

## 14<sup>th</sup> Annual New Paltz Modified Track Invitational

**Date:** Monday May 13, 2019

**Time:** 3:30 Coaches meeting 3:15

**Location:** New Paltz High School Track      **Contact:** Ann Gregory if you have any questions:  
845-679-8138 or e-mail [agregory2@hvc.rr.com](mailto:agregory2@hvc.rr.com) or [agregory@newpaltz.k12.ny.us](mailto:agregory@newpaltz.k12.ny.us)

- **Entries are to be done on milesplit.com**
- **Coaches will have to create a free mile split account and then enter their roster before trying to submit entries.**
- **Coaches should feel free to contact [dbartlett@newpaltz.k12.ny.us](mailto:dbartlett@newpaltz.k12.ny.us) with any questions**

**For Coaches to do entries they must**

1. **Go to milesplit.com and create a free account**
2. **Enter the team/roster on milesplit**
3. **Go to calendar and click the down arrow under LEVEL, select middle school**
4. **Click on our meet and do entries**

**Entry fee:** \$ 110 for combined Boys and Girls Teams.      \$60 for one team. Entries will be due by Noon on Saturday, May 11th. Please use the entry format emailed to you- also shown on the last page **Checks should be made out to New Paltz Track and Field** and sent to:

Gregory Warren: 196 Main Street New Paltz, NY 12561

**Rules:** All modified rules apply. No starting blocks allowed. No spikes. We will have 2 to 4 officials, depending on the number of team entries.

**Placing:** Will be based on time. We will time to the hundredths, and fastest heats will go first. Place finishers will be announced so they are recognized.

**Facility:** 6 lanes all weather. We have 2 jumping pits, 1 high jump pit, 1 shot and 1 discus area. Areas outside the fence- tents can be set up. We do have a large set of bleachers for some canopies.

**Food:** A concession stand will be available.

**Awards:** Place ribbons 1<sup>st</sup> through 6<sup>th</sup>.

**Procedure:** Since this meet is running after school we do have to place some limits on the number of entrants. More may be allowed depending on the number of team entries. See guidelines on next page.

**Individual running events:** limit to your top 4 athletes. **Field events:** limit to 6 individuals (with the exception of the **high jump...3 entries**)

**Relays:** unlimited entries, but only your top can place/earn a ribbon. Please indicate your top scoring team by placing them in the fastest heat (giving them the faster seed time as mentioned under entries).

**Meet Entries must be submitted in advance, on milesplit.com, no later than 11 May**

On meet day we will be available to make scratches only. Scratches will not change heats/seeding.

**e-mail questions about how to do entries to Don Bartlett [dbartlett@newpaltz.k12.ny.us](mailto:dbartlett@newpaltz.k12.ny.us)**

**Order of Events** (Meet starts at 3:30, or as close as we can in the event a team is late)

Track Events:

200 m hurdles

100 m dash

1500 m run

400 m dash

200 m dash

800 run

Shuttle hurdle Relay (3x55 M)

Sprint medley Relay (100 100 200 400)

4 x 100 Relay

4 x 200 relay

Field Events

- Girls and boys long jump: girls pit outside the fenced area, boys is inside the fence
- Girls and boys triple jump: girls outside the fenced area, boys inside the fence.
- Boy's high jump then girls
- Girl's discus then boys shot
- Boy's shot then girls

**Please print the information below, complete and send to**

Gregory Warren  
196 Main Street  
New Paltz, NY 12561  
Phone: 256-4153  
Fax: 256-4154

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**New Paltz Modified Track Invitational May 13, 2019**

We plan on attending. We will bring the following teams:

**Circle one:**    Boys only                      Girls only                      Both boys and girls

**Reminder:**    \$60 for one team                      \$110 for 2 teams

**School Name:** \_\_\_\_\_ **School phone:** \_\_\_\_\_

**Coaches' names and phone:**

1. Name: \_\_\_\_\_

e-mail \_\_\_\_\_

School voicemail or cell: \_\_\_\_\_ Home: \_\_\_\_\_

2. Name: \_\_\_\_\_

e-mail \_\_\_\_\_

School voicemail or cell: \_\_\_\_\_ Home: \_\_\_\_\_

**As soon as possible, please fax or mail this to**

**(Remember to send your check/voucher made out to New Paltz Track and Field)**

**Contact Ann Gregory** if you have any questions: 845-679-8138 (H) or  
e-mail at [agregory@newpaltz.k12.ny.us](mailto:agregory@newpaltz.k12.ny.us) or [agregory2@hvc.rr.com](mailto:agregory2@hvc.rr.com)