

**DAVID B. MARSH INVITATIONAL  
At Ridgewood's Track at BF**

February 2019

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 on Thursday, May 30th, 2019, at BF Middle 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 may be used.
  3. Each team must supply its own batons and pins.
  4. Athletes may not compete in more than 4 events (the relay is an event)
  5. **Parking for Ridgewood Track and Field at the BF-Track.**

**Bus Drop Off at the BF-Middle School Track:**

Buses should enter the BF Middle School parking lot, drop off the athletes, circle around and go to the Graydon Parking Lot. Buses may not park in the school lot.

**Parking for parents and fans:**

There is no parking at BF-Middle School (drop off only). On Street parking is available nearby the school however please follow the street signage as the police will ticket improperly parked cars. Be prepared to walk several blocks to get to the track.

**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: "**Abbington Track Club, Inc.**"  
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 15, 2019.  
Mail checks and entries to: Josh Saladino, Meet Director  
510 Alpine Terrace  
Ridgewood, NJ 07450

Faxes with vouchers: 201-444-0246

**Questions:** via email only: [jacob@jacobbrown.com](mailto:jacob@jacobbrown.com)  
Email entries to: [joshsaladino@gmail.com](mailto:joshsaladino@gmail.com)  
Subject line: Marsh Invite

Regards,

Josh Saladino & 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 200 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) - 6# shot will be used.  
4:00 - 5:00 Girls Discus (2 throws) – 1kg discus will be used.  
5:00 - 6:00 Girls Shot (2 throws) - 6# shot will be used.  
5:00 - 6:00 Boys Discus (2 throws) – 1kg discus will be used

**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. 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 4:00pm sharp!

# DAVID B MARSH INVITATIONAL

5/30/19

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

ENTRIES CLOSE 5/15/19

Checks Payable to: "Abbingdon Track Club, Inc."

Tax ID#: 13-4096981

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

School \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_

Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_ (school) \_\_\_\_\_

e-mail \_\_\_\_\_

Fill in the form, Save it on your computer, and email it to: [joshsaladino@gmail.com](mailto:joshsaladino@gmail.com)

Or

Print the form and fax it to: 201-444-0246

Then

Mail Form and Check to:

**Josh Saladino**  
**510 Alpine Terrace**  
**Ridgewood, NJ 07450**

# DAVID B MARSH INVITATIONAL

5/30/19