

## **Revised policy for Selection for the Boys & Girls Invitational High School Mile at the 103rd Annual Millrose Games**

Two of the featured events at the Millrose Games are the “Boys One Mile Run” (contested since 1974), and the “Girls One Mile Run” (since 1984). Each of these events brings together, by special invitation, TEN (10) of the top scholastic milers in the East to race at New York City’s famous Madison Square Garden. **The Millrose Games celebrates its 103rd edition on Friday, January 29, 2010.**

These are **“scholastic events” sanctioned by National Federation of State High School Associations and the State of New York.** therefore, **all competitors must represent their school and wear their school’s team uniform.**

The Millrose Games’ long-established policy for selecting competitors is based on evaluating each candidate’s **“One Mile Performance Profile”**, which includes:

- Honors Won (i. e. winning and placing high in major [interstate] meets)
- Win-Loss Record against other top prep milers
- Time Performances at **ONE MILE, 1500m, and 1600m**
- Rankings on National and Eastern Performance Lists

Each potential candidate’s array of MILE performances in major meets are reviewed, beginning with the 2009 Indoor Season, with particular emphasis on respective State Championships, National Scholastic Indoor Championship (NY Armory), and Nike Indoor Nationals (Boston, MA). Outdoors, our focus is on 2009 State Championships, as well as **“major interstate meets”**: Arcadia, Penn Relays, Hartford, Loucks, etc., with primary emphasis on “end-of-season” competitions such as the Golden West Invitational, **Nike Outdoor Nationals**, USATF Junior Nationals, USATF Youth Championships, Junior Olympics and various State “Summer Games”.

By early Fall we will have identified two groups of candidates. **Our elite list consisting of those 2009 underclass milers ranked by Track & Field News and DyeStat among all the USA’s top 10-15 for the mile** (plus 1,500/1,600m converted.) **For the boys, that usually means sub-4:12.0.** For the girls, that usually means **sub-4:50.0** In December, we will contact these nationally-ranked milers to determine their **interest, availability, and authorization to participate.** In most years, there are only 1 or 2 in this group, and if they commit to compete—a “pre-season” Millrose Games HS Mile invitation is confirmed.

At this point, it should be noted that the NYC Armory Track and Field Center, under the leadership of Dr. Nobert Sander, Executive Director, has assumed a consequential role to assist the Millrose Games in continuing their long history and tradition as New York’s premier “athletics happening”, and especially to enhance and upgrade the High School Events Schedule of our century-old iconic meet.

In this regard...**in addition to the six selectees who earn their invitations to the Millrose High School Mile(s) as a result of performances achieved in the meets listed on reverse...that ranks them...time-wise...at the top of all scholastic milers in the East...on or before January 16, 2010...the Armory’s HS Committee, headed up by Tim Fulton, will determine the remaining four selectees,** as follows...winners of the Hispanic Games mile at the Armory on January 9<sup>th</sup>...winners of the Millrose HS Mile Trials [new event] at the Armory on January 13<sup>th</sup>. [Boys winner must run sub-4:20.00...Girls sub-5:00.00] Finally, Two “At Large” selections [Three, if requisite times are not produced at above Trials].

**Again, we rely only on One-Mile performances.** Additionally, be aware that performances achieved at “Intra-State”, non-scholastic, or “Open” meets/events **will NOT be considered for a Millrose invitation.** *And, although we review major 2009 cross country meets, primarily to determine current elite competitive fitness, it should be stressed that winning and/or setting course records at these meets is NOT a significant factor in considering Millrose Mile participants, as often the best 5,000m harriers are not top-quality milers.*

**We emphasize that winning the Mile (or placing in top 2-3-4) at these designated meets does not ensure an invitation to the Millrose Games—other than the automatic Armory meets specified above.** For example, winning the Yale Invitational Boys Mile in 4:21.20, while several others have run sub-4:18.50 at any of the earlier 2009-2010 designated Indoor Meets would considerably lessen that individual’s chances of being selected.

Finally, all accepted invitees in the Boys and Girls High School Miles must agree **NOT** to run in any scheduled meet after Sunday, January 24<sup>th</sup>, to ensure being in peak competitive condition for our national-level event(s). Failure to comply with this provision of the selection process will result in our invitation to participate in the 2010 Millrose Games being immediately withdrawn.

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## **2009-10 MAJOR EASTERN HIGH SCHOOL INDOOR MEETS ~ DESIGNATED AS MILLROSE "QUALIFIERS"**

- **Saturday, December 12 ~ HOWARD COUNTY WINTER TRACK FESTIVAL.** Prince Georges County Sports Complex, Landover, MD Sanctioned by MPSSAA for competitors from MD, DC, VA, PA & DE only. 200m **flat** track  
Contact: Norman Belden @ (W) 410-880-5988... (Fax) 410-880-5996... (C) 410-917-8010 or [norman\\_belden@hcpss.org](mailto:norman_belden@hcpss.org)
- **Saturday, December 19 ~ 56th BISHOP LOUGHLIN GAMES.** NYC area "Season Opener" at NY Armory Track & Field Center, 168th St. & Broadway, NYC ~ 6-lane **banked** 200m Mondo Track. Contacts: Ed Bowes @ 718-857-2700 ext. 2233 or Mike Botti @ 718-788-0716...[BLGames.org](http://BLGames.org)
- **Sun-Mon, December 27-28 ~ SETON HALL GAMES.** Regan Field House, Seton Hall University, South Orange, NJ Individual events, including **B & G Mile on 12/27.** Relays 12/28. Contact: John Marshall @ 973-761-9639 or [marshajo@shu.edu](mailto:marshajo@shu.edu)
- **Monday, December 28 ~ 2nd ANNUAL BOSTON HOLIDAY CHALLENGE.** Reggie Lewis Track Center, Roxbury Crossing, MA ~ 6-lane **banked** 200m Mondo Track [where Nike Indoor Nationals are held in March]  
Contact: Bill Jennings [jetjennings@aol.com](mailto:jetjennings@aol.com)
- **Wednesday, December 30 ~ FIRST ANNUAL RHODE ISLAND HS CLASSIC,** Athletic Wing of Career & Technical HS, Providence, RI. (New Facility...w/ 200m **flat** synthetic track- spikes OK) [Replaces traditional Brown Univ. Invitational Meet]  
Contact: Bob Rothenberg @ 401-294-9946 or [arothernberg2@cox.net](mailto:arothernberg2@cox.net)
- **Saturday, January 9 ~ 16<sup>TH</sup> CITIBANK HISPANIC GAMES. "Automatic Qualifier"** NYC Armory Track/ Field Center. 6-lane **banked** 200m Mondo track. Contact: Tim Fulton @ 212-923-1803 ext. 36 or [tim@armorytrack.com](mailto:tim@armorytrack.com)
- **Fri-Sat, January 8-9 ~ 41<sup>th</sup> DARTMOUTH RELAYS.** Leverone Field House, Dartmouth College, Hanover, NH Top H.S. competitors from 8 states & Canada (200m **flat** synthetic- spikes OK) DMR on 1/8... **B & G Mile on 1/9**  
Contacts: Barry Harwick @ 603-646-2540 or [barry.harwick@dartmouth.edu](mailto:barry.harwick@dartmouth.edu) or [www.lancertiming.com](http://www.lancertiming.com)
- **Saturday, January 9 ~ MONTGOMERY INDOOR INVITATIONAL.** Prince Georges County Sports Complex, Landover, MD Top competitors from MD, DC, VA, PA, DE only. 200m **flat** track  
Contact: Tom Rogers @ (c) 240-476-1720 or (H) 301-770-7292 or [Thomas\\_W\\_Rogers@mcpsmd.org](mailto:Thomas_W_Rogers@mcpsmd.org)
- **Wednesday, January 13 ~ "NEW" MILLROSE MILE "TIME" TRIALS,** NYC Armory Track/ Field Center. 6-lane **banked** 200m Mondo track. Contact: Tim Fulton @ 212-923-1803 ext. 36 or [tim@armorytrack.com](mailto:tim@armorytrack.com)
- **Saturday, January 16 ~ ARCHBISHOP MOLLOY-STANNER GAMES.** NYC Armory Track & Field Center. 6-lane **banked** 200m Mondo track. Contact: Joe Dombrowski @ 718-441-2100 (school) or 718-849-8251 (Fax) or [jdombrowski@molloyhs.org](mailto:jdombrowski@molloyhs.org)
- **Fri-Sat, January 15-16 ~ 28<sup>TH</sup> YALE TRACK CLASSIC.** Coxe Cage, Yale University, New Haven, CT (200m **banked** synthetic track-spikes OK) Top HS competitors from 8 states. DMR on 1/15. **B & G Mile on 1/16.**  
Contact: (Boys) Dan Ireland @ 203-432-1404 or [daniel.ireland@yale.edu](mailto:daniel.ireland@yale.edu)...(Girls) Mark Young @ 203-432-1405, [mark.young@yale.edu](mailto:mark.young@yale.edu)

**"To Level the Playing Field" ...these meets run a MILE and are held on 200 meter tracks...SIX BANKED...FIVE FLAT!**

**\*\* IMPORTANT NOTE: Saturday, January 16 is the last day performances will be considered for selection for the Invitational Boys and Girls High School Mile Races at the 2010 Millrose Games on Friday, January 29th at Madison Square Garden, New York City.**

**QUESTIONS? Contact...**

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**"TO RANK WITH 'EM...YOU'VE GOT TO COMPETE WITH 'EM"...per Neil Kerr, Editor/NYSSWA**

MPA Cross Country State Championships - 11/7/2009

Maine State XC Championships

Twin Brook Recreation Area, Cumberland Center

Results ~~ 11/7/09

Event 2 Boys 5k Run CC All Classes [A, B, C] Combined

Name	Year School	Finals	Points
**PLACES 1-25 QUALIFY FOR NEW ENGLAND CHAMPIONSHIP MEET**			
1 Will Geoghegan	SR Brunswick	15:43.37	1
2 Nate Hathaway	SR Scarborough	15:46.09	2
3 Alex Moser	SR York High School	16:14.32	3
4 Jason Kaake	SR Morse High School	16:14.94	
5 Kelton Cullenberg	SR Mt. Blue	16:15.59	4
6 Liam Cassidy	SR Brunswick	16:18.99	5
7 Silas Eastman	Fryeburg Academy	16:21.44	6
8 Mark McCauley	SR Greely High School	16:27.18	7
<b>9 Luke Fontaine</b>	<b>SR Cony High School</b>	<b>16:32.66</b>	<b>8 [6.Class A]</b>
10 Jack Terwilliger	JR Cheverus	16:42.14	9