

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

March 2023

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, June 1st, 2023, 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, pins, and entry cards.
 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, and take directions for parking from the parking lot attendant. 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: **"Abbingdon 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 24, 2023.
Email Entry Form to: joshsaladino@gmail.com
Postal Mail checks & entry to: Josh Saladino, Meet Director
26 Circle Avenue
Ridgewood, NJ 07450

Questions: via email only: jacob@jacobbrown.com
Email entries to: 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

6/1/23

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 5/24/23

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

Tax ID#: 13-4096981

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

School _____

Address _____

Coach _____

Phone (cell) _____ (school) _____

e-mail _____

Fill in the form, Save it on your computer, and email it to: joshsaladino@gmail.com

Or

Print the form and

Mail Form and Check to:

Josh Saladino
26 Circle Avenue
Ridgewood, NJ 07450

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6/1/23