



# 2016 MIDDLETOWN INVITATIONAL



Saturday May 14, 2016

Start Time 9:00am

LOCATION: MIDDLETOWN HIGH SCHOOL, FALLER FIELD

## SITE OF THE 2013 and 2019 NYS TRACK & FIELD CHAMPIONSHIPS

**TEAM ENTRIES WILL BE CUT OFF AT THE 1<sup>ST</sup> 35 TEAMS**

**FACILITY:** STATE OF THE ART FALLER FIELD

400M ABSS 1000 DUAL DUROMETER FULL-POUR POLYURETHANE SURFACE  
10 LANE STRAIGHT AWAY, 8 LANES ALL THE WAY AROUND, 48" LANES  
IAAF CERTIFIED (ONE OF THE ONLY SCHOOLS IN THE NATION)  
FULLY AUTOMATED TIMING BY FINISH LYNX AND AMB CHIP TECHNOLOGY  
4 POLE VAULT RUNWAYS  
2 LONG JUMP RUNWAYS, 2 TRIPLE JUMP RUNWAYS, 2 SHOT PUT CIRCLES  
1 DISCUS CIRCLE, 1 HIGH JUMP AREA, JAVELIN RUNWAY.

**DIRECTIONS:** IF DIRECTIONS ARE NEEDED PLEASE EMAIL EHIPP2215@YAHOO.COM.

**COST:** \$250 per school (Boys & Girls)  
\$150 Per Team  
\$10 PER INDIVIDUAL/ \$20 PER RELAY

**MAKE CHECKS PAYABLE TO** MIDDLETOWN TRACK CLUB

**SEND CHECKS TO:** KEVIN HIPSMAN  
557 EAST PEENPACK  
SPARROWBUSH NY 12780

**DEADLINE:** ENTRIES MUST BE POSTMARKED BY MAY 1, 2015  
**EVENT ENTRIES NEED TO BE DONE BY MAY 13<sup>TH</sup> Using Milesplit NY**

**AWARDS:** MEDALS FOR PLACES 1<sup>ST</sup>-6<sup>TH</sup> IN ALL EVENTS  
TEAM TROPHIES FOR 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> (Two Divisions)

### RULES FOR THE MEET

1. Field Events get 4 throws/jumps NO FINALS
2. Scoring will be done 10-8-6-4-2-1
3. Teams must provide own batons
4. ¼" spikes are permitted
5. Bring your own starting blocks.
6. 4 events per athlete
7. All entries will be done on-line, any scratches can be emailed up until May 11<sup>th</sup>. Any changes can be done before 8:30am day of the meet.
8. All events are scored
9. No athletes are allowed on the infield if they are not competing.
10. An athlete **may** compete in both Frosh/Soph and varsity track events but **may not** compete in both for field events.
11. Any questions feel free to call Eric Hipsman (845)820-9414 or Lindsay Hammer (845)283-1706
12. Any questions about payment call Kevin Hipsman (845)856-1256

*REFRESHMENTS WILL BE AVAILABLE ALL DAY LONG*

## ORDER OF EVENTS

<b>9:00 AM</b>	4x1600M Relay	
<b>10:00 AM</b>	100M Boys	Semi's (First 5 heats of 10 will be seeded out)
	100M Girls	Semi's (First 5 heats of 10 will be seeded out)
	110HH Boys	Semi's (First 5 heats of 10 will be seeded out)
	100H Girls	Semi's (First 5 heats of 10 will be seeded out)
	800M Boys	Final on Time (fastest to slowest heats)
	800M Girls	Final on Time (fastest to slowest heats)
	110HH Boys	Final (10 person final)
	100H Girls	Final (10 person final)
	100M Boys	Final (10 person final)
	100M Girls	Final (10 person final)
	3000M Steeple Boys	Final on Time
	2000M Steeple Girls	Final on Time
	400M Boys F/S	Final on Time
	400M Girls F/S	Final on Time
	400M Boys Var.	Final on Time
	400M Girls Var.	Final on Time
	4x100M Boys F/S	Final on Time
	4x100M Girls F/S	Final on Time
	4x100M Boys Var.	Final on Time
	4x100M Girls Var.	Final on Time
	400IH Boys	Final on Time
	400IH Girls	Final on Time
	1600M Boys	<b>INVITATIONAL (1 heat)</b>
	1500M Girls	<b>INVITATIONAL (1 heat)</b>
	200M Boys	Semi's (First 5 heats of 8 will be seeded out)
	200M Girls	Semi's (First 5 heats of 8 will be seeded out)
	4x800M Boys	Final on Time
	4x800M Girls	Final on Time
	200M Boys	Final (8 person final)
	200M Girls	Final (8 person final)
	4x400M Boys	Final on Time
	4x400M Girls	Final on Time

**100M**- will have the top 50 times seeded out for the semi's any heats after the first 5 will be non-scoring heats

**200M**- will have the top 45 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 -	(6)
200M, F/S & Var. 400M, 400H, 800M, 3000/2000 Steeple -	(3)
4x1600 -	(1)
All other Relays -	(2)
Long Jump -	(3)
All other Field events -	(4)

## FIELD EVENTS

Long Jump (2 runways)	F/S Boys followed by F/S Girls
Long Jump (2 runways)	Var. Boys followed by Var. Girls
Triple Jump( 2 runways)	Var. Girls followed by Var. Boys
High Jump	Var. Girls followed by Var. Boys
Pole Vault	Var. Girls followed by Var. Boys
Shot Put (2 circles)	F/S Boys followed by F/S Girls Var. Girls followed by Var. Boys
Discus	Var. Boys followed by Var. Girls
Javelin	Var. Girls followed by Var. Boys

***JAVELIN WILL BE HELD AT TWIN TOWERS MIDDLE SCHOOL\****  
(With-in walking distance of the High School Stadium)



## 2016 MIDDLETOWN INVITATIONAL ENTRY FORM

COST: \$250 both teams  
\$150 Each Team  
\$10 per individual/ \$20 per team

Entry Sheet: SCHOOL \_\_\_\_\_

CHECK ONE: BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_

Coaches contact information

Name \_\_\_\_\_

Phone # to best reach you \_\_\_\_\_

FAX # \_\_\_\_\_

EMAIL \_\_\_\_\_

**MAIL ENTRY AND CHECK/VOUCHER BY MAY 6<sup>th</sup> 2016**

**TO : Kevin Hipsman  
557 East Peenpack  
Sparrowbush NY 12780**

**Make Checks Payable to: *Middletown Track Club***

*Questions about Payment: Call Kevin (845) 856-1256*