

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

**Date:** Friday, May 12, 2023

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

**Location:** New Paltz High School Track      **Contact:** Ann Gregory if you have any questions:  
845-399-1265 or e-mail [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 [jfoti@newpaltz.k12.ny.us](mailto:jfoti@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**
5. **Entries are due by 11 PM Thursday, May 11th**

**Entry fee:** \$ 110 for combined Boys and Girls Teams.      \$60 for one team.

Entries will be due by **11:00 PM on Thursday, May 11th.**

**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. **Spikes are** allowed in modified so use your judgment. You need to monitor 1/8<sup>th</sup> inch. We will have 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, 2 high jump pits, 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 the next page.

**Individual running events:** limit to your top 4 athletes. **Field events:** limit to 6 individuals

**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 seedtime as mentioned under entries).

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

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 Joe Foti: [jfoti@newpaltz.k12.ny.us](mailto:jfoti@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 or combined on two pits

3'2" girls, 3'4", 3'6", 3'8", 3'10", 4'0 "then up 2" from there to 5' then up 1" from there

4'2" boys, 4'4", 4'6", 4'8", 4'10" then up 2" from there to 6' then up 1" from there

- 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

Send your check/voucher **made out to New Paltz Central School District**  
If you have a memo section, please address it to Track and Field.

---

**New Paltz Modified Track Invitational May 12th, 2023**

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: \_\_\_\_\_

**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 gann3304@gmail.com