



The NECSD Athletic Department
and the Newburgh Track
Booster Club
Present



The Newburgh Goldbacks
Track and Field Invitational
April 20, 2013

- Location:** Newburgh Free Academy (Academy Field)
201 Fullerton Ave
Newburgh, NY 12550
- Facility:** 400m Polyurethane All Weather Track
2 Long and Triple Jump runways
- Entry Fee:** \$250.00 for a combined boy's and girl's team
\$150.00 for individual boy's or girl's team
\$10.00 per Individual
- Make Payments:** Newburgh Free Academy Track Booster Club
- Mail to:** Attn: Sandy Baines
Newburgh Free Academy
201 Fullerton Avenue
Newburgh, NY 12550 or Fax to (845) 563-5463
- Deadline:** April 5, 2013 for entry forms with check or voucher
- Awards:** Top six places: 1st place - Championship tee shirt
2nd through 6th places - Medals

**Attached is the informational packet for the Invitational.
(Rules, Entry Form, and Order of Events)**

We look forward to hosting you and your school. If you have any questions or concerns please call or email:

Coach Bruce Greene (914)-204-1406 / nfatrack@aol.com
Coach Malcolm Burks (845)-728-4330 / rightonpace@hotmail.com

Rules for the Meet

1. All track competitors (relay and individual) must turn in a 3x5 card to the clerk when the event is first called. All cards should have the athletes name, school, event, and seed on the front of the card.
2. Field events gets 4 throws/jumps NO FINALS
3. Teams must provide their own batons
4. $\frac{1}{4}$ '' spikes are permitted
5. Bring your own starting blocks
6. 4 events per athlete
7. Any changes can be done before 9:30 a.m. the day of the meet
8. No athletes are allowed on the field if they are not competing
9. An athlete may compete in both Freshmen/Sophomore and Varsity track events
10. Any questions feel free to call: Coach Malcolm Burks - (845) 728-4330
Coach Bruce Greene - (914) 204-1406

100M- will have the top 30 times seeded out for the semi's any heats after the first 5 will be non-scoring heats.

200M- will have the top 30 times seeded out for the semi's any heats after the first 5 will be non-scoring heats.

Event Number of Entries

100M & 110/100H	(4)
All Other Individual Track Events	(3)
All Relays	(2)
All Field Events	(4)

Track Events Schedule

10:00 a.m.	3000M Steeple Boys	
	2000M Steeple Girls	
	100M Boys	Semi's (First 5 heats of 10 will be seeded)
	100M Girls	Semi's (First 5 heats of 10 will be seeded)
	110HH Boys	Semi's (First 5 heats of 10 will be seeded)
	100H Girls	Semi's (First 5 heats of 10 will be seeded)
	200M Boys	Semi's (First 5 heats of 10 will be seeded)
	200M Girls	Semi's (First 5 heats of 10 will be seeded)
	800M Boys	Final on Time (Fastest to Slowest heats)
	800M Girls	Final on Time (Fastest to Slowest heats)
	100H Girls	Final (10 person final)
	110HH Boys	Final (10 person final) 2 heats final top 12 runners
	100M Boys	Final (10 person final) 2 heats final top 12 runners
	100M Girls	Final (10 person final)
	1600M Boys	Final on Time
	1500M Girls	Final on Time
	400M Boys	Final on Time
	400M Girls	Final on Time
	4x100M Boys Frosh/Soph	Final on Time
	4x100M Girls Frosh/Soph	Final on Time
	4x100M Boys Varsity	Final on Time
	4x100M Girls Varsity	Final on Time
	400IH Boys	Final on Time
	400IH Girls	Final on Time
	200M Boys	Final on Time
	200M Girls	Final on Time
	1500M Race Walk	Final on Time
	4x400M Boys	Final on Time
	4x400M Girls	Final on Time
	4x800M Boys	Final on Time
	4x800M Girls	Final on Time

Field Events Schedule

10:00 a.m.	Long Jump	Varsity Boys followed by Varsity Girls
	Triple Jump	Varsity Girls Followed by Varsity Boys
	High Jump	Varsity Girls Followed by Varsity Boys
	Pole Vault	Varsity Girls Followed by Varsity Boys
	Shot Put	Varsity Girls Followed by Varsity Boys
	Discus	Varsity Boys Followed by Varsity Girls

REFRESHMENTS WILL BE AVAILABLE FOR SALE

**Newburgh Goldbacks
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April 20, 2013**

\$250 Unlimited Entry Boys & Girls_____

\$150 Unlimited Entry Boys Only_____

\$150 Unlimited Entry Girls Only_____

\$10.00 Per Individual_____

School_____

Total_____

Boys Coach_____

Contact Phone_____

E-mail_____

Girls Coach_____

Contact Phone_____

Email_____

Entries: **Due No Later Than - April 5, 2013**

Mail To: **Attn: Sandy Baines**
 Newburgh Free Academy
 201 Fullerton Ave
 Newburgh, NY 12550
 Or fax to (845)-563-5463