**Yellowjacket Track and Field**

**Oneonta High School**

**Oneonta, NY 13820**

**Work: (607) 433-8251 FAX: (607) 433-8204 Home: (607) 432-6905 email:** **David.Forbes@oneonta.edu**

Hi Coach,

The Oneonta Track and Field team is hosting an invitational meet on Friday, May 8, 2015 beginning at

5:00 PM. We would like your team to join us if this is an open date for you or you are looking for a small, well run meet to attend under the lights.

The Particulars:

Order of Events: see attached document. Again, we will substitute a SMR and DMR relay in place of the usual 4X400 and 4X800, a MILE run in place of the 1600m/1500m run, and a 2000m/3000m steeplechase in place of the 3000m/3200m run.

Entry Fee: $150.00 per school. Please make checks payable to: “Oneonta Varsity O Club” and have them sent to:

Mr. Joe Hughes

Athletic Director

Oneonta High School

130 East Street

Oneonta, NY 13820

Awards: Team: 1st and 2nd place trophies for boys and girls

 Individual: 1st, 2nd 3rd place: t-shirt; 4th through 6th places: ribbons

Concession Stand: There will be a concession stand available with the usual food and drink.

Intent: Please send your intent to the above e-mail address on or before April 1 so that we can plan for the number of teams attending.

Entries: You are allowed 2 entries per individual event plus a third if you think he/she is capable of placing in the top six places, and one relay team. Please use the Sydex system to enter **ACCURATE** seeds on or before Wednesday, May 6. Notice that we will only run semis for the 100m dash – that’s why your seeds need to be accurate.

Odds and Ends: Oneonta has an all-weather track and run-ways on which athletes can wear ¼” or less spikes. There are 8 lanes for the 100m and high hurdle races, 6 lanes around. Any coach, parent, etc who would like to work a field event or be a timer is encouraged to do so even though we will have all events covered – more help, faster results!!!!!

Hope you can make the meet. Good luck with the upcoming season.

Dave Forbes, Girls Head Coach

Brady Cotter, Boys Head Coach