

Goshen Freshman Invitational

Monday, May 22, 2023



The Coliseum:

400m BSS 300 Thixotropic & Embedded Polyurethane Surface
10-Lane Straight Away, 8-Lanes all the way around, "48 Lanes
4 Long Jump & Triple Jump Pits, 2 High Jump Pits, 2 Pole Vault Pits
2 Shot Circles, 2 Discus Circles, 2 Hammer Circles
Water pit, 4 Portable Adjustable Steeplechase Barriers
Fully Automated Timing by **Finish Right Timing** for all finishes.
Results can be found at <http://www.finishright.com/results.html>

There will be restrooms and **concessions** available on site to all athletes and spectators!

Event Information:

As specified by **NYSPHSAA**, any **8th or 9th grader** who is listed on school track rosters and has met New York State eligibility requirements and has competed on a **varsity or frosh track team** this Spring. Please enter ALL athletes on **Milesplit**. **Entries are UNLIMITED!!!** Times and marks entered will be used to seed the meet. Each event will run fast to fastest. All running events are finals by time. Three trials for all field events. **Only 1/8 inch or 1/4 inch recessed spikes** are permitted on the track and runway surfaces.

Scoring/Awards: Dual meet scoring

- ★ Boys and Girls will be scored separately
- ★ Plaques for 1st, 2nd & 3rd in boys and girls divisions
- ★ Ribbons for places 1st through 6th in all events

Starting Time:

3:35 PM Coaches Meeting/Check ins
3:45 PM Meet begins

On the Track:

3200m Relay
110m/100m High Hurdles
100m Dash
1600m/1500m Run
400m Relay
400m Dash
400m Hurdles
800m Dash
200m Dash
3200m/3000m Run
1600m Relay

In the Field:

3:45 Girls Long Jump
3:45 Boys Triple Jump
3:45 Girls Discus
3:45 Boys Shot Put
3:45 Girls & Boys High Jump (2 Pits)
3:45 Girls & Boys Pole Vault (Combined)
5:15 Boys Long Jump
5:15 Girls Triple Jump
5:15 Girls Shot Put
5:15 Boys Discus

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Entry Form



School	
Address	
Coach	
Phone #	
Email	

Entry Payment Information (circle one)

This is an entry fee and not a participation fee!

Boys team: \$125.00

Girls team: \$125.00

Blanket Fee: \$200.00

Make Checks or Vouchers Payable to:

GOSHEN HIGH SCHOOL EXTRACLASSROOM ACTIVITY FUND-TRACK

W - 9 form available upon request

EIN # 14 - 1712403

Mail entry to:

Goshen High School
ATTN: Gus Lawson
222 Scotchtown Ave.
Goshen, NY 10924

Fax/Scan/Email (with check to follow) to:

GHS Athletic Department
ATTN: Gus Lawson
FAX #: (845) 615-6163
Gus.lawson@gcsny.org

Meet Director: Gus Lawson
Email: Gus.lawson@gcsny.org
Cell: (845) 321-4054