

Olean Boosters / Rieds Food Barn Track & Field Invitational 2008

Date: Saturday, April 26, 2008

Site: Olean Middle School Track

Time: 10:00 a.m. – field, 10:20 a.m. - track **Meet Chairman:** Paul Ksionzyk

Entry Fee: \$60.00 per team: \$120.00 for boys & girls
\$15.00 per individual up to \$60.00 team fee
Please make checks payable to: Olean Sports Boosters Club

Sanction: New York and Pennsylvania State Athletic Associations – NFSHSA

Entries: 2 entries per team for each individual event
1 entry per team for each relay
National Federation rules – New York State – no jewelry allowed

Entry deadline is Wednesday, April 23 by 9:00 p.m.

We will be using online entry through the Striders Track Club.

Link through **www.chautauqua-striders.org**

This is very easy to enter your athletes – type in all information needed:
Team name, coach, athletes name, yr. in school, events,
seed time/distance/height, alternates on relays

Pennsylvania coaches – please do the following when entering times:
300m hurdle(B) – add 17.5 secs. to get time for 400m hurdles
300m hurdle(G) – add 19.9 secs. to get time for 400m hurdles
1600m(G) – subtract 22 secs. to get time for 1500m
3200m(G) – subtract 48 secs. to get time for 3000m

Scratches may be made by the athlete's coach only – at the first call for the event. The athlete will be disqualified from the rest of the meet if this is not done.

Team Scoring: The meet is divided into small and large school divisions. This year we will score each division separately (to six places – 10-8-6-4-2-1)

Track: 8 lane all weather 400 meter track. High jump, Long Jump and Pole Vault runways are also all weather
Shot circle and discus circle are concrete pads

Footwear: 1/8" spikes for sprinting and jumping events recommended.
No Christmas Tree Spikes!!
Blocks will be provided for the sprinting events

Awards: Small & Large School Divisions – 1st & 2nd place team trophies
Ribbons for 6 places in individual events and relays
T-Shirts to overall individual winners including relays
Fay Cosens Most Valuable Track – boys and girls overall
Fay Cosens Most Valuable Field – boys and girls overall

Starting Heights:

Pole Vault: Boys – 8' 0" – intervals of 6" until 11' 0" then 3" until completion
Girls – 6' 0" – intervals of 6" until 8' 0" then 3" until completion
High Jump: Boys – 5' 0" – intervals of 2" until 5' 8" then 1" until completion
Girls – 4' 0" – intervals of 2" until 4' 8" then 1" until completion

Throws: Shot Put & Discus – four (4) throws

Jumps: Long Jump & Triple Jump – four (4) jumps

Notes: The order of events is final – place athletes accordingly
We have eliminated the semi's for the 100m and 100m & 110m hurdles for time and because we have automatic timing
All events will be power seeded – scorers can come from any heat
2000 meter Steeplechase for girls will be scored.
3000 meter Steeplechase for boys will be scored.

Buses: Have your drivers drop your athletes off in the Middle School parking lot and proceed across the street into the 5th St. Dresser - Rand parking lot.
Dresser – Rand has asked us to remind you they will not accept responsibility for damage or theft to buses or contents.

Concessions: The Olean Sports Boosters Club will have a concession stand open for your convenience. Please tell your athletes we have T-shirts for \$10.
There will also be programs for \$1.

Results: Complete results of the meet will be sent out to the schools as soon as possible the following week. I will also send out the results to the newspapers. If you have a paper you would like me to fax or email results – please bring me their fax number or email address and contact person the day of the meet.