

***Newburgh Free Academy Track and Field***  
**201 Fullerton Avenue**  
**Newburgh, New York 12550**  
**www.nfatrack.com**

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Dear Colleague,

You are cordially invited to the 2<sup>nd</sup> Annual Newburgh Goldbacks Track and Field Invitational to be held on Saturday, April 17, 2010 at Newburgh Free Academy in Newburgh, New York. This quality meet will take place on Newburgh's ActionTrack 400 polyurethane track, installed in 2009. We would like to have a small but competitive meet and are looking for 12 to 16 boys and girls teams. This meet is oriented toward individual events; however, the order of events will include the traditional dual meet relays (4x100, 4x400, and 4x800). Each school will receive 100 individual entry cards and 6 relay entry cards. You may enter as many athletes or relays in an event as you would like but you will not receive any additional cards. Schools and/or teams may exchange extra cards if so inclined.

Newburgh's Easy Meet II meet management software will allow us to expedite the posting of results by tracking athletes by their bib number. This will require schools to submit a roster of all potential competitors prior to the meet. Please enter as complete of a roster as possible as it will be difficult (but not impossible) to add athletes on the day of the meet. Each athlete on your roster will have four stickers generated with their name, school, and bar coded bib number imprinted on them. You will attach these stickers to the event cards that we will supply for you. Please follow the procedure that will be enclosed in your meet packet.

**Entry Fees**

\$350 for a combined boys and girls team  
\$200 for an individual boy's or girl's team

Please make checks payable to: **Newburgh Free Academy Track Booster Club**

Fees should be mailed to:

**Jack Mager**  
**Assistant Boys Track Coach**  
**Newburgh Free Academy**  
**201 Fullerton Avenue**  
**Newburgh, NY 12550**

**Rosters must be emailed ([nfatrack@hotmail.com](mailto:nfatrack@hotmail.com)) or faxed (845) 563-5463 to us by the Thursday, April 8, 2010 deadline.**

We are looking forward to your participation and to hosting a quality event. Please email Coach Mager ([nfatrack@hotmail.com](mailto:nfatrack@hotmail.com)) to confirm your intent to enter the meet as soon as possible as we have received commitments from several Section 9 teams already.

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**Bruce Greene**  
Head Girls Indoor Track and Field Coach  
Head Girls Outdoor Track and Field Coach  
(845) 563-7000 x33143 - School  
(845) 838-0297 - Home  
(914) 204-1406 - Cell



**Malcolm Burks**  
Assistant Boys Indoor Track and Field Coach  
Head Boys Outdoor Track and Field Coach  
(845) 563-8400 - School  
(845) 568-5858 - Home  
(845) 728-4330 - Cell

## **Newburgh Goldbacks Track and Field Invitational Meet Information**

The meet will be governed by the rules of the NFHS and NYSPHSAA. Only NYSPHSAA teams will be eligible to compete.

### **Running Events**

- Turn the cards in to the Clerk of Course 30 minutes prior to the event.
- Pin cards to the front of the singlet after the heat and lane assignments are determined.
- Carefully remove card from the singlet and hand to finish judge upon completion of the race.

### **Relay Events**

- The stickers for all four athletes should be affixed to the BACK of the event card.
- Turn the cards in to the Clerk of Course 30 minutes prior to the event.
- Pin cards to the front of singlet of the anchor runner after the heat and lane assignments are determined.
- Carefully remove card from the singlet and hand to finish judge upon completion of the race.

### **Field Events**

- Turn the cards in to the Head Field Event Judge 30 minutes prior to the event.
- Judges will record all trials for field events on these cards (except for vertical jumps).
- There will be four trials for every athlete competing in the long jump, triple jump, shot put and discus.
- The suggested progressions in the vertical jumps are:  
Girls High Jump (4-0, 4-2, 4-4, 4-6, 4-8, 4-10, 5-0 then 1 inch progressions)  
Boys High Jump (5-0, 5-2, 5-4, 5-6, 5-8, 5-10, 6-0 then 1 inch progressions)  
Girls and Boys Pole Vault (6-0, 6-6, 7-0, 7-6, 8-0, 8-6, 9-0, 9-6, 10-0, 10-6, 11-0 then 3 inch progressions)  
The event official reserves the right to alter these progressions if necessary.

### **All Events**

- Competitor's number must be worn on the front of the uniform in all events except the pole vault.
- Athletes wearing spiked shoes must use ¼ inch pyramid spikes or smaller. Needle or "Christmas Tree" spikes are not permitted.
- Teams must supply their own starting blocks and relay batons.
- Scoring for the meet will be 10-8-6-4-2-1 in all events.
- Awards will be given to the top six competitors in each individual event and to the members of the top three relay teams.
- Team awards will be given to the top two boys and girls teams.

### **Entry Fees**

\$350 for a combined boys and girls team  
\$200 for an individual boy's or girl's team  
\$20.00 per individual team relay or \$6.00 per event for individual entries

Please make checks payable to: **Newburgh Free Academy Track Booster Club**

Fees should be mailed to:

**Jack Mager**  
**Assistant Boys Track Coach**  
**Newburgh Free Academy**  
**201 Fullerton Avenue**  
**Newburgh, NY 12550**

**Rosters are due by Thursday, April 8, 2010**

***2nd Annual Newburgh Goldbacks Track and Field Invitational***  
***Saturday, April 17, 2010***  
***Order of Events***

**Field Events:**

10:00 a.m.	Boys	Long Jump	Final (4 jumps for all)
	Girls	Triple Jump	Final (4 jumps for all)
	Girls	High Jump	Final
	Boys and Girls	Pole Vault	Final
	Boys	Discus Throw	Final (4 jumps for all)
	Girls	Shot Put	Final (4 jumps for all)
(After TJ-G)	Girls	Long Jump	Final (4 jumps for all)
(After LJ-B)	Boys	Triple Jump	Final (4 jumps for all)
(After HJ-G)	Boys	High Jump	Final
(After DT-B)	Girls	Discus Throw	Final (4 jumps for all)
(After SP-G)	Boys	Shot Put	Final (4 jumps for all)

**Running Events:**

12:00 p.m.	Boys	3200 Meter Run	Final (Sections if necessary)
	Girls	3000 Meter Run	Final (Sections if necessary)
	Boys	110 Meter Hurdles	Trials (Top 12 times advance)
	Girls	100 Meter Hurdles	Trials (Top 12 times advance)
	Boys	100 Meter Dash	Trials (Top 12 times advance)
	Girls	100 Meter Dash	Trials (Top 12 times advance)
	Boys	3200 Meter Relay	Final (Sections if necessary)
	Girls	3200 Meter Relay	Final (Sections if necessary)
	Boys	3000 Meter Steeplechase	Final (Sections if necessary)
	Girls	2000 Meter Steeplechase	Final (Sections if necessary)
	Boys	110 Meter Hurdles	Consolation Final
	Boys	110 Meter Hurdles	Championship Final
	Girls	100 Meter Hurdles	Consolation Final
	Girls	100 Meter Hurdles	Championship Final
	Boys	100 Meter Dash	Consolation Final
	Boys	100 Meter Dash	Championship Final
	Girls	100 Meter Dash	Consolation Final
	Girls	100 Meter Dash	Championship Final
	Boys	1600 Meter Run	Final (Sections if necessary)
	Girls	1500 Meter Run	Final (Sections if necessary)
	Boys	400 Meter Relay	Sectioned Finals
	Girls	400 Meter Relay	Sectioned Finals
	Boys	400 Meter Dash	Sectioned Finals
	Girls	400 Meter Dash	Sectioned Finals
	Boys	400 Meter Hurdles	Sectioned Finals
	Girls	400 Meter Hurdles	Sectioned Finals
	Boys	200 Meter Dash	Sectioned Finals
	Girls	200 Meter Dash	Sectioned Finals
	Boys	800 Meter Run	Sectioned Finals
	Girls	800 Meter Run	Sectioned Finals
	Boys	1600 Meter Relay	Final (Sections if necessary)
	Girls	1600 Meter Relay	Final (Sections if necessary)

