

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 15th Gerry O'Donnell Invitational that is going to be held in Windsor, NY, on Friday, April 29, 2011 at 5:00 pm. The coaches' meeting is at 4:30 pm on the football field. **Entries are limited to two per event.** Please follow the directions included for sydexsports.com to enter your athletes. 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 27, 2011 (**before 5:15pm**).

Enclosed are the directions for the Sydexsports system. If you have any problems please feel free to contact me. You can also get a form by going to <http://www.windsorad.org/track.shtml>. 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.

Please e-mail your Gerry O'Donnell 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. There will only be semi finals in the 100 M. Heat winners plus the next best times will make the finals. All others events will be a timed final. 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.) 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. I have a waiting list of teams that want to get into this event. 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: 5'0
Girls HJ: 4'0
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