

ME-NV RED, WHITE, BLUE, AND GOLD INVITATIONAL

The Maine-Endwell Spartans and Newark Valley Cardinals Track & Field teams invite you to the 3rd annual Red, White, Blue, and Gold Invitational to be held this year at Vestal High School's new track on **Saturday April 19, 2008**. With M-E's track soon to be re-surfaced and NV's plan to begin construction in a year on an 8-lane track and field event venue, we will be able to make this an alternating-year annual event on fast, high-quality surfaces. We are most grateful to Vestal Central School for allowing us to hold this meet at their beautiful facility – which in June 2008 will be the site of the Section IV / State Qualifier Meet.

With Vestal's track being 8 lanes all around, we are able to accommodate 16 teams, rather than the 12 teams of previous meets. However, as April 19th is the last weekend of Spring Break, not everyone will have full teams. This means that there may be room for a few individuals. Please follow the guidelines on the attached sheet when entering athletes.

If you are interested in having your teams, or individuals, participate in this year's RWB& G Invitational, please send a notice of intention to Skip Williams at Newark Valley High School by **Friday, March 28th by Noon** by fax (607) 642-5292 or email: bwilliams@nvcs.stier.org. The first 16 teams to send such a notice will have a slot and we will let you know if there is room for individuals. Payment, according to the chart below, with checks payable to: Mike Cordi, should be mailed to M-E.

Actual meet entries will occur via Sydex. The deadline for entries is Wednesday, **April 16th at 5:30 pm**. Please refer to the Sydex entry procedure that was included in the Section IV Track & Field Handbook for specific entry procedure directions, if needed.

Scratches will be done on paper before the coaches' meeting; it is **not** scratch one-scratch all. But please do not waste a slot for another individual athlete by putting your athlete in an event "as insurance", as we will not be able to add substitutes on the day of the meet. Scratches will be taken up until 9:00. The coaches' meeting will follow from 9:00 until 9:15. Running Events will begin at 9:30 and Field events at 10:00.

All events will be finals. Races with multiple heats will be run from slowest to fastest. Please be accurate with your seed times on Sydex. There will be no team scores. Ribbons will be given to the top 6 place finishers. ¼" pin or pyramid spikes are permitted on Vestal's track.

Entry Fees are as follows:

\$100.00	Single Team Entry (Boys or Girls team)
\$150.00	Two-Team Entry (Girls and Boys team)
\$10.00	Per Individual

Any questions? Email/call Mike Cordi at: mcordi@stny.rr.com or mcordi@me.stier.org
(607) 754-4396 Home or (607) 754-1400 School
or Brian Trippany at: btrippany@nvcs.stier.org
(607) 657-8140 Home or (607) 642-5524 School

*Make **checks payable to: Michael Cordi** and **mail to:** Maine-Endwell High School
712 Farm-to-Market Road
Endwell, NY 13760

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This year, we are offering a new event, the 5000m run for both boys and girls. This event has not been run much at all in Section IV and it offers an opportunity for top distance runners to showcase their capabilities. The 5000m Run will replace the traditional 3000/3200m Run. We also are offering the Steeplechase for both boys and girls. However, to remove any possible temptation, the same person may not run both the 5000 and the Steeple. Also, if you are thinking of a 5000 and 1500(1600) or a Steeple and 1500(1600) double for an athlete, we urge you to seriously consider limiting such a double to only your junior and senior athletes, or not doing it.

The order of events is set up to maximize recovery time for both sprinters and distance runners. Having both the 5000 and the Steeple will allow a large amount of uninterrupted time for those sprinters who also compete in field events to get their jumps or throws in. There are (2) High Jump pits and (2) horizontal jump pits. Boys and Girls Pole Vault will compete together.

9:30 start time for Track Events

	# of entrants
110 High Hurdles (B)	2
100 High Hurdles (G)	2
5000m Run (B)	3 *
5000m Run (G)	3 *
100m Dash (B)	2
100m Dash (G)	2
Steeplechase (B)	2
Steeplechase (G)	2
400m Dash (B)	2
400m Dash (G)	2
400m Hurdles (B)	2
400m Hurdles (G)	2
800m Run (B)	3
800m Run (G)	3
200m Dash (B)	2
200m Dash (G)	2
Unseeded 1600m Run (B)	**
Seeded 1600m Run (B)	3**
Unseeded 1500m Run (G)	**
Seeded 1500m Run (G)	3**
4 x 100m Relay (B)	1 team
4 x 100m Relay (G)	1 team
4 x 400m Relay (B)	1 team
4 x 400m Relay (G)	1 team
4 x 800m Relay (B)	2 teams
4 x 800m Relay (G)	2 teams

10:00 start time for Field Events

	# of entrants
High Jump (Boys) start height 4'8"	3
High Jump (Girls) start height 4'0"	3
Discus (Boys, then Girls)***	3
Shot Put (Girls, then Boys)***	3
Pole Vault (both) start height 6'0"	3
Boys start height 7'6"	3
<u>Open Pits from 10:00 – 12:00</u>	
Long Jump (Boys)***	3
Long Jump (Girls)***	3
<u>Open Pits from 12:30 – 2:30</u>	
Triple Jump (Boys)***	3
Triple Jump (Girls)***	3

*** = Each competitor is allowed
4 jumps/throws. There
are NO finals.

Please Note: We have only 6 officials for this meet. Although we will have some parents with experience helping with events, we may need your assistance as well. Thank you.

* = all three 5000m runners must have run a 5K XC time of 19:00 (Boys) / 22:00 (Girls) or have run a 3200m (Boys) / 3000m (Girls) time of 12:00 this season.

** = 3 entries per team are allowed for the 1500/1600 event. They will be seeded accordingly.

