

CLARKSTOWN SOUTH TRACK & FIELD
Gold Rush

Date: Saturday, April 24, 2010

Site: Clarkstown South H.S.,
31 Demarest Mill Road, West Nyack, NY
*** Our brand new track & Facility**

Rules: National Federation Recognized
¼ Pyramid Spikes
No Starting blocks

Track Events: Report to the clerking area with your 3 x 5 card,
when your event is first called. Use your own cards.

Field Events: Check in at your venue, with 3 X 5 card, when event is called.
LJ & TJ, 3 jumps, no finals.
3 X Shot & Discus, 3 throws no finals.

Participation: Unlimited entry in all events including relays (except Steeplechase).
An athlete may compete in both frosh-soph and varsity events
but must adhere to **3 event rule** for the day.
Steeplechase: 3 athletes per team.

Scoring: 6-4-3-2-1 in each division.

Awards: Medals to top three individuals in Frosh-Soph, Top Five in Varsity.
Medals to top three relays in both divisions.
T-shirts to All champions.
Trophies to top three teams in Varsity Meet.

Fees: \$15 per relay. \$10 per individual.
\$175 per team. \$300 per school.

Payment: Make checks payable to: **Clarkstown South Track**
c/o Coach Ray Kondracki
31 Demarest Mill Road
West Nyack, NY 10994

Information: Ray Kondracki 845-624-3410 (School) X 8822 Pete Modafferi 845-558-9095
845-735-1180 (home)
845-729-1784 (cell)
rkondracki@ccsd.edu

Entries due no later than Monday, April 19, 2010

Gold Rush

At Clarkstown South High School
Saturday, April 24, 2010

9:00 am start
Frosh-Soph

(All Events girls followed by boys unless otherwise stated)

- | | |
|-----------------------|--|
| 1. 100/110 HH | Boys LJ followed by girls |
| 2. 3000M | Girls TJ followed by boys |
| 3. 200M | Girls HJ followed by boys |
| 4. 200M Int. Hurdles. | Boys 3 X Shot Put Relay followed by girls
(incomplete teams OK) |
| 5. DMR (4-2-8-16) | Girls Discus followed by boys |
| 6. 4 X 100 Relay | Girls Pole Vault followed by boys |
| 7. 4 X 400 Relay | |

Varsity events will not start before 11:00 am.

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|------------------------------------|---|
| 1. 2000 M Steeplechase (new event) | Boys LJ followed by girls |
| 2. 200 M Int. Hurdles | Girls TJ followed by boys |
| 3. "Mile Run" (new event) | Girls HJ followed by boys |
| 4. 200 M | Girls Discus followed by boys |
| 5. 800 M | Girls Pole Vault followed by boys |
| 6. 4 X 100 Relay | 3 X Shot Put Relay Boys followed by girls |
| 7. 4 X 400 Relay | (incomplete teamsOK) |

CLARKSTOWN SOUTH TRACK & FIELD

Gold Rush

Official Entry Form

School: _____
\$ _____

Total:

Boys Coach: _____
Coach: _____

Girls

Home Phone: _____

Home Phone:

E-mail: _____

e-mail:

School Phone: _____

School Address:

Individuals: _____

Relays: _____

Blanket Entry: _____

Entries Due No Later Than Monday, April 19, 2010

**Mail To: Ray Kondracki, Meet Director
Clarkstown South High School
31 Demarest Mill Road
West Nyack, NY 10994**

FAX # 845-624-2640

rkondracki@ccsd.edu

845-624-3448 (athletic office)

845-735-1180 (home) 845-729-1784 (cell)