

# 2012 NV-ME RED, WHITE, BLUE, AND GOLD INVITATIONAL

The Newark Valley Cardinals and the Maine-Endwell Spartans Track & Field teams invite you kick off the 2012 outdoor season at the 8<sup>th</sup> annual Red, White, Blue, and Gold Invitational at Newark Valley High School's Track & Field facility, located at 68 Wilson Creek Road, Newark Valley, NY 13811 on **Saturday, March 31, 2012.**

Celebrating the first anniversary of our new track & field facility, we are looking forward to hosting everyone who wants to get the outdoor season started in fine fashion. We have an 8-lane, high-end polyurethane (BSS-300) surface with outstanding resiliency, the same surface for all the jumps, 2 horizontal jump pits with fantastic Bermuda white sand, 2 High Jump pits, crushed shale for the Shot Put landing area, a Steeplechase pit, and 2 high-end Pole Vault pits. There is plenty of room for bus parking in front of the school and for team tents near the track. As an added bonus, we are running the Distance Medley Relay and the Sprint Medley Relay, so that if anyone is interested in getting a FAT-based qualifying time for Penn Relays, here's your last opportunity.

**All TRACK events will begin at 10:30.** However, in order to accommodate those teams who do not have athletes competing in the DMR or Steeple, and therefore do not need to arrive as early, **all FIELD Events will begin at 11:30.**

Being such an early season meet, this is **not** a scratch one-scratch all meet. Scratches will be done on paper at the Scorer's Tent. There will be **no** substitutions or additions on the day of the meet. Scratches will be permitted throughout the day, though it is most helpful to inform the Sydex operator as soon as you know – especially for relays.

All events will be finals. Races with multiple heats will be run from slowest to fastest. Being the first meet of the season, we understand that seed times will not be 100% accurate. Please understand that heats will only be as fair as your realistic seed times. Heat Sheets will be emailed on Friday. The Event Clerk also will inform the athlete of their heat/ lane assignment during the clerking process. The meet will have FAT timing (thank you Jim Cerra and Vestal), as well as certified T & F officials at each field event location.

There will be no team scores. Awards will be given to the top 6 place finishers. Medal to 1<sup>st</sup> place individuals and relay teams, and ribbons for places 2 – 6.

Entry Fees are as follows:	\$175	Two-team entry (boys <b>and</b> girls)
	\$100	One-team entry (boys <b>or</b> girls)
	\$ 8*	Per individual *

\* You may use whichever entry fee method, or combination, that works best for your circumstances. For example, if you are entering fewer than 22 athletes combined, you are welcomed to use the "per individual" fee schedule. Or, if you enter a combination such as, 13 boys and 9 girls = \$100 one-team + \$72 = \$172. Note - There will no refunds for scratches once Sydex entries are submitted.

- The Cardinal Booster Club will be running their Concession Stand – indoors or outdoors, or in both locations.
- Red, White, Blue, & Gold Invite T-shirts will be available for \$10.

If you are interested in having your teams/individuals participate in this year's NV-ME RWB&G Invitational, please mail/email/fax **Notice of Intention** (see form below) by **Friday, March 16<sup>th</sup>**. The first 20 schools to send a notice are guaranteed a slot, though depending upon the number of entries, we very well may have room for a few more teams.

The **deadline for meet entries on Sydex is Thursday, March 29<sup>th</sup> at 6:00 pm** – no exceptions.

Any questions? Email/call Brian Trippany at: [btrippany@nvcs.stier.org](mailto:btrippany@nvcs.stier.org)  
(607) 657-8140 Home or (607) 743-0782 Cell or (607) 642-5524, x-2490 School, or

Mike Cordi at: [mcordi@stny.rr.com](mailto:mcordi@stny.rr.com) or [mcordi@me.stier.org](mailto:mcordi@me.stier.org)  
(607) 242-6420 Home/Cell or (607) 754-1400 School

\*Make **checks** payable to: **M-E XC & Track Boosters** and **mail to:** Maine-Endwell High School  
c/o Michael Cordi  
712 Farm-to-Market Road  
Endwell, New York 13760

Like many invites, this invitational is being sponsored by a club. In our case, a club from each school. Therefore, we cannot process purchase orders. Please have your school make out a check to: ME XC & Track Boosters and send it to Mike Cordi by March 29<sup>th</sup>, as his club is handling this aspect of the meet. We really appreciate your help with this.

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The order of events is set up to maximize recovery time for both sprinters and distance runners. There are (2) horizontal jump pits, 2 High Jump pits, and 2 Pole Vault pits. All pits will be open by 10:00 for run-throughs.

## 10:30 start time for Track Events

	# of entries per team	Est. Start times
DMR (B) (12-4-8-16)	2	10:30
DMR (G) (12-4-8-16)	2	10:45
3000 Steeplechase (B)	3	11:00
2000 Steeplechase (G)	3	11:15
110 High Hurdles (B)	3	11:30
100 High Hurdles (G)	3	11:45
SMR (B) (4-2-2-8)	2	12:00
SMR (G) (4-2-2-8)	2	12:15
100m Dash (B)	3	12:30
100m Dash (G)	3	12:40
400 Hurdles (B)	3	12:50
400 Hurdles (G)	3	1:00
1600m Run (B)	3*	1:15
400m Dash (B)	3	1:30
400m Dash (G)	3	1:40
1500m Run (G)	3*	1:50
800m Run (B)	3	2:05
200m Dash (B)	3	2:15
200m Dash (G)	3	2:25
800m Run (G)	3	2:40
3200m (B)	3**	2:50
3000m (G)	3**	3:05
4 x 100m Relay (B)	2	3:20
4 x 100m Relay (G)	2	3:35
4 x 800m Relay (B)	2	3:50
4 x 800m Relay (G)	2	4:05
4 x 400m Relay (B)	2	4:20
4 x 400m Relay (G)	2	4:35
End of Meet		4:50

## 11:30 start time for Field Events

# of entries  
per team

For all Field Events, each competitor is allowed **3 jumps/throws**. There are **NO finals**.

### High Jump - 11:30-1:45

Boys start height 4'8" 3

Girls start height 4'0" 3

### PV and HJ times may be reversed due to weather

### Pole Vault - 2:15-4:30

Girls start height 5'6" (in south D-zone) 3

Boys start height 7'0" (outside of track) 3

### Throws - 11:30 - 4:30

Discus (Boys, 30 min break, Girls) 3

Shot Put (Girls, 30 min break, Boys) 3

### Open Pits from 11:30 - 1:45

Boys Long Jump - pit closest to f-ball field 3

Girls Long Jump - pit closest to steeple 3

### Open Pits from 2:15 - 4:30

Boys Triple Jump - pit closest to f-ball field 3

Girls Triple Jump - pit closest to steeple 3

\* = 3 entries are permitted in the 1500/1600m races if all 3 are under 7:00

\*\* = 3 entries are permitted in the 3200/3000m races if all 3 are under 13:00.

- Remember, scratches are permitted throughout the meet without penalty to the athlete. But we will not accept substitutions or additions after the Sydex entry deadline or at the meet. Please enter your athletes with this in mind and please inform all coaches in your Varsity T & F program of the "Scratch, but No Sub/Add" rule.

- **Pyramid spikes that extend no more than 1/4" from the sole of the shoe only**. No pin spikes and No Christmas tree spikes of any type or length will be permitted on the track or jumping surface. Pyramid spikes are kinder to the track surface than are pin or Christmas tree spikes. Spike type and length will be checked during clerking, and if inappropriate spikes are found, they will be removed prior to the athlete competing, regardless of whether doing so results in the athlete missing the event. Thanks.

- As is always permitted by NFHS rules, unadorned hats/headbands and/or gloves/mittens may be worn in case the weather is cold (though by rule, gloves are not permitted in any relay event). Otherwise, the uniform rule is in effect for all events.

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## NOTICE OF INTENT TO ENTER:

Name of School: \_\_\_\_\_

Name of Contact Coach: \_\_\_\_\_

E-Mail Contact: \_\_\_\_\_

Phone Number(s) of Contact Coach: (W) \_\_\_\_\_ (C) \_\_\_\_\_ (H) \_\_\_\_\_

Please check the one appropriate line:

_____	\$175	Two-team entry (Boys <b>and</b> Girls)
Boys _____ or Girls _____	\$100	One-team entry (Boys <b>or</b> Girls)
_____	\$ 8*	Per individual *

\* You may use whichever entry fee method, or combination, that works best for your circumstances. For example, if you are entering fewer than 20 athletes combined, you are welcomed to use the "per individual" fee schedule, or if you enter 13 boys and 9 girls = \$100 one-team + \$72 = \$172. Note - There will no refunds or substitutions for scratches once entries are submitted on Sydex..

**Notice of Intent to Enter is due: Friday, March 16, 2012**, with the first 20 Boys teams and first 20 Girls teams guaranteed their entry.

To send your Intent to Enter Form by:

Email: Please save this page and send it as an attachment to:

[ppatterson@nvcs.stier.org](mailto:ppatterson@nvcs.stier.org)

Fax: to Patrick Patterson: (607) 642-5004

Mail to: Patrick Patterson

Nathan T. Hall Elementary

P.O. Box 547, 86 Whig Street

Newark Valley, New York 13811

**Sydex entries** due on **Thursday, March 29<sup>th</sup> by 6 PM.** Please get them in by then so that we do not have to track you down and call you that evening. It takes time to put a meet together and we cannot start that process until all the entries are in. We want to be able to send out the Heat Sheets on Friday so that you and your athletes know at practice on Friday what their event looks like and everything is ready to go on time come Saturday.

Thanks and we look forward seeing you on Saturday, March 31<sup>st</sup> for an exciting Beginning-of-the-Season meet!