

New Paltz Early Bird Invitational, Saturday 1 April 2023

The New Paltz Track and Field team is happy to invite your team to Our Early Bird Invitational on 1 April 2023, starting at 9:00 am.

To keep fees low, there will be awards for 1st place only in all events, including all members of a relay, no team awards.

Event entries: Entries in events will be limited to 15, **except** for the 1500/1600 and the 3000/3200, which will be capped at five (5) athletes per team per gender.

Timing will be done by FAT (Tim Fulton) fully automatic timing, entries will be done on line thru MILESPLIT

All teams will receive a complete set of meet results, and team scores will be calculated/published.

Entry Fee: \$300 flat fee for Boys team, Girls team, or both, or \$20 per individual event entered, up to 10 events

****This is a non refundable entry fee, not a participation fee****

Entry declaration-

Intent to enter must be emailed to jfoti@newpaltz.k12.ny.us by 17 March 2023

Payment should be made out to New Paltz Central School District and sent by 31 March to:

Gregory Warren

196 Main Street

New Paltz, NY 12561

School: 845 256 4151

Cell: 845 559 3389

Entries:

-Due by 11:00 P.M. Thursday, 30 March 2022

-Must Be Done through Milesplit

-Please be accurate with entries- once entries close, scratches only; Be sure to enter as accurate a seed time as you can.

Refreshments: Stadium snack bar will be open

Equipment: Up to 1/4" spikes are allowed, bring your own starting blocks.

Team Areas: will be outside the stadium fence, either in the stands (please- team tents in back/top row only) or on the grass. Athletes not being clerked or competing should remain outside the fence.

DO NOT leave throwing implements in the stands. Our bleachers are open, and they may fall

Order of Events:

Once you arrive, please check in to the tent by the finish line even if you do not have scratches.

Start Time: 9:00 am (coaches meeting at 8:45 am)

Running events will be Girls then Boys, slow to fast

All times will be recorded, and event scoring (10-8-6-5-4-3-2-1) will be final on time

Track 9:00 am (limit to 15 entries, unless otherwise noted)

4x800 relay

400

100m Final on time

100/110m hurdles Final on time

800

200

3000/3200 (maximum 5 entries per team per gender)

400 hurdles

4x100 relay

1500/1600 (maximum 5 entries per team per gender)

4x400 relay

Field 9:00 am

3 attempts in LJ, TJ, SP and D

Girls Long Jump then Triple Jump- Inside pit

Boys Long Jump then Triple Jump- Outside pit

Pole Vault (Girls open at 5'6", Boys at 7')

High Jump (Girls open at 3'6", Boys at 4'6")

Shot Put Girls then Boys

Discus Boys then Girls

2023 New Paltz HS Early Bird Invitational Entry Form

Entry Fee: \$300 (one or both Teams), or \$20 per individual event up to 10 events.

School Name _____

Check One: Full Team: _____ Individual: _____

If you checked full team:

Boys _____ Girls _____ Both _____

If you checked individual:

Number of entered events: _____

Coaches Contact Information

Name _____

Phone # _____

FAX # _____

Email _____

Make Checks Payable to: New Paltz Central School District

Mail payment or PO. by 8 April 2022 to:

Gregory Warren

196 Main Street

New Paltz, NY 12561

845 256 4151

Entries are due on Miesplit by 30 March 2023

Email jfoti@newpaltz.k12.ny.us to declare your entry by 17 March

Additional questions? Contact Joe Foti, 845 559 3389