

CLARKSTOWN SOUTH TRACK & FIELD
Gold Rush

- Date:** Saturday, April 26, 2008
- Site:** Clarkstown South H.S., West Nyack, NY
- Rules:** National Federation Recognized
¼ Pyramid Spikes
Starting blocks will be available
- Track Events:** Report to the clerking area with your 3 x 5 card,
when your event is first called. Use your own cards.
- Field Events:** Check in at your venue, with 3 X 5 card, when event is called.
LJ & TJ, 3 jumps, no finals.
3 X Shot & Discus, 3 throws no finals.
- Participation:** Unlimited entry in all events including relays.
An athlete may compete in both frosh-soph and varsity events
but must adhere to **3 event rule** for the day.
- Scoring:** 6-4-3-2-1 in each division.
- Awards:** Medals to top three individuals in Frosh-Soph, Top Five in Varsity.
Medals to top three relays in both divisions.
T-shirts to All champions.
Trophies to top three teams in Varsity Meet.
Trophies to top F/S Team.
- Fees:** \$15 per relay. \$10 per individual.
\$175 per team. \$300 per school.
- Payment:** Make checks payable to: **Clarkstown South Track**
c/o Coach Ray Kondracki
31 Demarest Mill Road
West Nyack, NY 10994
- Information:** Ray Kondracki 845-624-3410 (School) X 8822 Pete Modafferi 845-634-8418
845-735-1180 (home)
rkondrac@ccsd.edu

Entries due no later than Wednesday, April 23, 2008

Gold Rush

Clarkstown South High School
Saturday, April 26, 2008

9:00 am start
Frosh-Soph

(All Events girls followed by boys unless otherwise stated)

- | | |
|-----------------------|---|
| 1. 100/110 HH | Boys LJ |
| 2. 3000M | Girls TJ |
| 3. 200M | Girls HJ |
| 4. 200M Int. Hurdles. | Boys 3 X Shot Put Relay (incomplete teams OK) |
| 5. DMR (4-2-8-16) | Girls Discus |
| 6. 4 X 100 Relay | Girls Pole Vault |
| 7. 4 X 400 Relay | |

Varsity events will not start before 11:00 am.

- | | |
|-----------------------|---|
| 1. 1500 M Race Walk | Boys LJ |
| 2. 200 M Int. Hurdles | Girls TJ |
| 3. 3000 M | Girls HJ |
| 4. 200 M | Boys 3 X Shot Put Relay (incomplete teams OK) |
| 5. 800 M | Girls Discus |
| 6. 4 X 100 Relay | Girls Pole Vault |
| 7. 4 X 400 Relay | |

Clarkstown South Track & Field
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Official Entry Form

School: _____ Total: \$ _____

Boys Coach: _____ Girls Coach: _____

Home Phone: _____ Home Phone: _____

E-mail: _____ e-mail: _____

School Phone: _____

School Address:

Individuals: _____

Relays: _____

Blanket Entry: _____

Entries Due No Later Than Wednesday, April 23,2008

**Mail To: Ray Kondracki, Meet Director
Clarkstown South High School
31 Demarest Mill Road
West Nyack, NY 10994**

**FAX # 845-624-2640
rkondrac@ccsd.edu
845-624-3448 (athletic office)
845-735-1180 (home)**