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**Windsor Central High School****Tim Hogan****Head Varsity Football****Indoor Track & Field Assistant****Head Boys Track & Field**

Alice F. Palmer Elementary School

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Dear Coach:

I would like to invite your track teams to the 14<sup>th</sup> Annual NY/PA Invitational that is going to be held in Windsor, NY, on **Saturday, April 17, 2010 at 10:00am**. The coaches' meeting is at 9:30pm on the football field.

**Entries are limited to two per event.** Please follow the directions included for [sydexsports.com](http://sydexsports.com) to enter your athletes. Please have all of your entries online no later than Wednesday, April 14, 2010 (**before 5:15pm**). There are directions on this website for the Sydexsports system. If you have any problems please feel free to contact me. You can also get a form by going to [www.windsorad.org](http://www.windsorad.org). Go to Spring Sports and drag navigate to Track and Field. All needed information will be on the left of the screen.

Spikes are allowed on the track. A concession stand and locker room facilities will be available to competitors and spectators at the meet. Tee shirts will also be available for purchase.

Do your best with seed times. Please e-mail your NY/PA information form back as soon as possible. This form can also be found on the [www.windsorad.org](http://www.windsorad.org) website. The top 32 times will be seeded in the sprint events with the top two going to the finals. All others will be timed finals. Started heights are at the bottom of the page. Throws and jumps will be three throws – top seven to finals with three more throws.

There will be a \$200 dollar entry fee due the day of the meet (this includes both boys **AND** girls.) If it is just a boys **OR** girls team the fee is \$125. Ribbons will be awarded to the top 6 place winners. First and second place will also receive a t-shirt. First and second place teams will receive an award. Please try to send a check or claim form to me before the day of the meet. Once again please let me know if you will attend so I can plan accordingly. By sending back the form I assume you are coming. Thank you and I look forward to seeing you at our meet.

Sincerely,  
Tim Hogan  
Boys Head Track Coach

Starting Heights:

Boys HJ: 4'8    Girls HJ: 3'8    Boys PV: 8'    Girls PV: 6'

**Make checks out to: Windsor Track and Field Club****Send checks to: Palmer Elementary School****Tim Hogan****213 Main Street****Windsor, NY 13865**