

# **22nd ANNUAL MONTICELLO GAMES**

## **MONTICELLO HIGH SCHOOL TRACK & FIELD**

**TRACK LOCATED AT MONTICELLO HIGH SCHOOL**

**ROUTE 42**

**MONTICELLO, NY 12701**

**February 3, 2010**

**Dear Coach:**

**You are cordially invited to the 22nd annual Monticello Games which will be held at Monticello High School on Saturday, April 24, 2010. 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. New for 2010, we will start the meet promptly at 9:30 A.M. Our track is a new synthetic surface and should be lightning fast.**

### **AWARDS**

**Team trophies will be awarded to the top three schools. Plaques for 1<sup>st</sup> and 2<sup>nd</sup> place then die cast medals through sixth place in each event. Special plaques for boys and girls in each of the following areas: the Outstanding Track Performer and Outstanding Field Performer.**

### **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. Entry fees are non-refundable. Please respond by April 1st. We will limit the field to the first twenty-five schools from which we receive a positive response together with a check or claim form. ASAP. Thanks.**

**Send Voucher or check to: Monticello High School**

**clo Doug Murphy, Athletic Director**

**39 Breakey Avenue**

**Monticello, NY 12701**

**Questions: Contact Peter Wysochanski - email - [pwysochanski@k12mcsd.net](mailto:pwysochanski@k12mcsd.net)**

**Cell - 845 701 6726**

# **22nd ANNUAL MONTICELLO GAMES ENTRY FORM**

**School** \_\_\_\_\_

**Boys' Coach** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**Email** \_\_\_\_\_ **FAX** \_\_\_\_\_

**Girls' Coach** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**Email** \_\_\_\_\_ **FAX** \_\_\_\_\_

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

**Questions: Contact Peter Wysochanski - email - [pwysochanski@k12mcsd.net](mailto:pwysochanski@k12mcsd.net)  
Cell - 845 701 6726**

## **Meet Information**

**\*\*\*Please note that the 3000/3200, 1500/1600 and 3200 relays will be seeded at "the line" this year. \*\*\* Athletes must be on the infield near the starting line for their race, wearing their 3x5 card, at last call.**

**3x5 cards for all other 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.**

### **ENTRIES**

**Three entries per individual event and one relay team per relay race except for Frosh/Soph 1600 Relay and Frosh/Soph Sprint Medley Relay which are allowed two entries. Please submit cards for running as well as field events.**

**Athletes must wear a 3 x 5 index card with**

### **SCORING and RULES**

**First through sixth place: 10-8-6-4-2-1. There will be NO coaches/ alumni race this year. National Federation and NYSPHSAA rules apply.**

### **NOTES**

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

**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 coaches or 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 9:25 am. Thereafter they may use the areas adjacent to the track that are not being used for a field event.**

**Monticello starting blocks will be provided. All other blocks will be inspected.**

**Refreshments 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 24, 2010 and wish you the best of luck this season.**

**Doug Murphy, Athletic Director**

# **THE 22nd ANNUAL MONTICELLO GAMES**

## **BOYS' TRACK EVENTS**

**100 M**  
**200 M**  
**400 M**  
**800 M**  
**1600 M**  
**3000 M Steeplechase**  
**3200 M**  
**110 M High Hurdles**  
**400 M Intermediate Hurdles**  
**400 M Relay**  
**800 M Relay**  
**1600 M Relay**  
**3200 M Relay**  
**Fr/So Medley Relay**  
**Fr/So 1600 M Relay**

## **GIRLS' TRACK EVENTS**

**100 M**  
**200 M**  
**400 M**  
**800 M**  
**1500 M**  
**1000 M Steeplechase**  
**3000 M**  
**100 M High Hurdles**  
**400 M Inter. Hurdles**  
**400 M Relay**  
**800 M Relay**  
**1600 M Relay**  
**3200 M Relay**  
**Fr/So Medley Relay**  
**Fr/So 1600 M Relay**

## **BOYS' FIELD**

**SHOT PUT**  
**DISCUS**  
**LONG JUMP**  
**TRIPLE JUMP**  
**POLE VAULT**  
**HIGH JUMP**  
**JAVELIN**  
**HAMMER**

## **GIRLS' FIELD**

**SHOT PUT**  
**DISCUS**  
**LONG JUMP**  
**TRIPLE JUMP**  
**POLE VAULT**  
**HIGH JUMP**  
**JAVELIN**  
**HAMMER**

**22nd ANNUAL MONTICELLO GAMES**  
**ORDER OF FIELD EVENTS**

**FIELD EVENTS - 9:30 AM**

**JAVELIN - THREE ATTEMPTS- NO FINALS. BOYS, FOLLOWED BY GIRLS, 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 - BOYS FOLLOWED BY GIRLS, THREE (3) JUMPS ONLY. NO FINALS.**

**POLE VAULT - GIRLS FOLLOWED BY BOYS.. GIRLS START AT 6' AND INCREASE BY 6". BOYS START AT 8' and INCREASE BY 1' UNTIL 10' AFTERWHICH THE BAR WILL INCREASE BY 6".**

**HIGH JUMP - GIRLS FOLLOWED BY BOYS, OPENING HEIGHT - BOYS 5', GIRLS 4', BAR GOES UP BY 3" UNTIL 6'15' THEN BY 1".**

**DISCUS - GIRLS FOLLOWED BY BOYS, 3 TRIALS, NO FINALS, NO MINIMUM MEASURE.**

**HAMMER THROW - (AFTER DISCUS IS COMPLETED) BOYS FOLLOWED BY GIRLS; 3 TRIALS, NO FINALS, NO MINIMUM MEASURE. YOU MUST PROVIDE YOUR OWN IMPLEMENT.**

**TRIPLE JUMP - (AFTER LONG JUMP IS COMPLETED) BOYS FOLLOWED BY GIRLS; THREE (3) JUMPS ONLY.**

**\*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 9:30\* AM**

- 1) 3000M RUN GIRLS – SECTIONS ( 1 turn stagger if box start needed )
- 2) 3200M RUN BOYS – SECTIONS ( 2 turn stagger if box start needed )
- 3) \*100M HURDLES - GIRLS SEMIS
- 4) \*110M HURDLE - BOYS SEMIS
- 5) \*100M DASH - GIRLS SEMIS
- 6) \*100M DASH - BOYS SEMIS
- 7) 400M DASH - GIRLS FINALS (ON TIME)
- 8) 400M DASH - BOYS FINALS (ON TIME)
- 9) 400M HURDLES - BOYS FINALS (ON TIME)
- 10) 400M HURDLES - GIRLS FINALS (ON TIME)
- 11) \*200M DASH - GIRLS SEMIS
- 12) \*200M DASH - BOYS SEMIS
- 13) 800M RELAY GIRLS (SECTIONS) ( 2 turn stagger if box start needed )
- 14) 800M RELAY BOYS (SECTIONS) ( 2 turn stagger if box start needed )
- 15) FROSHISOPH MEDLEY RELAY - GIRLS (800-400-200-200) SECTIONS
- 16) FROSHISOPH MEDLEY RELAY - BOYS (800-400-200-200) SECTIONS
- 17) 3200M RELAY – GIRLS ( 2 turn stagger if box start needed )
- 18) 3200M RELAY – BOYS ( 2 turn stagger if box start needed )
- 19) 100M HURDLES - GIRLS FINALS
- 20) 110M HURDLES - BOYS FINALS
- 21) 100M DASH - GIRLS FINALS
- 22) 100M DASH - BOYS FINALS
- 23) 1500M RUN - (GIRLS SECTIONS) ( 2 turn stagger if box start needed )
- 24) 1600M RUN - (BOYS SECTIONS) ( 2 turn stagger if box start needed )
- 25) 400M RELAY - (GIRLS SECTIONS)
- 26) 400M RELAY - (BOYS SECTIONS)
- 27) 800M RUN - (GIRLS SECTIONS) ( 2 turn stagger if box start needed )
- 28) 800M RUN - (BOYS SECTIONS) ( 2 turn stagger if box start needed )
- 29) 200M DASH - GIRLS FINALS
- 30) 200M DASH - BOYS FINALS
- 31) 2000M STEEPLECHASE – GIRLS\*
- 32) 3000M STEEPLECHASE - BOYS
- 33) FROSHISOPH 1600M RELAY - (GIRLS SECTIONS)
- 34) VARSITY 1600M RELAY – (GIRLS SECTIONS)
- 35) FROSHISOPH 1600M RELAY - (BOYS SECTIONS)
- 36) VARSITY 1600M RELAY – (BOYS SECTIONS)

**AWARDS PRESENTATION (AFTER LAST EVENT)**

1. OUTSTANDING PERFORMER IN TRACK (BOY & GIRL)
2. OUTSTANDING PERFORMER IN FIELD (BOY & GIRL)
3. TEAM TROPHY PRESENTATIONS

**NEW START TIME THIS YEAR 9:30AM**

