

21st ANNUAL MONTICELLO GAMES

**MONTICELLO HIGH SCHOOL TRACK & FIELD
TRACK LOCATED AT MONTICELLO HIGH SCHOOL
ROUTE 42
MONTICELLO, NY 12701**

NEW FOR 09' – 9:30 AM START

February 10, 2009

Dear Coach:

You are cordially invited to the 21st annual Monticello Games which will be held at Monticello High School on Saturday, April 25, 2009. 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. 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. Die cast medals to all first through sixth place finishers in each event. Special plaques for boys and girls in each of the following areas: the Outstanding Track Performer and Outstanding Field Performer.

SCORING

First through sixth place in all events as follows: 10-8-6-4-2-1. Alum/Coaches 800 will not be scored

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. Remember the deadline is April 1, 2008. Send Voucher or check to: Monticello High School

**c/o Doug Murphy, Athletic Director
39 Breakey Avenue
Monticello, NY 12701**

Questions: Contact Peter Wysochanski - email - pwysochanski@k12mcsd.net

Cell - 845 701 6726

Home - 845 583 5667

Work - 845 888 2471

MEET INFORMATION

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

3x 5 cards for all other track races should be turned into the clerking area in the North (small) gym seed time/distance on the front of the card. It is not necessary to turn in all cards at 8:00 am as in the past but you may do so if this is more convenient. Cards must be turned in for both running as well as field events well in advance. 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 (clerk) as well as field events (event official).

Track event athletes must wear a 3 x 5 index cards (jersey front) w/ Name-School-Event-Seed time clearly printed. The card will be distributed to athletes following last call to clerk.

SCORING and RULES

First through sixth place: 10-8-6-4-2-1. All events except the Coaches/ Alumni race are scored. National Federation and NYSPHSAA rules apply.

NOTES

1/4" spikes are allowed on the track. The Javelin (B/G) 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 athletes are to be on the infield except for those who are competing in field events or track events that have been clerked. Spectators and coaches are restricted to designated areas.

Athletes are allowed to warm up on the track until 8:55 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 your 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 25, 2009 and wish you the best of luck this season.

Doug Murphy, Athletic Director

EVENTS FOR THE 20TH 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
ALUMNI COACHES 800 M (NON SCORING)

GIRLS' TRACK EVENTS

100 M
200 M
400 M
800 M
1500 M
2000 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
ALUMNI COACHES 800 M

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 ***

* Girls 2000 m steeplechase is new for 2009

** 3000 m and 3200 m will be seeded at line. All contestants should report to the line by last call with 3x5 card (with seed time) pin to the front of their jersey.

*** Throws and horizontal jump will be recorded on 3 x 5 field event cards (to be provided). These will be used in lieu of the standard sheet to help move things along as they have during this past indoor season at West Point

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ORDER OF 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. CARDS TURNED IN AT SITE BY LAST CALL

SHOT PUT - BOYS FOLLOWED BY GIRLS, THREE (3) THROWS ONLY. NO FINALS, NO MINIMUM MEASURE. CARDS TURNED IN AT SITE BY LAST CALL.

LONG JUMP - BOYS FOLLOWED BY GIRLS, THREE (3) JUMPS ONLY. NO FINALS. CARDS TURNED IN AT SITE BY LAST CALL.

POLE VAULT - GIRLS FOLLOWED BY BOYS.. GIRLS START AT 6' AND INCREASE BY 6". BOYS START AT 8' AND INCREASE TO 9' 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 6'5' THEN BY 1".

DISCUS - GIRLS FOLLOWED BY BOYS, 3 TRIALS, NO FINALS, NO MINIMUM MEASURE. CARDS TURNED IN AT SITE BY LAST CALL.

HAMMER THROW - (AFTER DISCUS IS COMPLETED) BOYS FOLLOWED BY GIRLS; 3 TRIALS, NO FINALS, NO MINIMUM MEASURE. YOU MUST PROVIDE YOUR OWN IMPLEMENT. CARDS TURNED IN AT SITE BY LAST CALL.

TRIPLE JUMP - (AFTER LONG JUMP IS COMPLETED) BOYS FOLLOWED BY GIRLS; THREE (3) JUMPS ONLY. CARDS TURNED IN AT SITE BY LAST CALL.

ALL THROWS AND HORIZONTAL JUMPS WILL BE RECORDED ON 3 X 5 CARDS

***NOTE- TOP 36 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) – seeded at line.
- 2) 3200M RUN BOYS – SECTIONS (2 turn stagger if box start needed) – seeded at line.
- 3) 100M HURDLES - GIRLS TRIALS (IF NECESSARY)
- 4) *100M HURDLES - GIRLS SEMIS
- 5) 110M HURDLES - BOYS TRIALS (IF NECESSARY)
- 6) *110M HURDLE - BOYS SEMIS
- 7) 100M DASH - GIRLS TRIALS (IF NECESSARY)
- 8) *100M DASH - GIRLS SEMIS
- 9) 100M DASH - BOYS TRIALS (IF NECESSARY)
- 10) *100M DASH - BOYS SEMIS
- 11) 400M DASH - GIRLS FINALS (ON TIME)
- 12) 400M DASH - BOYS FINALS (ON TIME)
- 13) 400M HURDLES - BOYS FINALS (ON TIME)
- 14) 400M HURDLES - GIRLS FINALS (ON TIME)
- 15) 200M DASH - GIRLS TRIALS (IF NECESSARY)
- 16) *200M DASH - GIRLS SEMIS
- 17) 200M DASH - BOYS TRIALS (IF NECESSARY)
- 18) *200M DASH - BOYS SEMIS
- 19) COACHES ALUMNI 800M MEN - WOMEN (NON-SCORING)
- 20) 800M RELAY GIRLS (SECTIONS) (2 turn stagger if box start needed)
- 21) 800M RELAY BOYS (SECTIONS) (2 turn stagger if box start needed)
- 22) FROSH/SOPH MEDLEY RELAY - GIRLS (800-400-200-200) SECTIONS
- 23) FROSH/SOPH MEDLEY RELAY - BOYS (800-400-200-200) SECTIONS
- 24) 3200M RELAY – GIRLS (2 turn stagger if box start needed)
- 25) 3200M RELAY – BOYS (2 turn stagger if box start needed)
- 26) 100M HURDLES - GIRLS FINALS
- 27) 110M HURDLES - BOYS FINALS
- 28) 100M DASH - GIRLS FINALS
- 29) 100M DASH - BOYS FINALS
- 30) 1500M RUN - (GIRLS SECTIONS) (2 turn stagger if box start needed)
- 31) 1600M RUN - (BOYS SECTIONS) (2 turn stagger if box start needed)
- 32) 400M RELAY - (GIRLS SECTIONS)
- 33) 400M RELAY - (BOYS SECTIONS)
- 34) 800M RUN - (GIRLS SECTIONS) (2 turn stagger if box start needed)
- 35) 800M RUN - (BOYS SECTIONS) (2 turn stagger if box start needed)
- 36) 200M DASH - GIRLS FINALS
- 37) 200M DASH - BOYS FINALS
- 38) 2000M STEEPLECHASE – GIRLS – new for 2009
- 39) 3000M STEEPLECHASE - BOYS
- 40) FROSH/SOPH 1600M RELAY - (GIRLS SECTIONS)
- 41) VARSITY 1600M RELAY – (GIRLS SECTIONS)
- 42) FROSH/SOPH 1600M RELAY - (BOYS SECTIONS)
- 43) 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

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ENTRY FORM

SCHOOL _____

BOYS COACH _____ **PHONE** _____

Email _____

GIRLS COACH _____ **PHONE** _____

Email _____

Girls Team (\$200) _____

Boys Team (\$200) _____

B/G combined (\$300) _____

If you have any questions please call or email:

Peter Wysochanski 845 701 6726 or pwysochanski&k12mcsd.net

Send payment to: Monticello High School

c/o Doug Murphy

39 Breakey Avenue

Monticello, NY 12701

