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## Sponsors

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Presented by  
The Mohonasen Running Boosters

Friday, May 13, 2016

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## Special Thanks

*Matthew Stein, Mohonasen Director of Physical Education, Health and Athletics*

*Joe Mayo, Mohonasen Director of Operations and Facilities*

*Liesha Sherman, President, Mohonasen Running Boosters*

*Ron Berube, Director of Development, Mohonasen Running Boosters*

*Mohonasen Running Boosters Volunteers*

*Danielle & Steve Belcastro, Deb & Ron Berube, Renee & Dwight Calkins, Danielle Degener, Deb Dilbone, Maria Esposito, Toni Gross, Tara, Jared & Declan Halliday, Katie Hamblet, Joanne & Jed Ingersoll, Michael Jenks, Robin & Erik Liitt, Steve Maynard, Steve Nicholson, Sandi & Billy Paul, Lori & Dave Phillips, Nina Racana, and Kathy Woodward*

*Mohonasen Track & Field Staff*

*Chuck DeVito, Jamie Dilbone, Andrew Garaji, Tom Geddes, Jeff Hayes, Heather Hill, Ray Kearney, Kate Murnane, Patrick Petty, Tyler Ronan, Bill Sherman, Nikki Steele*

**Mohonasen Central School District**  
2072 Curry Road  
Schenectady, NY 12303  
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# Order of Events

Heats will run slow to fast when applicable  
Meet begins at 4:30 pm

## Track Events

### Preliminaries

100m Hurdles Girls – trials; winner of each heat + next 5 advance to finals  
110m Hurdles Boys – trials; winner of each heat + next 5 advance to finals  
100m Dash – Girls Middle School, Frosh, & Soph; winner of each heat + next best advance to finals  
100m Dash – Boys Middle School, Frosh, & Soph; winner of each heat + next best advance to finals  
1500m Run – Girls unseeded  
1600m Run – Boys unseeded  
200m Dash Girls - trials; winner of each heat + next 3 best advance to finals  
200m Dash Boys - trials; winner of each heat + next 3 best advance to finals

### Finals – National Anthem

3200m Relay – Sections  
100m Hurdles – Girls Finals  
110m Hurdles – Boys Finals

### The Empire State Sports Council 100m Dash

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

### The Transtech Systems 1500m Run

1500m Run – Girls Middle School Championship  
1500m Run – Girls Frosh Championship  
1500m Run – Girls Soph Championship

### The Transtech Systems 1600m Run

1600m Run – Boys Middle School Championship  
1600m Run – Boys Frosh Championship  
1600m Run – Boys Soph Championship

400m Relay – Sections  
400m Dash – Timed Finals  
400m Hurdles – Timed Finals  
800m Run – Sections  
200m Dash – Finals  
1500m Girls Steeplechase  
1500m Boys Steeplechase  
1600m Relay - Sections



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# Order of Events

## 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; preliminaries at circle near road; finals on stadium infield)  
Boy's Discus  
Girl's High Jump (starts at 3'6"; increases by 3" until 4'6" then by 2")  
Boy's Pole Vault (starts at 7'6")

**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; preliminaries at circle near road; finals on stadium infield)  
Girl's Pole Vault (starts at 6')  
Boy's High Jump (starts at 4'0"; increases by 3" until 5'0" then by 2")

