

DAVID B. MARSH INVITATIONAL

March 2010

Dear Coach,

This is to invite you and your team to the David B. Marsh Middle School Invitational Track and Field Meet to be held of Thursday, May 27th, 2010, at Ridgewood High School, beginning at 4:00 p.m.

We hope you can join us in this competition.

Meet Notes:

1. The no false start rule will be in effect.
2. No starting blocks or spikes may be used.
3. Each team must supply its own batons and pins.
4. Athletes may not compete in more that 4 events (the relay is an event)

Awards: Medals to top six finishers in each event, Top three finishers in relays.
Trophies to top boys and top girls teams. Scoring 10, 8, 6, 4, 2, 1.

Entry Fee: Blanket entry of \$400 per school.
Checks payable to: **"Ridgewood Middle School Invitational"**
Please send PO's and vouchers early. We want to close the books before the end of the school year.

Entries : Close on Wednesday, May 19, 2010.
Mail checks and entries to : Mike Glynn, Meet Director
19 East Lewis Avenue
Pearl River, NY 10965

Faxes with vouchers: 845-735-7556

Questions: Call evenings: Mike Glynn 845-735-7514 or Jacob Brown 201-444-1697

Regards,

Garland Allan
Director of Health and Physical Education

Mike Glynn & Jacob Brown
Meet Directors

DAVID B MARSH MIDDLE SCHOOL INVITATIONAL

Order of Events

4:00 100 meter dash - girls then boys - trials and semi's.

1600 meter run - girls then boys

400 meter run - girls then boys

100 meter dash - finals

800 meter run - girls then boys

200 meter dash - girls then boys

4 X 1 lap (344 meters) relay - girls then boys

4:00 High Jump - girls jump first - boys follow, 2 jumps each height.

4:00 - 5:00 Long Jump - boys and girls together, open pit, 2 jumps each

5:00 - 6:00 Triple Jump - boys and girls together, open pit, 2 jumps each

4:00 - 5:00 Boys Shot (2 throws)

4:00 - 5:00 Girls Discus (2 throws)

5:00 - 6:00 Girls Shot (2 throws)

5:00 - 6:00 Boys Discus (2 throws)

Coaches: Please put down runner's best time on card. This is for seeding purposes. If runner has not run that event, please put down an estimate. Athletes need cards for field events. Bring pins!

Schools need to supply their own cards this year. You MUST use a 4 X 6 index card for each athlete for each of their events.

Use 4 X 6 cards not 3 X 5!

Arrive early! We will start the 100 at 4pm sharp!

DAVID B MARSH INVITATIONAL

5/27/10

Event	Boys (list # of Competitors/Teams)	Girls
100 meter dash	_____	_____
200 meter dash	_____	_____
400 meter dash	_____	_____
800 meter run	_____	_____
1600 meter run	_____	_____
4X 1 lap relay (344m)	_____	_____
High Jump	_____	_____
Long Jump	_____	_____
Triple Jump	_____	_____
Shot Put	_____	_____
Discus	_____	_____

ENTRIES CLOSE 5/19/10

Checks Payable to: "Ridgewood Middle School Invitational"

Entry Fee: **Blanket entry fee of \$400 per school.**

School _____

Address _____

Coach _____

Phone (home) _____ (school) _____

e-mail _____

Mail Entries to:

Mike Glynn
19 East Lewis Avenue
Pearl River, NY 10965

Faxes accepted if entry
fee or voucher brought
to meet.

fax# = 845-735-7556

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