

Goshen Modified Invitational



Tuesday, May 23, 2023

The Coliseum:

400m BSS 300 Thixotropic & Embedded Polyurethane Surface
10-Lane Straight Away, 8-Lane 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 Modified Rules. Please enter ALL athletes on **Milesplit**. 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 Field Events Begin
4:00 PM Running Events Begin

On the Track :

SMR 400,200,200,800 (1 Team Per School)
55m Hurdles (6 Entries Per School)
200m Dash (3 Entries Per School)
1500m Run (3 Entries Per School)
100m Dash (6 Entries Per School)
400m Dash (3 Entries Per School)
200m Hurdles (3 Entries Per School)
800m Run (3 Entries Per School)
4x100m Relay (1 Team Per School)
4x200m Relay (1 Team Per School)
800m Steeplechase (3 Entries Per School)

In the Field :

3:45 Boys Long Jump (3 Entries Per School)
3:45 Girls Triple Jump (4 Entries Per School)
3:45 Girls Shot Put (4 Entries Per School)
3:45 Boys Discus (4 Entries Per School)
3:45 Girl's & Boy's High Jump (4 Entries Per School)
3:45 Girl's & Boy's Pole Vault (4 Entries Per School)
5:15 Boys Triple Jump (4 Entries Per School)
5:15 Girls Long Jump (3 Entries Per School)
5:15 Boys Shot Put (4 Entries Per School)
5:15 Girls Discus (4 Entries Per School)

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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: \$100.00

Girls team: \$100.00

Blanket Fee: \$175.00

Make Checks 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