

# 8th Annual Jessica Fingers Memorial Invitational

Saturday April 29<sup>th</sup>, 2023 @ 10:00AM

Dear Coach:

You are cordially invited to the Jessica Fingers Memorial Invitational (formally known as the Monticello Games) which will be held at Monticello High School on Saturday, April 29<sup>th</sup>. This event will allow your athletes the opportunity to compete in a meet with a full slate of individual events and relays, including boys' and girls' javelin, boys' and girls' hammer throw and the boys' and girls' steeplechase. We will start the meet promptly at 10:00 A.M.

## AWARDS

Team trophies will be awarded to the top three schools. Medals for 1<sup>st</sup> – 3<sup>rd</sup> place will be awarded in each individual event and 1<sup>st</sup> through 3<sup>rd</sup> for relays. Special plaques for boys and girls in each of the following areas: Track MVP Boys, Field MVP Boys, and Track MVP Girls and Field MVP Girls.

## ENTRY FEE

\$300.00 per school (includes boys' and girls' teams): single team (boys or girls) entries are \$200.00 per team. Please make checks or claim forms payable to: MONTICELLO ATHLETIC ASSOCIATION -TRACK. Entry fees are non- refundable. Please respond by April 24<sup>th</sup>.

Send Voucher or check to: Monticello High School  
c/o Ryan Jasper, Athletic Director  
39 Breakey Avenue  
Monticello, NY 12701

Work Phone/Email - 845-794-8840 Ext. 10995 / [rjasper@k12mcsd.net](mailto:rjasper@k12mcsd.net)

Questions: Contact - Matt Buddenhagen – [mbuddenhagen@k12mcsd.net](mailto:mbuddenhagen@k12mcsd.net)  
Joe Seidl – [jseidl@k12mcsd.net](mailto:jseidl@k12mcsd.net)  
Rick Sternkopf- [rsternkopf@k12mcsd.net](mailto:rsternkopf@k12mcsd.net)

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## ENTRY FORM

School \_\_\_\_\_

Boys' Coach \_\_\_\_\_

PHONE \_\_\_\_\_

Email \_\_\_\_\_

FAX \_\_\_\_\_

Girls' Coach \_\_\_\_\_

PHONE \_\_\_\_\_

Email \_\_\_\_\_

FAX \_\_\_\_\_

Entry Fee Enclosed \_\_\_\_\_

## **Meet Information**

3x5 cards for ALL track races should be turned into the clerking area in the North (small) gym with Name-School-Event- Seed Time clearly printed on front. Turn in field event cards at the field event area (Long Jump & Triple Jump do not require a card)

## **ENTRIES**

Three entries per individual event and one relay team per relay race (unless otherwise specified).

Athletes must wear a 3 x 5 index card.

## **SCORING and RULES**

First through sixth place: 10-8-6-4-2-1. National Federation and NYSPHSAA rules apply.

Uniform rule subject to change weather pending.

## **NOTES**

1/4" spikes are allowed on the track. The Javelin (B/G) will be held on grass and spikes WILL BE permitted in these events.

Long and Triple Jumpers will have only a 2.5 hour window to complete their jumps. B/G LJ and B/G TJ will be combined. LONG JUMP BEGINS AT 10:00am. TRIPLE JUMP 30 MINUTES AFTER CONCLUSION OF LONG JUMP. ATHLETES ARE RESPONSIBLE FOR CHECKING IN AND COMPELTING JUMPS BEFORE PIT CLOSES

The discus and hammer throw events will be held at the Rutherford Elementary school behind the High School. Athletes will be shown to the field on the day of the meet.

NO ATHLETES ARE TO BE ON THE INFIELD!!! Except for those who are competing in field events or track events that have been clerked prior to running.

Athletes are allowed to warm up on the track until 9:45 am. Thereafter they may use the areas adjacent to the track that are not being used for a field event.

Starting blocks and batons WILL NOT BE PROVIDED. Please plan accordingly.

Refreshments and t-shirt sales will be available at the meet.

If you do not include entry fee with your entry form please forward as soon as possible. For questions call me at school 794-8840 ext. 10995.

We look forward to seeing you on April 29, 2023 and wish you the best of luck this season.

Ryan Jasper, Athletic Director

# **Jessica Fingers Memorial Invitational**

## **FIELD EVENTS**

### **FIELD EVENTS - 10:00 AM**

**JAVELIN - THREE ATTEMPTS- NO FINALS. BOYS & GIRLS OPEN PIT, UPON THE COMPLETION OF THE POLE VAULT. NO MINIMUM MEASURE. YOU MUST PROVIDE YOUR OWN IMPLEMENT.**

**SHOT PUT - BOYS FOLLOWED BY GIRLS, THREE (3) THROWS ONLY. NO FINALS, NO MINIMUM MEASURE.**

**LONG JUMP Followed by Triple Jump 2.5 Hours Open Pit  
(Boys & Girls Together) 3 Jumps- No final, No Minimum measure.  
Athletes encouraged to take all 3 jumps ASAP.**

**POLE VAULT – GIRLS FOLLOWED BY BOYS. GIRLS START AT 6' AND INCREASE BY 6". BOYS START AT 7" and INCREASE BY 6" UNTIL 10" AFTERWHICH THE BAR WILL INCREASE BY 3".**

**HIGH JUMP - GIRLS FOLLOWED BY BOYS, OPENING HEIGHT - BOYS 5', GIRLS 4', BAR GOES UP BY 3" UNTIL 5'/6' THEN BY 1".**

**DISCUS - GIRLS FOLLOWED BY BOYS, THREE (3) THROWS ONLY. NO FINALS, NO MINIMUM MEASURE.**

**HAMMER THROW - (AFTER DISCUS IS COMPLETED) BOYS & GIRLS OPEN PIT; THREE (3) THROWS ONLY. NO FINALS, NO MINIMUM MEASURE. YOU MUST PROVIDE YOUR OWN IMPLEMENT.**

**\*NOTE- TOP 18 SEEDS WILL RUN SEMI-FINALS TO ADVANCE TO FINAL.  
ALL OTHER SEEDS WILL RUN A TRIAL ROUND WITH NO POSSIBILITY OF ADVANCING.**

**RUNNING EVENTS 10:00\* AM GIRLS RUN FOLLOWED BY BOYS!**

1. Varsity Girls Distance Medley Relay- (1200- 400-800-1600)
2. Varsity Boys Distance Medley Relay- (1200-400-800-1600)
3. \*100M HURDLES - GIRLS SEMIS
4. \*110M HURDLE - BOYS SEMIS
5. \*100M DASH - GIRLS SEMIS
6. \*100M DASH - BOYS SEMIS
7. FROSH/SOPH MEDLEY RELAY - GIRLS (400-200-200-800)
8. FROSH/SOPH MEDLEY RELAY - BOYS (400-200-200-800)
9. Girls Varsity SPRINT MEDLEY RELAY
10. Boys Varsity SPRINT MEDLEY RELAY
11. 110M HURDLES - BOYS FINALS
12. 100M HURDLES - GIRLS FINALS
13. 100M DASH - GIRLS FINALS
14. 100M DASH - BOYS FINALS
15. 1500M RUN - (GIRLS SECTIONS)
16. 400M HURDLES - GIRLS FINALS (ON TIME)
17. 400M HURDLES - FINALS (ON TIME)
18. 1600M RUN - (BOYS SECTIONS)
19. Fr/So 400M Relay- GIRLS
20. Fr/So 400M Relay- BOYS
21. 400M RELAY - (GIRLS SECTIONS)
22. 400M RELAY - (BOYS SECTIONS)
23. 2000M STEEPLECHASE – GIRLS
24. 3000M STEEPLECHASE – BOYS
25. Fr/So Girl 1600m Relay
26. Fr/So- Boys 1600m Relay
27. VARSITY 1600M RELAY – (GIRLS SECTIONS)
28. VARSITY 1600M RELAY – (BOYS SECTIONS)

**\*\* THROWERS RELAY \*\* (Discuss at Coaches Meeting: Co-Ed or B/G)**

**AWARDS PRESENTATION (AFTER LAST EVENT)**

1. Track MVP Boys, Field MVP BOYS
2. Track MVP GIRLS, Field MVP GIRLS
3. TEAM TROPHY PRESENTATIONS

**FIELD EVENTS 10:00**

SHOT PUT (Boys First)  
DISCUS (Girls First)  
LONG JUMP (Open Pit)  
TRIPLE JUMP (After L.J.)  
POLE VAULT (B/G Combined)  
HIGH JUMP (Girls First)  
JAVELIN (After Pole Vault)  
HAMMER (After Discus)

**START TIME THIS YEAR 10:00AM**