

Matthew O'Brien
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Cradle of the Trotter
and
Birthplace of Webster's
Dictionary

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

TO: OCIAA Athletic Directors & Modified Track Coaches

FROM: Matthew O'Brien, Athletic Director
Gus Lawson, Varsity Track Coach

DATE: March 6, 2019

RE: **GOSHEN MODIFIED TRACK INVITATIONAL**

SITE OF MEET: Warwick High School

DATE OF EVENT: Tuesday, May 21st, 2019

STARTING TIME: 4:15 p.m. Field Events
4:15 p.m. Running Events

ENTRY FEE: **\$125.00** per school. Please make checks payable to the **Goshen Track Club** and send to Matthew O'Brien, AD, Goshen High School, 222 Scotchtown Ave., Goshen, NY 10924

RULES: **NYSPHSAA Modified Rules**

EVENTS:	<u>Field Events</u>	<u>Running Events</u>
	High Jump	Hurdles (55m and 200m)
	Long Jump	100 meter
	Triple Jump	200 meter
	Discus	400 meter
	Shot Put	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 Tuesday, May 14th by calling 845-615-6161 or in writing to: Athletic Director, Goshen High School, 222 Scotchtown Ave, Goshen, NY 10924

cc: Christopher Mayo, Athletic Coordinator