

**31st Annual
COOPERSTOWN'S
DON HOWARD
TRACK & FIELD
INVITATIONAL
Saturday, May 6, 2023**

School Name: _____

Coach's Name: _____

Address to send next year's information:

Phone: _____

Email: _____

_____ YES, we will participate in the Don Howard Invitational. (**FAT scoring again this year!**)

_____ NO, we will not be participating this year.

Please mail this intention form by April 1, 2023 to:

Josh Wagner
Athletic Coordinator
Cooperstown High School
39 Linden Ave, Cooperstown NY 13326

OR email: mcroft@cooperstowncs.org and

Please send vouchers with this sheet and I'll return them promptly. There is a **\$225** entry fee for each *school*. (This includes both teams.) If just entering a Girls' or a Boys' team, the entry fee will be \$125.

Please make checks payable to the Cooperstown Central School.

PLEASE READ THIS CAREFULLY AND KEEP FOR REFERENCE!

STARTING TIMES:

1:45 - 2:10: Boys and Girls Shot and Discus Weigh-In
1:45 COACH'S MEETING UNDER THE TENT
2:00 Girls Long Jump and Boys Triple Jump
Girls Pole Vault and Boys High Jump
2:15 Girls Discus and Boys Shot Put
Running Events

ENTRIES: FAT scoring! Entries due by 1:00 pm on Thursday, May 2, 2019 on ny.milesplit.com. All field event participants must sign in at site when FIRST CALL is made. Shot and Discus will be seeded in flights to facilitate marking and measuring.

SCORING: 10 - 8 - 6 - 4 - 2 - 1

NUMBER OF ENTRIES: Each school may enter **3 athletes** per event, and one team in the relay events. However, to keep the meet moving, please enter the third athlete only if there is a reasonable chance to place in the top six.

*All athletes may enter 4 events. Being listed as a relay alternate counts as an event.

JUMPING EVENTS: Both LONG JUMP and TRIPLE JUMP will be held on all-weather runways. We have jumping pits just outside the fence for both events. Both Long Jump and Triple Jump trials will be run with an open pit concept. There will, however, be called finals. Please tell your athletes to jump as soon as possible so that these events will be completed on time. They will be allowed three jumps in trials and the top seven jumpers will advance to finals for three additional jumps. The schedule is as follows:

2:00 – 3:15: Girls Long Jump and Boys Triple Jump trials (open pit)
3:20: FINALS, Girls Long Jump and Boys Triple Jump (called)
3:45 – 5:00: Girls Triple Jump and Boys Long Jump trials (open pit)
5:10: FINALS, Girls Triple Jump and Boys Long Jump (called)

AWARDS:

- Trophies to the top THREE boys teams and the top THREE girls teams
- Medals for the top THREE finishers in individual and relay events
- Ribbons for 4th, 5th, and 6th place finishers in individual and relay events
- TOP TRACK PERFORMER: for Boys and Girls
- TOP FIELD PERFORMER: for Boys and Girls
- ATHLETE OF THE MEET: for Boys and Girls

REFRESHMENTS: The CCS Booster Club will sell hot dogs, hamburgers, chips, candy, brownies, cookies, soda, etc.

- ➔ ***SPIKES ¼" OR LESS ALLOWED ON TRACK AND JUMPING AREAS.***
- ➔ ***NO TAPE IS ALLOWED ON THE RUNWAYS OR ON THE TRACK. USE CHALK (we will provide some if you need it) OR OTHER MARKERS, PLEASE.***