

57th ANNUAL NEW HARTFORD INVITATIONAL TRACK MEET

April 30, 2010

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: Pete Alvanos, 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

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 April 28 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 $\frac{1}{4}$ 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.

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. Long jump under 18' will not be measured. Triple jumps under 38' will not be measured
Shot puts under 43' will not be .measured. Discus throws under 120' will not be measured
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	Trials
800 Meters	Timed Finals
200 Meters	Semis
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 20, 2010 to:

TOM WELLS
29 WOODBERRY RD.
NEW HARTFORD, NY 13413