

# 2024 MIDDLETOWN INVITATIONAL

Saturday May 11, 2024

Start Time 9:00am



LOCATION: MIDDLETOWN HIGH SCHOOL, FALLER FIELD

**SITE OF THE 2013, 2018, 2023, 2025 NYS TRACK & FIELD CHAMPIONSHIPS**

***TEAM ENTRIES WILL BE CUT OFF AT THE 1<sup>st</sup> 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:** \$400 per school (Boys & Girls)  
\$225 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 9th, 2024  
**EVENT ENTRIES NEED TO BE DONE BY May 9th, 2024**

**AWARDS:** MEDALS FOR PLACES 1<sup>ST</sup>-6<sup>TH</sup> 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. ¼" 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 9<sup>th</sup>. No changes on the day of 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

<b>9:00 AM</b>	4x1600M Relay	
	800M SMR	(100-100-200-400) (Final on Time)
	100M Boys	Finals (Final on time)
	100M Girls	Finals (Final on time)
	110HH Boys	Finals (Final on time)
	100H Girls	Finals (Final on time)
	800M Boys	Final on Time (fastest to slowest heats)
	800M Girls	Final on Time (fastest to slowest heats)
	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	Final on Time
	200M Girls	Final on Time
	4x800M Boys	Final on Time
	4x800M Girls	Final on Time
	4x400M Boys	Final on Time
	4x400M Girls	Final on Time
	1000M SMR	(100,200,300,400) (Final on Time)

**100M**- Final on Time

**200M**- Final on Time

**110/100H** - Final on Time

**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 (Depending on availability)
Hammer	Open Pit 12pm - 2pm



## 2024 MIDDLETOWN INVITATIONAL ENTRY FORM

COST: \$400 both teams  
\$225 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 9<sup>th</sup> 2024**

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

**Make Checks Payable to: *Middletown Track Club***

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