
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 16th NY/PA Invitational that is going to be held in Windsor, NY, on Saturday, April 21, 2012 at 10:00 am. The coaches' meeting is at 9:30 am on the football field. **Entries are limited to two per event.** Please go to sydexsports.com to enter your athletes. Directions can be found at: <http://www.windsorad.org/pdfs/sydexentry.pdf> Please use a FAT time when seeding your athletes for all running events. If you only have a hand held time just add .24 seconds to the time. Please have all of your entries online no later than Wednesday, April 18, 2012 (**before 5:15pm**).

Everything needed for the invitational can be found at: <http://www.windsorad.org/track.shtml> All information will be on the left of the screen. Please let me know if you have any questions.

Our track has been completely resurfaced. 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 <http://www.windsorad.org/track.shtml> website. All athletes will be seeded for each event. Heat winners plus the next best times will make the finals in all sprinting events (100/200/100H/110H/4x100 Relay.) Starting 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: 5'

Girls HJ: 4'

Boys PV: 9'

Girls PV: 7'

Make checks out to: Windsor Track and Field Club

Send checks to: Palmer Elementary School

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