

Clarkstown South Track & Field
“GOLD RUSH”

- Date:** Saturday, April 27, 2019 **F/S 8:30 AM Start** **Approximately Varsity 11:30 AM Start**
- Site:** Clarkstown South H.S., West Nyack, NY
- Rules:** National Federation Recognized
¼ Pyramid Spikes
No Starting blocks
- Track Events:** *We will be using the services of Fulton Automatic Timing (FAT). All Entries are to be completed online at MilesplitNY by Thursday, April 25, 2019*
- Field Events:** LJ & TJ, 3 jumps, no finals.
3 X Shot Put & Discus, 3 throws no finals.
- Participation:** Unlimited entry in all events (unless otherwise stated) including relays.
An athlete may compete in both frosh-soph and varsity events, but not in the same event.
You must adhere to **3 event rule** for the day.
Pole Vault: 4 athletes per team
Steeplechase: 6 athletes per team
Discus: 4 athlete maximum Varsity
4 athlete maximum f/s
“You cannot do both f/s and varsity”
- Scoring:** 6-4-3-2-1 in Varsity only.
- 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:** \$25 per relay. \$15 per individual.
\$275 per team. \$500 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

Hard Copy Entries are due no later than Monday, April 22, 2019

Clarkstown South High School
"GOLD RUSH"
Saturday, April 27, 2019
Frosh-Soph 8:30 AM Start
Varsity Approximately 11:30 Start (we will start earlier if possible)

(All Events girls followed by boys unless otherwise stated)

8:30 AM Start

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

Discus: 4 athlete maximum Varsity
4 athlete maximum f/s
Pole Vault: 4 athlete maximum
"You cannot do both F/S & Varsity"

Approximately 11:30 AM Start

- | | |
|------------------------------|--|
| 1. 2000M Steeplechase | Boys LJ followed by Boys triple (East Pit) |
| 2. 200 M Int. Hurdles | Girls TJ followed by Girls Long (West Pit) |
| 3. "Mile Run" | Girls HJ followed by boys |
| 4. 200 M | Girls Discus followed by boys |
| 5. 800 M | Girls/Boys Pole Vault (competed together) |
| 6. 4 X 100 Relay | Boys 3 X Shot Put Relay followed by girls (incomplete teams OK) |
| 7. 4 X 400 Relay | |

Clarkstown South Track & Field

“GOLD RUSH”

Official Entry Form

School: _____ Total: \$ _____

Boys Coach: _____ Girls Coach: _____

Home Phone: _____ Home Phone: _____

E-mail: _____ e-mail: _____

School Phone: _____

School Address: _____

Individuals: _____ Relays: _____ Blanket Entry: _____

Hard Copy Entries Due No Later Than Monday, April 22, 2019

**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)