



THE FUTURES
AT MOHON
Friday, May 10
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 Middle School, 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. **Head coaches will receive a free t-shirt and all coaches receive a bistro pass for dinner & a snack.** We look forward to hosting you on Friday, May 10th.

Meet Information

DATE/TIME: Friday, May 10th @ 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 7th-10th 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. 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. Due to the popularity of this meet we may limit the number of schools who attend. Event entries are due by 11 pm on Tues, May 7 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: Liesha Sherman, 1100 4th Street., Rotterdam, 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 \$20
- 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



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4:30 pm

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’)

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 5’6”)
- 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: Liesha Sherman,
1100 4th Street, Rotterdam, NY 12303

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