent for record setting and qualifying performances. The Discus and 2 Shot Put circles are located inside the stadium and there are 2 separate LJ/TJ pits.

There will be bathroom/changing room facilities as well as a top-notch concession stand. Athletes can go inside the stadium for weather protection if needed. There will also be invitational t-shirts for sale.

Medals are awarded to top 3 finishers and ribbons to the top six. There will be special event plaques for the Discus and 400 meter events. Team trophies for top three teams as well as a Small School Winner (Class C/D). Awards will also be given to the outstanding track and outstanding field performers as well.

This year we are once again going to run the 2000m steeplechase. Their steeplechase water barrier will be adjusted for the proper height for girls.

**We are also holding an SMR event AND 2 Novice events: 1500m and 200m.**

**\*The Entry Form is on the back page, please so send it in early.**

\*We will use [www.ny.milesplit.com](http://www.ny.milesplit.com) for entries this year.

And Fully Automatic Timing

So, once again good luck this season and hope to see you at the Rome Girl's Track Invitational.

Brett Couchman ---RFA Girl's Track

**2020 Rome “COPPER CITY CLASSIC”**  
**Girl’s Track & Field Invitational**  
**ORDER OF EVENTS:**

2:00pm	<b>Coaches meeting and entry deadline</b>	
2:15	Novice 1500m (limit 3) Triple Jump, Shot Put, Pole Vault	
2:20	Pentathlon hurdles	then to High Jump
2:30	3000 meter run	final
	400 meter relay	semi
	400 meter hurdles	final
	400 meter relay	final
	800 meter run	final
	100 meter dash	semi (possible eliminated)
	Barb Smith 400 dash	final
	Novice 200m (limit 3)	
	SMR (400,200,200,800)	final
	100 meter hurdles	semi (possible eliminated)
	2000 meter steeplechase	final
	100 meter dash	final
	4x800 meter relay	final
	200 meter dash	final
	100 meter hurdles	final
	1500 meter run	final
	4x400 meter relay	final

\*\*\* Pent. 800 to be inserted when necessary

**\*\* Long Jump then Triple Jump (this is a change)**

\*\* Shot Put will be followed by Discus throw.

\*\* PV progression in order to hit the NYS standards.

6', 6'6", 7', 7'6", 8', 8' 6", 9' 1", 9' 7", 10' 1, 10' 4", 10' 10", 11' 2.25", 11' 6"

\*\* High Jump and Pentathlon High Jump at same time.

Open HJ: 4-2, 4-4, 4-6, 4-8, 4-10, 5-0, 5-1, 5-2, 5-3, 5-4,...

Pent HJ: Opening height TBD, progression by 5cm

# Rome Girl's Track Invitational Records

100 METER	LAREEA CHISHOLM	Baldwinsville	12.1	2004
200 METER	HEATHER STEVENS	F-M	25.2	2001
NOVICE 200	SHAYANE WEBBER	BALDWINSVILLE	28.55	2014
400 METER	HEATHER STEVENS	F-M	56.6	2001
800 METER	SAGE HURTA	HAMILTON	2:09.84	2015
1500 METER	SAGE HURTA	HAMILTON	4:36.81	2016
NOVICE 1500	MARIA RICALTON	CANTON	5:02.75	2012
3000 METER	LAUREL BURDICK	F-M	9:59.1	2002
100 HH	KIERRA ARTHUR	PROCTOR	15.0	2009
400 LH	KIERRA ARTHUR	PROCTOR	64.77	2011
400 RELAY	ROME FREE ACADEMY (BENJAMIN, BAKER, SOUTHWELL, RAZY)		49.8	2009
1600 RELAY	SKANEATELES (ROONEY, CARLBERG, LYNCH, GEIHE)		4:03.44FAT	2004
3200 RELAY	AUBURN (GAGE, WATSON, NELLENBACK, COLEMAN)		9:28.1	1997
SMR	WEST GENESEE (MATKOSKI, DELIA, FOX, BENSON)		4:11.58	2016
LONG JUMP	GEANNITTA McCLAIN	PROCTOR	17'11"	2010
TRIPLE JUMP	DESIREE BATTLE	HENNINGER	38'4.5"	1999
SHOT PUT	MARIAH MAYS	ROME FREE	43'9"	2015
DISCUS	MARIAH MAYS	ROME FREE	155'10"	2015
HAMMER	MARIAH MAYS	ROME FREE	146'7"	2015
HIGH JUMP	SHYKIERRA HEYWARD	PROCTOR	5'4"	2009
POLE VAULT	TEDI DEMARIA	BETHLEHEM	11'9"	2016
PENTATHLON	PASTOR SKYLAR	SOUTH JEFF	3255pts	2015
2000 STEEPLE	BRITTANY BURNS	SOUTH JEFF	7:06.0	2006

## TEAM CHAMPIONS

1992	ROME FREE ACADEMY	109	1993	HENNINGER	117
1994	HENNINGER	86	1995	WATERTOWN	74
1996	F.M.	67	1997	HENNINGER	70
1998	AUBURN	56	1999	HENNINGER	74.5
2000	F.M.	66	2001	LIVERPOOL	90
2002	F.M.	109	2003	BETHLEHEM	76
2004	LIVERPOOL	72	2005	LIVERPOOL	144
2006	SOUTH JEFFERSON	78	2007	BALDWINSVILLE	100.75
2008	LIVERPOOL	92	2009	C.N.S.	89
2010	PROCTOR	89	2011	BETHLEHAM	101
2012	BETHLEHEM	120	2013	BETHLEHEM	84.5
2014	BETHLEHEM	86	2015	ROME FREE ACADEMY	94.5
2016	BETHLEHEM	107	2017	ROME FREE ACADEMY	106.33
2018	ROME FREE ACADEMY	122.5	2019	CAMDEN	115

## 2019 RESULTS (TOP 5)

1:	Camden	115pts
2:	Rome Free Academy	92pts
3:	Clinton	68.5pts
4:	New Hartford	65pts
5:	Whitesboro	63pts

## **SPECIAL NOTES**

**AWARDS:** *MEDALS FOR 1<sup>ST</sup> -3<sup>RD</sup>  
AND RIBBONS FOR 1<sup>st</sup>- 6<sup>TH</sup>.  
TEAM TROPHIES FOR 1<sup>ST</sup>-3<sup>RD</sup>.  
Small School Champion Trophy  
(Highest scoring class C/D school)*

### **SPECIAL AWARDS:**

*\*THE BARBARA SMITH 400 PLAQUE.  
\*THE DAVID WASHINGTON DISCUS PLAQUE.*

*\*MOST OUTSTANDING TRACK ATHLETE  
\*MOST OUTSTANDING FIELD ATHLETE*

**CONCESSION:** *THERE WILL BE FOOD  
CONCESSION OPEN. SERVING HOT DOGS, PIZZA,  
NACHOS, CANDY, DRINKS AND OTHER SNACKS.*

**TEE-SHIRTS:** *We will have Souvenir T-Shirts.  
\*\*\*Concession and Merchandise sales help to support  
this meet, so please show your support.*

*\*\*ENTRY FEE WILL BE \$135.00 per team.*

Or:

*\*\* (\$15.00 per individual event)*

*\*\* (\$40.00 per relay)*

# **IMPORTANT NOTES**

1. **ENTRIES WILL BE DONE @ NY.MILESPLIT.COM**  
\*Please check Online Entry Deadline at NY.Milesplit.com
2. COACH'S MEETING AT 2pm at the FINISH LINE.
3. **2 ENTRIES PER EVENT WITH 1 RELAY  
AND 1 PENTATHLETE.**
4. ATHLETES MAY **ONLY ENTER 3 EVENTS.**
5. PV AND HJ BARS WILL NOT BE HELD.
6. NO SPECTATORS OR FOOD ON TRACK OR INFIELD.
7. NO TEAM CAMP ALLOWED ON INFIELD, GO TO TENT CITY
8. EVERY EVENT WILL HAVE A QUALIFIED OFFICIAL OR ADULT RUNNING IT.
9. TOP SEVEN GO TO FINALS IN ALL EVENTS EXCEPT 400 RELAY (only top 6)
10. LJ, TJ, SHOT, AND DISCUS WILL HAVE 3 TRIAL ATTEMPTS AND TOP 7 HAVING 3 FINAL ATTEMPTS.
11. **ALL TIMES** AND RESULTS WILL BE POSTED.

*ANY QUESTIONS CONTACT:*

*BRETT COUCHMAN  
Rome Free Academy  
95 Dart Circle  
ROME, NY 13441*

WORK PH# 315-334-7206

E-MAIL [bcouchman@Romecsd.org](mailto:bcouchman@Romecsd.org) CELL: 315-368-5117

# **TEAM ENTRY FORM**

(Please postmark Entry by April 20<sup>TH</sup>)

**\*\* SEND THIS FORM AND CHECK OR VOUCHER FOR \$130.00 PAYABLE**

**PAYABLE TO:**

**“RFA GIRLS TRACK CLUB”**

**\*\*\* DO NOT MAKE THEM OUT TO ROME FREE ACADEMY\*\*\***

**MAIL TO:** RFA Girl’s Track Club  
C/O Brett Couchman  
Rome Free Academy  
95 Dart Circle  
Rome, New York 13441

SCHOOL NAME: \_\_\_\_\_

SCHOOL ADDRESS/#: \_\_\_\_\_  
\_\_\_\_\_

COACH’S NAME: \_\_\_\_\_

ASSISTANT: \_\_\_\_\_

COACH’S #s: WORK: \_\_\_\_\_

CELL: \_\_\_\_\_

HOME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

- I will send any announcements out via email.
- So print neatly.

Coaches,

We will continue to utilize the same policy as in the past.

Entries need to be submitted to:

[www.ny.milesplit.com](http://www.ny.milesplit.com)

**\*Please be sure to check entry deadlines.**

**Each athlete may enter in 3 events.**

Shot and Discus will be weighed in.

Pole Vaulters will not be weighed in.

\*\*\*\*If an athlete is entered in the pentathlon they may not enter into any other event.

\*\*\*\*If an athlete is entered in a NOVICE EVENT they cannot enter an OPEN EVENT.

Any questions, please give me a call or email.

*ANY QUESTIONS CONTACT:*

*BRETT COUCHMAN* Rome Free Academy  
95 Dart Circle  
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