



R
o
c
k
e
t

T
r
a
c
k

Richard Montgomery Track and Field

250 Richard Montgomery Dr.

Rockville, MD 20852

Head Coach: Ben Opiari

4/23/97

March 18, 1997

Dear Coaches:

The Richard Montgomery High School Track and Field program will once again host our annual Rocketthon this year on May 2, 1997. The meet is a team decathlon, scored on the Portuguese Decathlon scoring table adjusted to fit the meet. Points for each squad are accumulated based on the strength of the performances, not on the overall place among competitors, according to the sliding scoring scale of the decathlon. A school may enter multiple squads, but each athlete may enter only one individual event. However, the athletes may cross over to other squads to run on relay teams from other squads. Thus, a runner is permitted to run in one individual event and three relays. This allows schools to run their best relay teams without the pressure of multiple individual events or other medley relays. Awards are given to the top six finishers in each event, and trophies will be awarded to the top boys and top girls squad.

The meet is held on Friday night to prevent any conflict with SAT's. Field events begin at 5pm, with running events beginning at 5:30. The cost is \$50 per squad (boys and girls separate), or \$90 for both. Additional squads are \$10 each. Entries are due Wednesday, April 23. If you enter B squads, please photocopy the entry form for your additional entries. Make checks payable to Richard Montgomery High School, and send all entries to the address listed on the enclosed entry form. We are sure you will find this an enjoyable meet with keen competition. If you have any questions, please call me at 301 840-5498 or email at bopipari@erols.com.

Sincerely,

Ben Opiari
RM Track Coach

Phone: (w)301 279-8400 H(301) 840-5498

Fax: 301 279-8428

email: bopipari@erols.com

Rockethon Records

	Boys	Girls
3200m Relay	Quince Orchard 1991 8.28.57	Whitman 1990 10.14.30
800m Relay	Wootton 1991 1.31.19	Blair 1993 1.45.49
400m Relay	Wheaton 1995 44.00	Blair 1993 50.7
1600m Relay	Springbrook 1991 3.27.89	RM 1992 4.21.71
Shot	M. Nkwenti (Wootton) 50'3" 1995	Singleton (Seneca V.) 32'2 1/2" 1995
Discus	Nkwenti (Wootton) 151'01" 1995	Brown (Wootton) 100'06" 1992
100m	Kum (Wheaton) 11.00 1995	Taylor (Rockville) 1990 Pratt (Blair) 1992 12.92
200m	Cooper (Seneca Valley) 22.45 1992	Wilson (Einstein) 26.10 1995
400m	Scott (RM) 50.00 1994	Coe (SV) 60.08 1992
800m	Mundy (Springbrook) 2.01.75 1991	Huo (Wootton) 2.27.5 1990
1600m	Parlette (Rockville) 4.32.99 1990	Cardy (SV) 5.14.3 1994
High Hurdles	Paterson (B-CC) 14.94 1993	Finley (Einstein) 15.50 1995
Long Jump	Carter (SV) 20' 8 1/2" 1994	Sloan (Wheaton) 15' 8 1/2" 1990
High Jump	Kabwasa (SV) 6'3" 1992	Mortensen (Wootton) 5'0" 1994