

28th Annual
COOPERSTOWN'S
DON HOWARD
TRACK & FIELD
INVITATIONAL
Saturday, May 5, 2018

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, 2018 to:

Connie Herzig
CCS Elementary School
21 Walnut Street
Cooperstown, NY 13326

OR email: cherzig@cooperstowncs.org

Please send vouchers with this sheet and I'll return them promptly. There is a \$200.00 entry fee for each *school*. (This includes both teams.) If just entering a Girls' or a Boys' team, the entry fee will be \$125.00.

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 3, 2018 on www.sydexsports.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.***

COOPERSTOWN'S DON HOWARD INVITATIONAL
2018 ORDER OF EVENTS:

B 1600 Relay – F	
G 1600 Relay – F	2:00: Girls Long Jump trials
B 110 H – S	Boys Triple Jump trials
G 100 H – S	3:30: Finals
B 100 - S	4:00: Girls Triple Jump trials
G 100 - S	Boys Long Jump trials
B 1600 – F	5:30: Finals
G 1500 – F	*** 3 jumps in trials, 3 more in finals
G 100 H - F	*** Top 7 competitors to finals
B 110 H – F	
B 100 - F	
G 100 - F	
B 400 - F (Timed)	1:45 – 2:10: Shot and Discus Weigh-In
G 400 - F (Timed)	2:15: Girls Discus
B 3200 & G 3000 - F*	Boys Shot Put
B 800 - F	Followed by:
G 800 - F	Girls Shot Put
B 400 IH - F (Timed)	Boys Discus
G 400 IH - F (Timed)	***3 throws in trials, 3 more in finals
B 200 - F (Timed)	***Top 7 competitors to finals
G 200 - F (Timed)	
B 3200 Relay - F	
G 3200 Relay - F	2:00: Girls Pole Vault
B 400 Relay - F	Boys High Jump
G 400 Relay - F	Followed by:
	Girls High Jump
	Boys Pole Vault

*** Bob Smullins Memorial Race:**

Bob was a lifelong competitor in track and field, competing in his last meet just months before his untimely death in 1998. Bob was also an avid supporter of high school track and field, always willing to pass on the wit and wisdom of over 50 years in the sport to a new generation of athletes. It is to honor this unique man and his many contributions to track and field at all levels, that the girls' 3000 meter run and the boys' 3200 meter run are dedicated to his memory.

COOPERSTOWN INVITATIONAL MEET RECORDS

BOYS:

EVENT	NAME	SCHOOL	MARK	YEAR
100m	Marc Sweet	Sidney	10.9	1993
200m	Dustin Ross	B-G/A	22.6	2007
400m	Goeff Bean	Oneonta	50.7	2003
800m	Matt Murray	Norwich	1:57.93	2014
1600m	Caleb Edmonds	Cooperstown	4:20.9	2010
3200m	Josh Edmonds	Cooperstown	9:40.0	2006
110m HH	Nate Gerhardt	Cobleskill-Rich.	14.54	2015
400m IH	Karl Paranya	Sidney	55.8	1993
400m Relay		Cobleskill-Rich.	44.43	2015
1600m Relay		Cooperstown	3:27.0	2011
3200m Relay		Oneonta	8:27.2	2010
Long Jump	Ben Cotter	Milford	21' 2"	2001
	Wisdom Kotoku	Cobleskill-Rich.	21' 2"	2015
Triple Jump	Marc Sweet	Sidney	44' 9"	1993
High Jump	Rich Shoemaker	Sidney	6' 4"	1995
Shot Put	Don Thorington	Cobleskill-Rich.	53' 9"	2014
Discus	Brandon McEwan	Sidney	149' 10"	1993
Pole Vault	Ryan Brennan	Cooperstown	13' 4"	1999

GIRLS:

EVENT	NAME	SCHOOL	MARK	YEAR
100 m	Nomi-Kaie Bennett	Cobleskill-Rich.	12.5	2005
200m	Nomi-Kaie Bennett	Cobleskill-Rich	26.1	2005
400m	Bethany Norris	BGA	58.6	2008
800m	Amanda Laytham	Unatego	2:21.7	2000
1500m	Amanda Laytham	Unatego	4:50.2	2000
3000m	Amanda Laytham	Unatego	10:39.4	2000
100m HH	Katelyn Guerriere	Sidney	14.6	2006
400m IH	Kim Young	Sidney	67.5	2008
400m Relay		Sidney	52.2	2000
1600m Relay		Oneonta	4:11.12	2013
3200m Relay		Cobleskill-Rich.	10:15.7	2011
Long Jump	Katelyn Guerriere	Sidney	18' ½"	2004
Triple Jump	Katelyn Guerriere	Sidney	37' 11 3/4"	2006
High Jump	Bonnie Shoemaker	Sidney	5' 5"	1991
	Amanda Haney	Sidney	5' 5"	2003
Shot Put	Brooke Bonney	Norwich	38' 3"	2014
Discus	Julie Gill	Sidney	114' 2"	1995
Pole Vault	Kristin Winn	Oneonta	9' 0"	2005
	Audrey Ostrander	Sidney	9' 0"	2002, 2003