

33RD ANNUAL IONA PREP/URSULINE TRACK & FIELD INVITAIONAL

MONDAY APRIL 5TH 2010 @ IONA PREP SCHOOL
255 WILMOT ROAD, NEW ROCHELLE

ENTRIES CLOSE FRIDAY APRIL 2ND 2010

AWARDS:

MEDALS WILL BE AWARDED TO THE FIRST SIX [6] IN ALL EVENTS!

ENTRY FEE: \$3.00 PER INDIVIDUAL EVENT
\$12.00 PER RELAY
\$300.00 GIRLS OR BOYS TEAM [BLANKET ENTRY]
\$450.00 COMBINED TEAMS [BLANKET ENTRY]

MAKE CHECKS PAYABLE TO "URSULINE SCHOOL"

MAIL ENTRIES TO: JAN MITCHELL/243 CARROLLWOOD DRIVE/TARRYTOWN/NY/10591

PLEASE REFER ANY QUESTIONS TO JAN MITCHELL AT 917-837-4042

RULES: AN ATHLETE MAY COMPETE IN ANY THREE [3] EVENTS!
ALL THROWS & JUMPS [3 ATTEMPTS - NO FINALS!]
ALL RUNNING EVENTS [FINALS ON TIME!]
HAVE FUN!
SPIKES [1/8"] MAY BE WORN IN ALL EVENTS!

** THE MEET WILL BE HELD REGARDLESS OF THE WEATHER! **

MOST OF THE WORK IN THIS MEET IS DONE BY THE MEMBERS OF THE
IONA PREP AND URSULINE TRACK TEAMS - PLEASE BE KIND TO THEM

MAXIMUM ENTRY = \$300.00 BOYS OR GIRLS TEAM!!!!

\$450.00 COMBINED TEAMS!!!!

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BOY'S FIELD EVENTS

VARSITY HAMMER

VARSITY HIGH JUMP

SOPH HIGH JUMP

FROSH HIGH JUMP

VARSITY LONG JUMP

SOPH LONG JUMP

FROSH LONG JUMP

VARSITY POLE VAULT

SOPH POLE VAULT

FROSH POLE VAULT

VARSITY TRIPLE JUMP

SOPH TRIPLE JUMP

FROSH TRIPLE JUMP

VARSITY SHOT PUT

SOPH SHOT PUT

FROSH SHOT PUT

BOY'S RUNNING EVENTS

VARSITY 400m INTERMEDIATE HURDLES

SOPH 400m INTERMEDIATE HURDLES

FROSH 400m INTERMEDIATE HURDLES

VARSITY 1500m

SOPH 1500m

FROSH 1500m

VARSITY 400m

SOPH 400m

FROSH 400m

VARSITY 800m

SOPH 800m

FROSH 800m

VARSITY 200m

SOPH 200m

FROSH 200m

VARSITY 2000m STEEPLECHASE

FROSH 2000m STEEPLECHASE

VARSITY 1600m RELAY

SOPH 1600m RELAY

FROSH 1600m RELAY

NO JAVELIN OR DISCUS WILL BE HELD THIS YEAR!

NO HIGH HURDLES/100 WILL BE HELD THIS YEAR!

GIRL' S EVENTS

GIRLS POLE VAULT	_____
GIRLS HAMMER THROW	_____
GIRLS VARSITY HIGH JUMP	_____
GIRLS SOPH/FROSH HIGH JUMP	_____
GIRLS VARSITY LONG JUMP	_____
GIRLS SOPH/FROSH LONG JUMP	_____
GIRLS VARSITY TRIPLE JUMP	_____
GIRLS SOPH/FROSH TRIPLE JUMP	_____
GIRLS VARSITY SHOT PUT	_____
GIRLS SOPH/FROSH SHOT PUT	_____
GIRLS VARSITY 400m INTERMEDIATE HURDLES	_____
GIRLS SOPH/FR 400m INTERMEDIATE HURDLES	_____
GIRLS VARSITY 1500m	_____
GIRLS SOPH/FROSH 1500m	_____
GIRLS VARSITY 400m	_____
GIRLS SOPH/FROSH 400m	_____
GIRLS VARSITY 800m	_____
GIRLS SOPH/FROSH 800m	_____
GIRLS VARSITY 200m	_____
GIRLS SOPH/FROSH 200m	_____
GIRLS VARSITY 1600m RELAY	_____
GIRLS SOPH/FROSH 1600m RELAY	_____
GIRLS VARSITY 2000m STEEPLECHASE	_____

NO JAVELIN OR DISCUS WILL BE HELD THIS YEAR!

NO HIGH HURDLES/100 WILL BE HELD THIS YEAR!

NAME OF SCHOOL: _____

NAME OF COACH: _____

COACH'S HOME PHONE: (____) _____

COACH'S EMAIL: _____

_____ NUMBER OF RELAYS @ \$12.00 = _____

_____ NUMBER OF INDIVIDUALS @ \$3.00 = _____

BLANKET ENTRY FEE _____

TOTAL _____

MAIL ENTRIES TO: JAN MITCHELL/243 CARROLLWOOD DRIVE/TARRYTOWN/NY/10591

**MAXIMUM ENTRY = \$300.00 BOYS OR GIRLS TEAM!!!!
\$450.00 COMBINED TEAM!!!**

CHECKS PAYABLE TO "URSULINE SCHOOL"

FIELD EVENTS

9:00	VARSITY LONG JUMP	GIRLS [3 JUMPS - NO FINALS]
9:30	SOPH/FROSH LONG JUMP	GIRLS [3 JUMPS - NO FINALS]
10:00	VARSITY LONG JUMP	BOYS [3 JUMPS - NO FINALS]
10:30	SOPH LONG JUMP	BOYS [3 JUMPS - NO FINALS]
11:00	FROSH LONG JUMP	BOYS [3 JUMPS - NO FIANLS]
9:00	VARSITY HAMMER	BOYS [THREE THROWS - NO FINALS]
9:30	HAMMER THROW	GIRLS [THREE THROWS - NO FINALS]
9:00	VARSITY HIGH JUMP	BOYS [5'0" UP BY 3"]
9:00	SOPH HIGH JUMP	BOYS [4'9" UP BY 3"]
9:00	FROSH HIGH JUMP	BOYS [4'6" UP BY 3"]
10:00	SOPH/FROSH HIGH JUMP	GIRLS [3'6" UP BY 3"]
10:00	VARSITY HIGH JUMP	GIRLS [4'0" UP BY 3"]
9:30	POLE VAULT	GIRLS [5' - 6' - 7' UP BY 6"]
9:30	FROSH POLE VAULT	BOYS [6'0" - 7'0" UP BY 6"]
9:30	SOPH POLE VAULT	BOYS [8'0" UP BY 6"]
9:30	VARSITY POLE VAULT	BOYS [10'0" UP BY 6"]
11:00	VARSITY TRIPLE JUMP	GIRLS [3 JUMPS - NO FINALS]
11:30	SOPH/FR TRIPLE JUMP	GIRLS [3 JUMPS - NO FINALS]
12:00	VARSITY TRIPLE JUMP	BOYS [3 JUMPS - NO FINALS]
12:30	SOPH TRIPLE JUMP	BOYS [3 JUMPS - NO FINALS]
1:00	FROSH TRIPLE JUMP	BOYS [3 JUMPS - NO FINALS]
9:00	VARSITY SHOT PUT	GIRLS [THREE THROWS - NO FINALS]
9:30	SOPH/FROSH SHOT PUT	GIRLS [THREE THROWS - NO FINALS]
10:00	FROSH SHOT PUT	BOYS [THREE THROWS - NO FINALS]
10:30	SOPH SHOT PUT	BOYS [THREE THROWS - NO FINALS]
11:00	VARSITY SHOT PUT	BOYS [THREE THROWS - NO FINALS]

RUNNING EVENTS

10:00 GIRLS VARSITY 400m INTERMEDIATE HURDLES
10:10 GIRLS SOPHOMORE/FRESHMAN 400m INTERMEDIATE HURDLES
10:20 VARSITY 400m INTERMEDIATE HURDLES
10:30 SOPHOMORE 400m INTERMEDIATE HURDLES
10:40 FRESHMAN 400m INTERMEDIATE HURDLES

10:50 VARSITY 1500m
11:00 SOPHOMORE 1500m
11:10 FRESHMAN 1500m
11:20 GIRLS VARSITY 1500m
11:30 GIRLS SOPHOMORE/FRESHMAN 1500m

11:40 VARSITY 400m
11:50 SOPHOMORE 400m
12:00 FRESHMAN 400m
12:15 GIRLS VARSITY 400m
12:25 GIRLS SOPHOMORE/FRESHMAN 400m

12:35 VARSITY 800m
12:45 SOPHOMORE 800m
12:55 FRESHMAN 800m
1:05 GIRLS VARSITY 800m
1:15 GIRLS SOPHOMORE/FRESHMAN 800m

1:25 VARSITY 200m
1:40 SOPHOMORE 200m
1:55 FRESHMAN 200m
2:10 GIRLS VARSITY 200m
2:25 GIRLS SOPHOMORE/FRESHMAN 200m

2:40 VARSITY 1600m RELAY
2:50 SOPHOMORE 1600m RELAY
3:00 FRESHMAN 1600m RELAY
3:10 GIRLS VARSITY 1600m RELAY
3:20 GIRLS SOPHOMORE/FRESHMAN 1600m RELAY

3:30 GIRLS 2000m STEEPLECHASE
3:40 VARSITY 2000m STEEPLECHASE
3:50 FRESHMAN 2000m STEEPLECHASE

MEET RULES

- 1. HAVE YOUR TEAM FIND AN AREA TO SIT ON THE HILL - HAVE YOUR TEAM CLEAN THIS AREA BEFORE LEAVING - GARBAGE BAGS WILL BE PROVIDED & THERE ARE BARRELS LOCATED ON THE HILL AND FENCE!**
- 2. BATHROOMS ARE LOCATED INSIDE THE MAIN ENTRANCE - ATHLETES SHOULD ONLY BE IN THE BUILDING FOR THIS PURPOSE - NO ONE IS TO BE IN ANY OTHER PART OF THE BUILDING AT ANYTIME!**
- 3. WARMING UP MAY TAKE PLACE ON THE TRACK UNTIL 9:45 - AFTER THIS TIME ALL WARMING UP MUST TAKE PLACE IN THE PARKING LOT OR AROUND THE CAMPUS**
- 4. ONCE THE FIRST RUNNING EVENT HAS BEGUN NO ONE [EXCEPT THOSE COMPETING IN A FIELD EVENT MAY BE INSIDE THE FENCE OR ON THE INFIELD.**

5. HAVE YOUR ATHLETES ENTER THE TRACK THROUGH ONE OF THE THREE OPEN GATES [AT THE BOTTOM OF THE STEPS OR AT EITHER END OF THE FRONT STRAIGHT-A-WAY] THEY MAY NOT JUMP THE FENCE - PLEASE INFORM THEM OF THIS RULE!!

6. CLERKING WILL TAKE PLACE ON THE INFIELD IN THE AREA MARKED OFF WITH HURDLES - YOUR ATHLETES MUST HAVE AN INDEX CARD WITH THE FOLLOWING:

A) NAME - B) SCHOOL - C) SEED
RELAYS DO NOT NEED NAMES JUST
SCHOOL AND SEED!!

7. WE WILL ATTEMPT TO GIVE OUT AS MANY MEDALS AS POSSIBLE DIRECTLY TO THE ATHLETES AT THE COMPLETION OF THE EVENTS - FIELD AND SOME RUNNING EVENTS MEDALS WILL BE PLACED IN AN ENVELOPE AT THE SCORING TABLE AT THE TOP OF THE HILL - WE TRIED THIS LAST YEAR AND IT SEEMED TO WORK WELL!