

Coaches,

Welcome back for another year of high school track & field. The Rome Girl' s Track & Field Invitational will be held @ 2pm. Saturday May 1st, 2010.

**** RFA IS AN "SAT" TESTING SITE, SO TELL YOUR KIDS EARLY!**

The Facilities here at RFA Stadium are outstanding. An all surface track and runways with an infield covered with artificial turf. The facility is excellent for record setting and qualifying performances. There are excellent bathroom and changing room facilities as well as a top-notch concession stand. Athletes can go inside the stadium for weather protection if needed. There will also be souvenir t-shirts available.

Medals are awarded to champions and ribbons to the top six finishers. There are special event plaques for the Discus and 400 meter events. Team trophies for top three teams as well as a Small School Winner (class C-D). Also awards will be given to the outstanding track and outstanding field performers.

This year we are once again going to run the 2000m steeplechase. Our steeplechase water barrier will be adjusted for the proper height required for women. We are also holding an SMR event.

The Entry Form is on the back page please send it in early.

So, once again good luck this season and hope to see you at the Rome Girl' s Track Invitational.

Brett Couchman ---RFA Girl' s Track

Update Note ... Rome Invite is going to use FAT with Leonetiming and all teams will need to put their entries in by midnight Thursday April 29th on www.onlineentries.com

**2010 Rome Girl's
Track & Field Invitational
ORDER OF EVENTS:**

2:00pm	Coaches meeting and entry deadline	
2:15	Pentathlon hurdles then Novice 1500m(limit 3) triple jump, shot put, high jump, pole vault	
2:30	100 meter hurdles	trials
	100 meter dash	trials
	3000 meter run	final
	400 meter relay	semi
	400 meter hurdles	final
	400 meter relay	final
	800 meter run	final
	100 meter dash	semi
	Barb Smith 400 dash	final
	Novice 200m (limit 3)	
	SMR(400,200,200,800)	final
	100 meter hurdles	semi
	2000 meter steeplechase	final
	100 meter dash	final
	4x800 meter relay	final
	200 meter dash	final
	100 meter hurdles	final
	1500 meter run	final
	4x400 meter relay	final

*** Pent. 800 to be inserted when necessary

** Triple Jump will be followed by Long Jump.

** Shot Put will be followed by Discus throw.

** PV will start at 6'3" and go by 6" until 3 jumpers left.

** High Jump will start at 4' and go by 3" until 4'6, then by 2" until 5', and then by 1"

Rome Girl's Track Invitational Records

100 METER	LAREEA CHISHOLM	Baldwinsville	12.1	2004
200 METER	HEATHER STEVENS	F-M	25.2	2001
NOVICE 200	M. WHITEHEAD	CORCORAN	29.6	2009
400 METER	HEATHER STEVENS	F-M	56.6	2001
800 METER	NICHOLE LISTER	SO. JEFFERSON	2:14.66FAT	2004
1500 METER	NICHOLE LISTER	SO. JEFFERSON	4:43.92FAT	2004
NOVICE 1500	KATHERINE WARD	TULLY	5:29.1	2009
3000 METER	LAUREL BURDICK	F-M	9:59.1	2002
100 HH	JASMIN THOMPSON	CNS	15.2	2009
400 LH	JESSICA LISTER	SO. JEFFERSON	64.9	2002
400 RELAY	ROME FREE ACADEMY (BENJAMIN, BAKER, SOUTHWELL, RAZY)		49.8	2009
1600 RELAY	SKANEATELES (ROONEY,CARLBERG,LYNCH,GEIHE)		4:03.44FAT	2004
3200 RELAY	AUBURN (GAGE,WATSON,NELLENBACK,COLEMAN)		9:28.1	1997
SMR	TULLY (4:26.0	2009
LONG JUMP	CHELSEA BERRY	LOWVILLE	17'04.5"	2006
TRIPLE JUMP	DESIREE BATTLE	HENNINGER	38'4.5"	1999
SHOT PUT	NICOLE THOMAS	HENNINGER	41'10"	1997
DISCUS	MONICA RIDGEWAY	LIVERPOOL	127'03	2005
HIGH JUMP	SHYKIERRA HEYWARD	PROCTOR	5'4"	2009
POLE VAULT	LINDA HATFIELD	NEW YORK MILLS	10'9"	2009
	KELLY BENFEY	ROME FREE	10'9"	2009
PENTATHLON	DESIREE ALLEN	PROCTOR	2853pts	2007
2000 STEEPLE	BRITTANY BURNS	SOUTH JEFF	7:06.0	2006

TEAM CHAMPIONS

1992	ROME FREE ACADEMY	109	1993	HENNINGER	117
1994	HENNINGER	86	1995	WATERTOWN	74
1996	F.M.	67	1997	HENNINGER	70
1998	AUBURN	56	1999	HENNINGER	74.5
2000	F.M.	66	2001	LIVERPOOL	90
2002	F.M.	109	2003	BETHLEHEM	76
2004	LIVERPOOL	72	2005	LIVERPOOL	144
2006	SOUTH JEFFERSON	78	2007	BALDWINSVILLE	100.75
2008	LIVERPOOL	92	2010	????????????????	

2009 RESULTS (TOP 5)

CNS	89pts
PROCTOR	85pts
ROME FREE	64pts
LIVERPOOL	49pts
BALDWINSVILLE	38pts

SPECIAL NOTES

AWARDS: MEDALS FOR 1ST -3RD AND RIBBONS FOR 1ST- 6TH.

TEAM TROPHIES FOR 1ST-3RD.

Small School Champion Trophy(Highest scoring class C/D school.

SPECIAL AWARDS:

***THE BARBARA SMITH 400 PLAQUE.**

***THE DAVID WASHINGTON DISCUS PLAQUE.**

***MOST OUSTANDING TRACK ATHLETE**

***MOST OUTSTANDING FIELD ATHLETE**

CONCESSION: THERE WILL BE FOOD CONCESSION OPEN. SERVING HOT DOGS, PIZZA, NACHOS, CANDY, DRINKS AND OTHER SNACKS.

TEE-SHIRTS: SOUVENIR TEE-SHIRTS WILL BE SOLD FOR \$10.00 .

*****Concession and Tee-shirt sales help to support this meet, so please show your support.**

****ENTRY FEE WILL BE \$90.00 per team.**

Or:

**** (\$10.00 per event for individuals)**

**** (\$20.00 per relay)**

IMPORTANT NOTES

1. ~~ENTRIES SUBMITTED on 3x5 cards (Day of Meet)~~ ... **Update Note**
... Rome Invite is going to use FAT with Leonetiming and all teams will need to put their entries in by midnight Thursday April 29th on www.onlineentries.com
2. COACH'S MEETING AT 2pm IN TEAM ROOM A.
3. TWO ATHLETES PER EVENT WITH 1 RELAY AND 1 PENTATHLETE.
4. ATHLETES MAY ONLY ENTER THREE EVENTS.
5. PV AND HJ BAR WILL NOT BE HELD.
6. POLE VAULTERS WILL BE WEIGHED-IN AT MAT SIDE.
6. NO FOOD ON TRACK OR INFIELD.
7. NO "BOOM BOXES" ALLOWED
8. EVERY EVENT WILL HAVE A CERTIFIED OFFICIAL.
9. TOP SEVEN GO TO FINALS IN ALL EVENTS EXCEPT 400 RELAY (only top 6)
10. LJ, TJ, SHOT, AND DISCUS WILL HAVE 3 TRIAL ATTEMPTS AND 3 FINAL ATTEMPTS.
11. **ALL TIMES** AND RESULTS WILL BE POSTED UNDER THE STADIUM AND ON THE WEB.

ANY QUESTIONS CONTACT: *BRETT COUCHMAN*

Rome Free Academy
95 Dart Circle
ROME, NY 13441

WORK PH# 315-334-7206

E-MAIL bcouchman@Romecsd.org CELL: 315-368-5117

ENTRY FORM

(Please postmark Entry by April 20th)
(I need to get the T-shirts made)

**** SEND THIS FORM AND CHECK OR VOUCHER FOR \$90.00 PAYABLE**

TO:

“RFA GIRLS TRACK CLUB”

TO: RFA Girl’s Track Club
C/O Brett Couchman
Rome Free Academy
95 Dart Circle
Rome, New York 13441

SCHOOL NAME: _____

SCHOOL ADDRESS: _____

COACH’S NAME: _____

ASSISTANT: _____

COACH’S PH#: WORK: _____

CELL: _____

HOME: _____

EMAIL: _____

- I will send any announcements out via email.
- So print neatly.

Coaches,

We will continue to utilize the same policy as in the past.

Each athlete may enter in 3 events.

Shot and Discus will be weighed in.

Pole Vaulters will be weighed in as well.

***If an athlete is entered in the pentathlon they may not enter into any other event.

Any questions, please give me a call or email.

*ANY QUESTIONS CONTACT: BRETT COUCHMAN Rome Free Academy
95 Dart Circle
ROME, NY 13441*

WORK PH# 315-334-7206 E-MAIL BCOUCHMAN@ROMECS.D.ORG

CELL # 315-368-5117