



**Friday, May 9 4:30pm**

The Mohonasen Running Booster Club is pleased to invite you to The Futures at Mohon, a championship style Frosh/Soph invitational designed to highlight the future stars in track & field. These young athletes will have the opportunity to perform under the lights in a top-notch facility (site of the 2024 Colonial Council Track & Field Championships). In addition to a traditional order of events, we will highlight the shotput, 100m dash, and 1500m/1600m run with specific Frosh and Soph champions crowned in each event.

The meet will feature custom glow-in-dark medals with our meet logo for the top six athletes in each event. We will also have t-shirts for sale and a bistro style food court with some of the best homemade dishes in the area. Coaches of the first 15 committed teams will receive a free t-shirt and an all-night bistro pass. We look forward to hosting you on Friday, May 9th.

#### **Meet Information**

**DATE/TIME:** Friday, May 9<sup>th</sup> @ 4:30 pm. Scratches & changes are due by 4 pm.

**ATHLETES:** High school qualified girls & boys in 7<sup>th</sup>-10<sup>th</sup> grades are eligible to participate. Athletes may enter no more than three events.

**FACILITY:** The track is an 8 lane, all-weather track that was just resurfaced with an inside steeple water barrier. The track surrounds a brand new turf field and includes two horizontal jump pits, pole vault pit & high jump pit. All events except the discus and shot put will be contested inside the track complex under full spectator view. ¼ inch or shorter spikes are permitted. Team tents & camps are permitted on the grass near the track. There are large sets of bleachers on both sides of the track and ample free parking is available. The concession stand and bathrooms are located trackside. The track is located at Mohonasen High School, 2072 Curry Road, Schenectady, NY 12303

**ENTRIES:** Please email your intent to attend the meet to receive your event entry information (and to secure your free t-shirt and bistro pass). Send school name, team (girls &/or boys), coach name, email and phone number to Tom Howley [howley73@hotmail.com](mailto:howley73@hotmail.com). Each school is allowed three entries in each individual event and two teams per relay. We will be using FAT for this meet. Meet management reserves the right to limit the number of teams in order to run a quality, efficient meet. Please send an email immediately to secure your team's place in the meet. Event entries are due by 8 pm on Wed, May 8.

**Mohonasen Central School District**  
2072 Curry Road  
Schenectady, NY 12303  
518.356.8270

**AWARDS:** The top 6 in each event will receive custom glow-in-dark medals. Medal winners will be announced over the facility PA system.

**ENTRY FEES:** \$150 for a single gender team; \$225 for co-ed teams; \$20 for single entry; \$45 for single entry relay teams. Checks should be made out to: Mohonasen Running Booster, Mohonasen High School, Attn: Matt Ronca, Athletic Office, 2072 Curry Road, Schenectady, NY 12303.



**OFFICIALS:** We will have fully certified officials at this meet.

**MISCELLANEOUS:**

- t-shirts will be on sale for \$15
- Full concession stand and bistro style food court will be open
- A certified athletic trainer will be on site
- Questions? Contact Tom Howley 518-878-6123 or [howley73@hotmail.com](mailto:howley73@hotmail.com).
- Note this year the 400m hurdles will be 300 hurdles.



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**ORDER OF EVENTS**

Events will run slow to fast when applicable. Girls followed by boys.

<p><b>Preliminaries</b>  <b>Track Events</b>          100m Hurdles – trials; top 8 advance to finals          110m Hurdles – trials; top 8 advance to finals          100m Dash – Frosh followed by Soph; top 8 advance to finals          1500m Run – Girls unseeded          1600m Run – Boys unseeded</p> <p>200m Dash - trials; top 8 advance to finals  <b>Finals – National Anthem</b></p> <p>3200m Relay – Sections          100m Hurdles – Girls Finals          110m Hurdles – Boys Finals</p> <p>100m Dash – Girls Middle School Championship          100m Dash – Girls Frosh Championship</p> <p>100m Dash – Girls Soph Championship          100m Dash – Boys Middle School Championship          100m Dash – Boys Frosh Championship</p> <p>100m Dash – Boys Soph Championship</p> <p>1500m Run – Girls Middle School Championship (top 8 seeds)          1500m Run – Girls Frosh Championship (top 8 seeds)          1500m Run – Girls Soph Championship (top 8 seeds)          1600m Run – Boys Middle School Championship (top 8 seeds)          1600m Run – Boys Frosh Championship (top 8 seeds)          1600m Run – Boys Soph Championship (top 8 seeds)</p>	<p><b>Field Events (top 8 advance to finals &amp; receive 3 more attempts)</b>          Girl’s Long Jump          Boy’s Triple Jump          Girl’s Shot Put (Separate MS, Frosh &amp; Soph Champions to be awarded)          Boy’s Discus          Girl’s High Jump (starts at 3’9”)          Boy’s Pole Vault (starts at 7’6”)</p> <p><b>The following events will begin immediately upon the conclusion of the above field events</b>          Girl’s Triple Jump          Boy’s Long Jump          Girl’s Discus          Boy’s Shot Put (Separate MS, Frosh &amp; Soph Champions to be awarded)          Girl’s Pole Vault (starts at 6’)          Boy’s High Jump (starts at 4’6”)</p>
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400m Relay – Sections 400m Dash – Timed Finals 300m Hurdles – Timed Finals 800m Run – Sections 200m Dash – Finals 2000m Steeplechase 1600m Relay - Sections	
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School Name: \_\_\_\_\_

School Address: \_\_\_\_\_

School Phone: \_\_\_\_\_ School Fax: \_\_\_\_\_

AD Name: \_\_\_\_\_ School PO#: \_\_\_\_\_

Girl's Coach Name: \_\_\_\_\_

Girl's Coach Phone: \_\_\_\_\_

Girl's Coach E-mail: \_\_\_\_\_

Boy's Coach Name: \_\_\_\_\_

Boy's Coach Phone: \_\_\_\_\_

Boy's Coach E-mail: \_\_\_\_\_

Entry Fees:                      \$225 co-ed team                      \$150 single gender team

    \$20 Individual                      \$45 Single Relay Team

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Make check payable to: Mohonasen Running Booster

Mail entry form & check by May 8 to: Mohonasen High School, Attn: Matt Ronca, Athletic Department, 2072 Curry Road, Schenectady, NY 12303

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