

March 12, 2019

*Dear Coaches and Athletic Directors,*

*This letter is to inform you that Middleburgh Central School is in the planning stages in preparation for the 53<sup>rd</sup> Annual Marsh-Galotta Invitational Track Meet, to be held May 4, 2019, at the high school. The Marsh-Galotta is intended to provide smaller schools (Class C or Class D), and schools with developing programs, a top-notch event in which to compete. With new coaches, new Athletic Directors, and new school administration, this year is bound to look a bit different than in the past, however we are also excited for the opportunity to maintain tradition!*

*Enclosed you will find an entry form and information regarding this year's event. We plan to be ready to go at 8 am, with entry cards due by 9 am and kick-off at 10 am! Entry fees are \$150 for single boys' or girls' teams, or \$250 for both. Due to our school calendar's scheduled Spring Break, we will need entry forms and fees returned by April 18, 2019. Checks can be made payable to Middleburgh Athletic Association. If you have any questions, feel free to contact us at [mcsathletics@middleburghcsd.org](mailto:mcsathletics@middleburghcsd.org) or 518-827-3739.*

*Thank you, and we look forward to hearing from you!*

*M. Narzymksi and P. Pierce, Co-Athletic Directors (MCS)*

**Middleburgh Central School**  
**53<sup>rd</sup> Annual Marsh-Galotta Invitational Track Meet**  
**Saturday, May 4, 2019**

**Official Entry Form**

**School:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Athletic Director:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Girls' Coach:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

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

**Email:** \_\_\_\_\_

**Please Check one:**

**Girls' Team (\$150)** \_\_\_\_\_ **Boys' Team (\$150)** \_\_\_\_\_ **Both (\$250)** \_\_\_\_\_

*\*Make checks payable to MCS Athletic Association*

*\*Mail to: MCS Athletics*

*PO Box 400, 291 Main Street*

*Middleburgh, NY 12122*

*(AD Office phone: 518-827-3739)*

**Entry forms submitted by April 18, 2019!**

**Meet Information:**

Facilities Open 8 am  
Cards Due 9 am  
Meet Begins 10 am

Scoring: 10 – 8 – 6 – 4 – 2 – 1

**Team Awards:**

*Boys' Champion and Boys' Runner-up plaques*

*Girls' Champion and Girls' Runner-up plaques*

**Individual Awards:**

*First, Second, and Third Place medals, ribbons for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> places*

*Boys' and Girls' Outstanding Runner and Fielder plaques*

**Entry Fees:**

*\$150 for girls only or boys only*

*\$250 for both boys and girls*

*Each school is allowed three (3) entries per individual event and one (1) per relay. Athletes may enter four (4) events each.*

**ENTRY CARDS:**

- *Make a separate 4x6 card for each competitor (do not make multiple entries on one card except for relays – include alternates for relays)*
- *Directions for cards:*
  1. *Use 4x6 cards (color not important)*
  2. *Clip upper corner of Girls' cards for easy identification*
  3. *Provide the following information*
    - Event*
    - First and Last name of the competitor*
    - Entry Time/Distance*
    - Name of School*
    - Coach's signature or initials*

*Questions – call the Athletic Office at 518-827-3739 or email [mcsathletics@middleburghcsd.org](mailto:mcsathletics@middleburghcsd.org)*

**MISCELLANEOUS:**

- when not competing, remain outside of the fenced area*
- no tents in the infield*
- no frisbees, balls, etc on infield*

# 53<sup>rd</sup> Annual Marsh-Galotta Invitational Track Meet

Saturday, May 4, 2019

## **Field Events:**

High Jump – Girls followed by boys	Girls' opening height: 3'8" & go up by 2" Boys' opening height: 4'6" & go up by 2"
Pole Vault – Boys followed by girls	Boys' opening height: 7' raised by 6" to 9' then 3" Girls' opening height: 6' raised by 6" to 8' then 3"
Shot Put – Girls followed by boys	3 throws – top 7 to FINALS for 3 throws
Discus – Boys followed by girls	3 throws – top 7 to FINALS for 3 throws
Long Jump – Boys followed by girls	3 jumps – top 7 to FINALS for 3 jumps
Triple Jump – Girls followed by boys	3 jumps – top 7 to FINALS for 3 jumps

## **Running Order of Events:**

### Preliminaries

100m Dash (G)	Trials
100m Dash (B)	Trials
100m Dash (G)	Semis
100m Dash (B)	Semis
3000m Run (G)	FINAL
3200m Run (B)	FINAL
100m Hurdles (G)	Trials
100m Hurdles (G)	Semis
110m Hurdles (B)	Trials
110m Hurdles (B)	Semis
200m Dash (G)	Trials
200m Dash (B)	Trials
200m Dash (G)	Semis
200m Dash (B)	Semis

### Finals

3200 Relay (G)
3200 Relay (B)
100m Hurdles (G)
100m Hurdles (B)
100m Dash (G)
100m Dash (B)
1500m Run (G)
1600m Run (B)
400m Relay (G)
400m Relay (B)
400m Dash (G)
400m Dash (B)
400m Hurdles (G)
400m Hurdles (B)
800m Run (G)
800m Run (B)
200m Dash (G)
200m Dash (B)
1600m Relay (G)
1600m Relay (B)