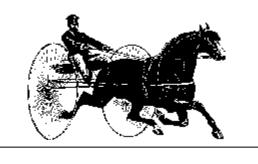
Matthew O'Brien

Director of Athletics & PE Telephone: 845-615-6161 FAX: 845-615-6163

E-mail: matthew.obrien@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 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