

Dr. Gregory V. Voloshin, Ed.D
Director of Athletics & PE
Telephone: 845-615-6161
FAX: 845-615-6163
E-mail: gregory.voloshin@gcsny.org



Cradle of the Trotter
and
Birthplace of Webster's
Dictionary

GOSHEN CENTRAL SCHOOL DISTRICT
222 SCOTCHTOWN AVE.
GOSHEN, NEW YORK 10924

TO: OCIAA Athletic Director & Modified Track Coaches

FROM: Dr. Gregory V. Voloshin, Athletic Director
Gus Lawson, Varsity Track Coach
Gayonne Hartley, Varsity Track Coach

DATE: November 29, 2016

RE: **GOSHEN MODIFIED TRACK INVITATIONAL**

SITE OF MEET: Goshen High School

DATE OF EVENT: Tuesday, May 23, 2017

STARTING TIME: 3:30 p.m. Field Events
3:45 p.m. Running Events

ENTRY FEE: **\$125.00** per school. Blank vouchers or check must be sent to the Goshen Athletic Dept. They will be completed and returned. Please make check payable to **Goshen Track Club**

RULES: **NYSPHSAA Modified Rules**

EVENTS:	<u>Field Events</u>	<u>Running Events</u>
	High Jump	Sprint Medley Relay (1 Team per school)
	Long Jump	Hurdles (55m and 200 m)
	Triple Jump	100 meter
	Discus	200 meter
	Shot Put	400 meter
		800 meter
		1500 meter
		4 x 100 meter relay - 1 team per school
		4 x 200 meter relay - 1 team per school

SEEDING: This will be done by the clerk at the check-in for each event. (**No pre-meet seeding will be done**). All athletes in running events should have a 3 x 5 card attached to their front for each event that includes: Event, Athlete's Name, and School

Athletes in field events will sign in when event is called.

In all running and field events, you may enter up to * three people*.

Please confirm your intent to participate in this meet by Monday, May 8th by calling 845-615-6161 or in writing to: Athletic Director, Goshen High School, 222 Scotchtown Ave, Goshen, NY 10924

cc: Chris Mayo, Athletic Coordinator
GV/ca