



Covington Catholic High School

April 11, 2008

Dear Freshman Track Coach:

Covington Catholic High School extends an invitation to your school's freshman track team to compete in the 30th Annual Covington Catholic Freshman Track Invitational. The meet will be held on Monday May 5, 2008 beginning at 4:00 p.m. **All events are finals, and there will be no 3200 Run, Triple Jump, or Pole Vault.**

The entry fee will be \$50.00 per team (boys and girls teams separately). A team championship trophy and runner-up trophy will be presented to the top two teams. Medals will be awarded to the top three places in each event. Ribbons will be presented to those who finish in 4th, 5th & 6th places.

In order to be eligible to compete in this meet, a competitor must be a freshman or younger and may not turn 16 years of age prior to August 1, 2008. A freshman who has competed at the reserve and/or varsity level may compete in this invitational.

Covington Catholic's all-weather track necessitates the competitors wear flats or shoes with spikes no longer than 1/8". Anyone wearing spikes longer than 1/8" will be disqualified from the entire meet.

Points will be awarded on the basis of 10, 8, 6, 4, 2, 1 in all events.

If you plan to participate in this year's meet, please return the colored page enclosed with this letter along with your entry fee payable to Covington Catholic Athletic Department. **Your entry must be received by Thursday, May 1, 2008.**

Thank you for your past, and hopefully continued interest and support of this meet! Good luck to you and your team throughout the 2008 track season.

Sincerely,

A handwritten signature in blue ink that reads "Joshua McCoy".

Joshua McCoy
Meet Manager

A handwritten signature in blue ink that reads "Mike Guidugli".

Mike Guidugli
Athletic Director

FRESHMAN TRACK ENTRY FORM

SCHOOL _____

COACH: _____

HOME PHONE: _____

WORK PHONE: _____

EVENT	ENTRY #1	TIME/DIST	ENTRY #2	TIME/DIST
110 HH				
100				
1600				
400 RELAY				
800 RELAY				
400				
300 IH				
800				
200				
3200				
1600 RELAY				
3200 RELAY				
DISCUS				
SHOT PUT				
LONG JUMP				
HIGH JUMP				
POLE VAULT				
TRIPLE JUMP				

PLEASE TYPE OR CLEARLY PRINT IN BLOCK LETTERS.

OR E-MAIL TO MIKE GUIDUGLI AT:

MGUIDUGLI@COVCATH.ORG