

Robert Siracuse  
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Cradle of the Trotter  
and  
Birthplace of Webster's  
Dictionary

GOSHEN CENTRAL SCHOOL DISTRICT  
222 SCOTCHTOWN AVE.  
GOSHEN, NEW YORK 10924

TO: OCIAA Athletic Directors & Modified Track Coaches

FROM: Bob Siracuse, Athletic Director  
Gus Lawson, Varsity Track Coach

DATE: January 11, 2010

RE: **GOSHEN MODIFIED TRACK INVITATIONAL**

**SITE OF MEET:** Goshen High School (*Track Renovated Summer 2009*)

**DATE OF EVENT:** Tuesday, May 18, 2010

**STARTING TIME:** 3:30 p.m. Field Events  
3:45 p.m. Running Events

**ENTRY FEE:** \$125.00 per school. Please make checks payable to the **Goshen Track Club** and send to Bob Siracuse, AD, Goshen High School, 222 Scotchtown Ave., Goshen, NY 10924

**RULES:** NYSPHSAA Modified Rules

**EVENTS:**

**Field Events**

**Running Events**

High Jump

Hurdles (55m and 200 m)

Long Jump

100 meter

Triple Jump

200 meter

Discus

400 meter

Shot Put

800 meter

1500 meter

4 x 100 meter relay - 1 team per school

4 x 200 meter relay - 1 team per school

**SEEDING:** This will be done by the clerk at the check-in for each event. (**No pre-meet seeding will be done**). All athletes in running events should have a 3 x 5 card attached to their front for each event that includes: Event, Athlete's Name, and School

Athletes in field events will sign in when event is called.

**In all running and field events, you may enter up to \* three people.\***

**Please confirm your intent to participate in this meet by Tuesday, May 4<sup>th</sup> by calling 845-615-6161 or in writing to: Athletic Director, Goshen High School, 222 Scotchtown Ave, Goshen, NY 10924**

cc: Jim Osborne, Athletic Coordinator  
BS/cv