

Coliseum Classic

Thursday April 30, 2020



Coaches, you are invited to the first annual Coliseum Classic held on **Thursday April 30, 2020** at **4:00PM** at Goshen High School. The purpose of this meet is to give field athletes and those who compete in relays a unique opportunity to reach their goals at our brand new, state of the art track and field facility. Your athletes will be able to enjoy a rare free weekend to themselves!

The Coliseum:

10-lane straight away, 8-lane track all the way around
4 jumping pits, 2 high jump pits, 2 pole vault pits
2 shot circles, 2 discus circles
Water pit, 4 portable adjustable steeplechase hurdles
Fully Automated Timing By Finish Lynx and AMB Chip Technology for all finishes.
All under the lights!
...There will be restrooms and concessions available on site to all athletes and spectators.

Meet Information:

1. Events will be entered onto MileSplit- **UNLIMITED!** Entries due on Tuesday, April 28, 2020 at 11:59PM.
2. NYS Public High School Athletic Association rules on participation will be enforced.
3. Only $\frac{1}{8}$ inch or $\frac{1}{4}$ inch recessed spikes are permitted on the track and runway surfaces.

Order of Events:

3:30 PM Warm ups and Check ins
3:45 PM Coaches Meeting

On the Track (Girls then Boys):

3x100m Shuttle Hurdles
3x110m Shuttle Hurdles
Distance Medley Relay (1200-400-800-1600)
Sprint Medley Relay (400-200-200-800)
Steeplechase
Swedish Relay (100-200-300-400)
Mixed 4x400m (2 Boys, 2 Girls)

Field Events:

4:00-5:30 Girl's Long Jump
4:00-5:30 Boy's Triple Jump
4:00-5:30 Girl's & Boy's Shot Put (Separate Throwing Circles)
4:00 Girl's & Boy's High Jump (Separate Pits)
4:00 Girl's Pole Vault
5:30-7:00 Boy's Long Jump
5:30-7:00 Girl's Triple Jump
5:30-7:00 Girl's & Boy's Discus (Separate Throwing Circles)
5:30 Boy's Pole Vault

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Entry Form



School	
Address	
Coach	
Phone #	
Email	

Entry Payment Information (circle one)

This is an entry fee and not a participation fee!

Boys team only: \$100

Girls team only: \$100

Blanket Fee: \$175

OR

Number of Relay Pairs/Entries _____ x \$20 = _____

Make Checks or Vouchers Payable to: **Goshen Track Club**

Mail entry to:

Goshen High School
ATTN: Gus Lawson
222 Scotchtown Ave.
Goshen, NY 10924

Fax/Scan/Email (with check to follow) to:

GHS Athletic Department
ATTN: Gus Lawson
FAX #: (845) 615-6163
Gus.lawson@gcsny.org

Meet Director: Gus Lawson

Email: Gus.lawson@gcsny.org

Cell: (845) 321-4054

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Event Information:

- ★ **Long Jump**- 8' and 12' toe boards with oversized pits. 3 jumps, NO FINALS
- ★ **Triple Jump**- 20', 24', 28', 32', 36', 40' toe boards. 3 jumps, NO FINALS
- ★ **High Jump**- Girls height progression: 4'0", 4'3", 4'6", 4'9", 5'0", 5'2", 5'4", ...
Boys height progression: 5'0", 5'3", 5'6", 5'9", 6'0", 6'2", 6'4", ...
- ★ **Pole Vault**- Girls height progression: 7'0", 8'0" (up by 1 until 6 left...then 6")
Boys height progression: 9'0", 10'0" (up by 1 until 6 left...then 6")
- ★ **Shot Put**- Separate boys/girls circles: 3 throws -- NO FINALS
- ★ **Discus**- Separate boys/girls circles: 3 throws -- NO FINALS
- ★ **Hammer**-Following boys/girls : 3 throws -- NO FINALS
- ★ **Javelin**-Separate boys/girls circles: 3 throws -- NO FINALS
- ★ **Shuttle Hurdles**- girls 3 x 100m; boys 3 x 110m
Up to 3 teams will race simultaneously on the straight
- ★ **Sprint Medley Relay**- 400m-200m-200m-800m
Top 8 seeds run in lanes. Following seeds-waterfall start.
- ★ **Distance Medley Relay**- 1200m-400m-800m-1600m
- ★ **Steeplechase**- Great opportunity to grab an entry for Championship meets
Top 2 finishers for each team will combine score
- ★ **Swedish Relay**-100m-200m-300m-400m
Top 8 seeds run in lanes. Following seeds-waterfall start.
- ★ **Mixed 4x400m Relay**- 2 boys, 2 girls

Scoring/Awards:

- ★ Relays will score 10-8-6-4-2-1
- ★ Top two field athletes for each school will combine for a score
- ★ Boys and girls will be scored separately
- ★ Medals to top 3 relay teams in each event
- ★ Team trophy to top boys and girls team

"One chance is all you need..." -Jesse Owens