



**THE FUTURES**  
AT MOHON  
**Friday, May 11**  
**4:30 pm**

The Mohonasen Running Booster Club is pleased to invite you to The Futures at Mohon, a championship style Frosh/Soph invitational designed to highlight the future stars in track & field. These young athletes will have the opportunity to perform under the lights in a top-notch facility. In addition to a traditional order of events, we will highlight the shotput, 100m dash, and 1500m/1600m runs with specific Frosh and Soph champions crowned in each event. The shotput finals will be contested on the 50 yard line under the lights (weather permitting).

We will once again award custom made glow-in-dark medals with our meet logo for the top six athletes in each event. We will also have new t-shirts for sale and a bistro style food court with some of the best homemade dishes in the area. **Coaches will receive a free t-shirt and an all-night bistro pass.** We look forward to hosting you on Friday, May 11<sup>th</sup>.

#### **Meet Information**

**DATE/TIME:** Friday, May 11<sup>th</sup> @ 4:30 pm. Scratches & changes are due by 4 pm. Please do not arrive until after 3:15 pm.

**ATHLETES:** High school qualified girls & boys in 7<sup>th</sup>-10<sup>th</sup> grades are eligible to participate (middle school athletes must have passed the APP and be on your HS team – modified athletes are not eligible to compete). Athletes may enter no more than three events.

**FACILITY:** The track is an 8 lane, all-weather track with an inside steeple water barrier. The track surrounds a new turf field and includes two new horizontal jump pits, pole vault pit & high jump pit. All events except the discus and high jump will be contested inside the track complex under full spectator view. Quarter inch or shorter spikes are permitted. Team tents & camps are permitted on the grass near the track. There are large sets of bleachers on both sides of the track and ample free parking is available. The concession stand and bathrooms are located trackside. The track is located at Mohonasen High School, 2072 Curry Road, Schenectady, NY 12303

**ENTRIES:** Please email your intent to attend the meet to receive your event entry information (and to secure your free t-shirt and bistro pass). Send school name, team (girls &/or boys), coach name, email and phone number to Bill Sherman [bsherman@mohonasen.org](mailto:bsherman@mohonasen.org). Each school is allowed three entries in each individual event and two teams per relay. We will be using Hy-Tek Meet Manager & FAT for this meet. Meet management reserves the right to limit the number of teams in order to run a quality, efficient meet. Please send an email immediately to secure your team's place in the meet. Event entries are due by 8 pm on Wed, May 9 on MileSplit.

Mohonasen Central School District  
2072 Curry Road  
Schenectady, NY 12303  
518.764.3527

**AWARDS:** The top 6 in each event will receive custom glow-in-dark medals. Medal winners will be announced over the facility PA system and will receive their awards on the turf field.

**ENTRY FEES:** \$150 for a single gender team; \$250 for co-ed teams; \$20 for single entry; \$45 for single entry relay teams. Checks should be made out to: Mohonasen Running Booster, Attn: Kate Streeter, 2072 Curry Road, Schenectady, NY 12303.



**OFFICIALS:** We will have fully certified officials for every event at this meet.

**MISCELLANEOUS:**

- Newly designed t-shirts will be on sale for \$15
- Full concession stand and bistro style food court will be open
- A certified athletic trainer will be on site
- Questions? Contact Bill Sherman @ 518.764.3527, [bsherman@mohonasen.org](mailto:bsherman@mohonasen.org)



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**ORDER OF EVENTS**

Events will run slow to fast when applicable. Girls followed by boys.

**Preliminaries**

**Track Events**

100m Hurdles (girls) – trials; top 8 advance to finals  
 110m Hurdles (boys) – trials; top 8 advance to finals  
 100m Dash – heats run by grades; top 8 advance to finals  
 1500m Run – Girls unseeded (if necessary)  
 1600m Run – Boys unseeded (if necessary)  
 200m Dash - trials; top 8 advance to finals

**Finals – National Anthem**

3200m Relay – Sections  
 110m Hurdles – Boys Finals  
 100m Hurdles – Girls Finals  
 100m Dash – Girls Middle School Championship  
 100m Dash – Girls Frosh Championship  
 100m Dash – Girls Soph Championship  
 100m Dash – Boys Middle School Championship  
 100m Dash – Boys Frosh Championship  
 100m Dash – Boys Soph Championship  
 1500m Run – Girls Middle School Championship (top 8 seeds)  
 1500m Run – Girls Frosh Championship (top 8 seeds)  
 1500m Run – Girls Soph Championship (top 8 seeds)  
 1600m Run – Boys Middle School Championship (top 8 seeds)  
 1600m Run – Boys Frosh Championship (top 8 seeds)  
 1600m Run – Boys Soph Championship (top 8 seeds)  
 400m Relay – Sections  
 400m Dash – Timed Finals  
 400m Hurdles – Timed Finals  
 800m Run – Sections  
 200m Dash – Finals  
 1500m Steeplechase w/ lighted water barrier  
 1600m Relay - Sections

**Field Events (top 8 advance to finals & receive 3 more attempts)**

Girl's Long Jump  
 Boy's Triple Jump  
 Girl's Shot Put (Separate MS, Frosh & Soph Champions to be awarded)  
 Boy's Discus  
 Girl's High Jump (starts at 3'9")  
 Boy's Pole Vault (starts at 7'6")

**The following events will begin immediately upon the conclusion of the above field events**

Girl's Triple Jump  
 Boy's Long Jump  
 Girl's Discus  
 Boy's Shot Put (Separate MS, Frosh & Soph Champions to be awarded)  
 Girl's Pole Vault (starts at 6')  
 Boy's High Jump (starts at 4'6")

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School Name: \_\_\_\_\_

School Address: \_\_\_\_\_

School Phone: \_\_\_\_\_ School Fax: \_\_\_\_\_

AD Name: \_\_\_\_\_ School PO#: \_\_\_\_\_

Girl's Coach Name: \_\_\_\_\_

Girl's Coach Phone: \_\_\_\_\_

Girl's Coach E-mail: \_\_\_\_\_

Boy's Coach Name: \_\_\_\_\_

Boy's Coach Phone: \_\_\_\_\_

Boy's Coach E-mail: \_\_\_\_\_

Entry Fees:                      \$250 co-ed team                      \$150 single gender team

   \$20 Individual                      \$45 Single Relay Team

Make check payable to: Mohonasen Running Booster

Mail entry form & check by May 4 to: Mohonasen Running Booster, Attn: Kate Streeter,  
Athletic Department, 2072 Curry Road, Schenectady, NY 12303

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