

2023 MIDDLETOWN INVITATIONAL

Saturday May 13, 2023

Start Time 9:00am



LOCATION: MIDDLETOWN HIGH SCHOOL, FALLER FIELD

SITE OF THE 2013, 2018, 2023 NYS TRACK & FIELD CHAMPIONSHIPS

TEAM ENTRIES WILL BE CUT OFF AT THE 1st 35 TEAMS

FACILITY: STATE OF THE ART FALLER FIELD

400M ABSS 1000 DUAL DUROMETER FULL-POUR POLYURETHANE SURFACE
10 LANE STRAIGHT AWAY, 8 LANES ALL THE WAY AROUND, 48" LANES
IAAF CERTIFIED (ONE OF THE ONLY SCHOOLS IN THE NATION)
FULLY AUTOMATED TIMING BY FINISH LYNX AND AMB CHIP TECHNOLOGY
4 POLE VAULT RUNWAYS
2 LONG JUMP RUNWAYS, 2 TRIPLE JUMP RUNWAYS, 2 SHOT PUT CIRCLES
1 DISCUS CIRCLE, 1 HIGH JUMP AREA, JAVELIN RUNWAY.

DIRECTIONS: IF DIRECTIONS ARE NEEDED PLEASE EMAIL EHIPP2215@YAHOO.COM.

COST: \$375 per school (Boys & Girls)
\$200 Per Team
\$10 PER INDIVIDUAL/ \$20 PER RELAY

MAKE CHECKS PAYABLE TO MIDDLETOWN TRACK CLUB

SEND CHECKS TO: KEVIN HIPSMAN
557 EAST PEENPACK
SPARROWBUSH NY 12780

DEADLINE: ENTRIES MUST BE POSTED ONLINE BY MAY 11, 2023
EVENT ENTRIES NEED TO BE DONE BY May 11, 2023

AWARDS: MEDALS FOR PLACES 1ST-6TH IN ALL EVENTS

RULES FOR THE MEET

1. Field Events get 4 throws/jumps NO FINALS
2. Scoring will be done 10-8-6-4-2-1
3. Teams must provide own batons
4. 1/4" spikes are permitted
5. Bring your own starting blocks.
6. 4 events per athlete
7. All entries will be done on-line, any scratches can be emailed up until May 11th. Any changes can be done before 8:30am day of the meet.
8. All events are scored
9. No athletes are allowed on the infield if they are not competing.
10. An athlete **may** compete in both Frosh/Soph and varsity track events but **may not** compete in both for field events.
11. Any questions feel free to call Eric Hipsman (845)820-9414 or Lindsay Hammer (845)591-0999
12. Any questions about payment call Kevin Hipsman (845)856-1256

REFRESHMENTS WILL BE AVAILABLE ALL DAY LONG

ORDER OF EVENTS

9:00 AM	4x1600M Relay	
	800M SMR	(100-100-200-400) (Final on Time)
	100M Boys	Semi's (First 5 heats of 10 will be seeded out)
	100M Girls	Semi's (First 5 heats of 10 will be seeded out)
	110HH Boys	Semi's (First 5 heats of 10 will be seeded out)
	100H Girls	Semi's (First 5 heats of 10 will be seeded out)
	800M Boys	Final on Time (fastest to slowest heats)
	800M Girls	Final on Time (fastest to slowest heats)
	100H Girls	Final (10 person final)
	110HH Boys	Final (10 person final)
	100M Boys	Final (10 person final)
	100M Girls	Final (10 person final)
	3000M Steeple Boys	Final on Time
	2000M Steeple Girls	Final on Time
	400M Boys F/S	Final on Time
	400M Girls F/S	Final on Time
	400M Boys Var.	Final on Time
	400M Girls Var.	Final on Time
	4x100M Boys F/S	Final on Time
	4x100M Girls F/S	Final on Time
	4x100M Boys Var.	Final on Time
	4x100M Girls Var.	Final on Time
	400IH Boys	Final on Time
	400IH Girls	Final on Time
	1600M Boys	Final on Time
	1500M Girls	Final on Time
	200M Boys	Semi's (First 5 heats of 8 will be seeded out)
	200M Girls	Semi's (First 5 heats of 8 will be seeded out)
	4x800M Boys	Final on Time
	4x800M Girls	Final on Time
	200M Boys	Final (8 person final)
	200M Girls	Final (8 person final)
	4x400M Boys	Final on Time
	4x400M Girls	Final on Time
	1000M SMR	(100,200,300,400) (Final on Time)

100M- will have the top 50 times seeded out for the semi's any heats after the first 5 will be non-scoring heats

200M- will have the top 48 times seeded out for the semi's any heats after the first 6 will be non-scoring heats

Event Number of Entries:

100M & 110/100H - (6)

200M, F/S & Var. 400M, 400H, 800M, 3000/2000 Steeple - (3)

4x1600 -	(1)
All other Relays -	(2)
Long Jump & Shot Put -	(3)
All other Field events -	(4)

FIELD EVENTS

Long Jump (2 runways)	F/S Boys followed by F/S Girls
Long Jump (2 runways)	Var. Boys followed by Var. Girls
Triple Jump(2 runways)	Var. Girls followed by Var. Boys
High Jump	Var. Girls followed by Var. Boys
Pole Vault	Var. Girls followed by Var. Boys
Shot Put (2 circles)	F/S Boys followed by F/S Girls Var. Girls followed by Var. Boys
Discus	Var. Boys followed by Var. Girls
Javelin	Open Pit 9am-11am
Hammer	Open Pit 12pm - 2pm

JAVELIN WILL BE HELD AT TWIN TOWERS MIDDLE SCHOOL *
 (With-in walking distance of the High School Stadium)



2023 MIDDLETOWN INVITATIONAL ENTRY FORM

COST: \$375 both teams
\$200 Each Team
\$10 per individual/ \$20 per relay team

Entry Sheet: SCHOOL _____

CHECK ONE: BOYS _____ GIRLS _____

Coaches contact information

Name _____

Phone # to best reach you _____

FAX # _____

EMAIL _____

MAIL ENTRY AND CHECK/VOUCHER BY MAY 11th 2023

**TO : Kevin Hipsman
557 East Peenpack
Sparrowbush NY 12780**

Make Checks Payable to: *Middletown Track Club*

Questions about Payment: Call Eric (845) 820-9414