

2010 ME-NV RED, WHITE, BLUE, AND GOLD INVITATIONAL

The Maine-Endwell Spartans and Newark Valley Cardinals Track & Field teams invite you to the 6th annual Red, White, Blue, and Gold Invitational to be held this year at Owego Free Academy High School's track on:

Saturday, April 10, 2010. We are most grateful to Owego for their hospitality in accommodating us for this meet as both Maine-Endwell and Newark Valley will be involved in the construction of new Track & Field facilities.

We will be able to accommodate 16 teams for our invitational this year. Since April 10th is the last weekend of Spring Break, not everyone will have full teams. This means that there likely is room for some individuals. Please follow the guidelines on the attached sheet when entering athletes.

If you are interested in having your teams, or individuals, participate in this year's ME-NV RWB&G Invitational, please mail/email/fax a Notice of Intention to Patrick Patterson (see form below) by **Friday, March 12, 2010 by Noon**. The first 16 teams to send such a notice will have a slot and we will let you know if there is more room for individuals. Payment, according to the chart below, with checks payable to: M-E XC & Track Boosters, should be mailed to Michael Cordi (see below).

Actual meet entries will occur via Sydex. The deadline for entries is **Wednesday, April 7th at 6:00 pm**. We are allowing this late deadline so that your athletes can have as much time as possible to confirm that they will be available during spring break. However, please do not submit a name "just in case". Please refer to the Sydex entry procedure that was included in the Section IV Track & Field Handbook for specific entry procedure directions, if needed.

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 before the coaches' meeting. But please do not waste a slot for an individual athlete by putting your athlete in an event "as insurance", as we will not be able to add substitutes on the day of the meet. Scratches will be taken up until 9:30, but there are no additions. The coaches' meeting will follow from 9:30 until 9:45. All events will begin at 10.

All events will be finals. Races with multiple heats will be run from slowest to fastest. Please be accurate with your seed times on Sydex. There will not be Heat Sheets. The Event Clerk will inform the athlete of their heat and lane assignment during the clerking process.

There will be no team scores. Ribbons will be given to the top 6 place finishers.

DISCOUNTED ENTRY: We are providing a discount to any team that brings an adult/coach to work an event. See more details on the notice of intent page.

Entry Fees are as follows:	\$150	One team entry (boys or girls)
	\$100	One team entry, with adult/coach helper
	\$200	Two team entry (boys and girls)
	\$150	Two team entry, with adult/coach helper
	\$15	Per individual

Any questions? Email/call Mike Cordi at: mcordi@stny.rr.com or mcordi@me.stier.org
 (607) 754-4396 Home or (607) 754-1400 School
 or Brian Trippany at: btrippany@nvcs.stier.org
 (607) 743-0782 Cell or (607) 642-5524 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

Please be sure that checks are written correctly and mailed promptly once you have sent in your Notice of Intention by March 12th. It is a significant hassle if the checks are not completed correctly and nobody has time to chase down slow or overlooked payments. Thank you for your cooperation.

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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. Boys and Girls Pole Vault will compete concurrently, so that the bar only has to be raised once, which should expedite that event.

10:00 start time for Track Events

10:00 start time for Field Events

<u># of entries per team</u>			<u># of entries per team</u>		
110 High Hurdles (B)	3	5-6 sections			
100 High Hurdles (G)	3	5-6 sections			
Boys Steeplechase	2	1 section	High Jump (Boys) start height 4'8"	3	
Girls Steeplechase	2	1 section	High Jump (Girls) start height 4'0"	3	
4 x 100m Relay (B)	1	2 sections			
4 x 100m Relay (G)	1	2 sections			
4 x 800m Relay (B)	1	1 section	Discus (Boys, then Girls)***	3	
4 x 800m Relay (G)	1	1 section	Shot Put (Girls, then Boys)***	3	
100m Dash (B)	3	5-6 sections	Pole Vault (both) start height 6'0"	3	
100m Dash (G)	3	5-6 sections	Boys start height 7'6"	3	
3200m (B)	2*	1 section			
3000m (G)	2*	1 section	<u>Open Pits from 10:00 – 12:00</u>		
400m Hurdles (B)	2	5-6 sections	Long Jump (Boys)***	3	
400m Hurdles (G)	2	5-6 sections	Long Jump (Girls)***	3	
200m Dash (B)	2	5-6 sections			
200m Dash (G)	2	5-6 sections	<u>Open Pits from 12:00 – 2:00</u>		
800m Run (B)	3	2-3 sections	Triple Jump (Boys)***	3	
800m Run (G)	3	2-3 sections	Triple Jump (Girls)***	3	
400m Dash (B)	2	5-6 sections			
400m Dash (G)	2	5-6 sections	*** = Each competitor is allowed		
1600m Run (B)	3	2 section	4 jumps/throws.		
1500m Run (G)	3	2 section	There are NO finals		
4 x 400m Relay (B)	1	2 sections			
4 x 400m Relay (G)	1	2 sections			

* = 3 entries are permitted in the 3200/3000m races if all 3 are under 12:00.

- Remember, scratches are permitted on the day of the meet without penalty to the athlete. But we will not accept substitutions or additions after the deadline or at the meet. Please enter your athletes with this in mind, and please, do not submit an entry "just in case" the athlete decides to attend.
- 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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This year, we are offering schools a discounted entry fee if they provide coach or a competent adult to run an event or to assist a paid official. If a team selects to have a non-coach run an event, please be certain that the adult is very familiar with the rules and the procedures for that event. Ideally, a coach is preferable for this role, though we understand that it may not be a viable option.

As this officiating structure works well for Indoors T & F, we will give it a trial run this year for an Outdoor T & F meet. However, if many schools chose the discounted entry fee and pledge a coach or competent adult to run or to assist with an event, we will still have at least 5 paid officials working on site. If few schools take this option, we will have at least 10 paid officials.

NOTICE OF INTENT TO ENTER:

Name of School: _____

Name of Contact Coach: _____

E-Mail Contact: _____

Phone Number(s) of Contact Coach: _____

PLEASE CHECK YOUR OPTION FOR ENTRY:

	\$150	One team entry (boys or girls)
	\$100*	One team entry, with adult/coach event worker
	\$200	Two team entry (boys and girls)
	\$150*	Two team entry, with adult/coach event worker
	\$15	Per individual athlete

*What event would your coach / competent adult be willing to work? _____

The discounted entry fee also applies if your school can supply a Boys or a Girls clerk.

Coach Trippany of NV will clerk either. So, you get your clerk choice: _____

Event assignments will be determined based on the Notice of Intent received on first come – first served basis.

*Competent adult/coach must be at the Owego HS track by 9:15 so that athletes can begin their run-throughs or practice throws/jumps.

Notice of Intent to Enter is due: Friday, March 12, 2010 by Noon, though first 16 Boys teams and first 16 Girls teams are guaranteed their entry.

Mail Notice to: Patrick Patterson
Nathan T. Hall Elementary
P.O. Box 547, 86 Whig Street
Newark Valley, New York 13811

If replying by email, then copy this page and send as an attachment to:
Email: ppatterson@nvcs.stier.org

Fax : (607) 642-5004