

# 66<sup>th</sup> ANNUAL NEW HARTFORD INVITATIONAL TRACK MEET

May 3, 2019

Start 4:30 PM

Scratch 3:00-4:00 PM

Entry Fee: \$125.00 per school Send checks to: New Hartford Central School  
c/o: John Banek, A.D.  
33 Oxford Rd.  
New Hartford, NY 13413

## IF THERE ARE ANY QUESTIONS:

CALL TOM WELLS, 315-733-1698 e-mail [swim09@roadrunner.com](mailto:swim09@roadrunner.com)

Rules: National Federation, NYSPHSAA, and TW rules will be in effect.

Food: New Hartford Track Boosters will operate a large concession next to track.

ENTRY RULES: Each must pay \$125 entry fee. All entries will be done with **Leone Timing.com**. Coaches are to enter online by Online Entries.com. DEADLINE IS WEDNESDAY May 1 BY 10:00pm A POSITIVE CHECK-IN WILL BE DONE EITHER IN PERSON OR MY CELL PHONE (315-527-9043) BY 4:00pm ON MEET DAY.

**COACHES NOTE----** Schools will only be allowed 2 entries per event and coaches are asked to adhere to qualifying times and distances for all events. Please do not enter athletes or relay teams that do not really meet these standards. Please enter athletes on actual time or distance already performed this season. Also if a coach has a quality third athlete, please call Tom Wells for entrance. **COACHES MUST REMEMBER THAT THIS MEET IS FOR QUALITY ATHLETES, LEAVE THE OTHERS AT HOME.**

**NEW HARTFORD** has a new track surface and runners and jumpers may wear ¼ pin spikes. Longer spikes are absolutely not allowed and that penalty will result in the entire team being disqualified from the meet.

RUNNING EVENTS: First event will be called at 4:15 and athletes must report to clerking in infield or be scratched. **SCHOOLS MAY ENTER A SECOND RELAY TEAM FOR SCORING PROVIDED IT IS MEETING SUGGESTED SEED TIMES BELOW**

SCORING: 10-8-6-4-2-1 AWARDS: All awards will be presented on the field award stand about 10 minutes after an event. Coaches----please have athletes ready to appear. A trophy is awarded to all first place finishers and ribbons to second thru sixth place. Team trophies to the first five teams.

COACHES: COACHES only are permitted on the infield and athletes are not to gather near the finish line. Athletes are permitted on infield if clerking in. Once athletes are done field event, they must leave. Pole Vault will start at 10' High jump will start at 5'8

## PLEASE USE THESE SUGGESTED TIMES AND DISTANCES WHEN ENTERING. LEAVE OTHERS OUT OF MEET !!!!

Qualifying times	100-12.0	200-25.5	400-58.0	800-2:15
	1600-5:10	3200-11:00	110H-18.0	400H-68.0
400R-50.0	HJ-5'8	PV-10'	LJ-18'	TJ-38'
800R-1:44.0	Shot-43	Discus-120'		
1600R-3:58	3200R-9:10	SMed-4:10	DMR-12:00	

## NEW HARTFORD INVITATIONAL TRACK MEET ORDER OF EVENTS

**4:30 START**

**3200 Relay**

**Timed Finals**

**110 Hurdles**

**Trials**

**100 Meters**

**Trials**

**400 Meters**

**Timed Finals**

**400 Relay**

**Timed Finals**

**1600 Meters**

**Timed Finals**

**110 Hurdles**

**Semis**

**100 Meters**

**Semis**

**1600 Relay**

**Timed Finals**

**110 Hurdles**

**Final**

**100 Meters**

**Final**

**Sprint Medley Relay**

**Timed Finals**

**3200 Meters**

**Timed Finals**

**800 Relay**

**Timed Finals**

**400 Hurdles**

**Timed Finals**

**200 Meters**

**Semis**

**800 Meters**

**Timed Finals**

**Distance Medley Relay**

**Timed Finals**

**200 Meters**

**Final**

**4:30 START**

**Discus followed by Shot Put**

**Long Jump followed by  
Triple Jump**

**4:30  
High Jump**

**4:30  
Pole Vault**

# NEW HARTFORD INVITATIONAL TRACK MEET ENTRY SHEET

\_\_\_\_\_ School

\_\_\_\_\_ Coach

\_\_\_\_\_ e-mail address

\_\_\_\_\_ phone

\_\_\_\_\_ cell phone

Enclosed with this entry sheet is either check or voucher for \$125.00

**MAKE PAYABLE TO NEW HARTFORD CENTRAL SCHOOL**

Please send this sheet by April 26, 2019 to:

TOM WELLS  
29 WOODBERRY RD.  
NEW HARTFORD, NY 13413