11th ANNUAL

LAST CHANCE MEET @ MASSAPEQUA HIGH SCHOOL



MONDAY-JUNE 4th, 2018

**Please contact the following coaches with any questions or concerns:**

**Rich Degnan:** **mbundr8029@aol.com**

**Mike Dellicurti: MDellicurti@msd.k12.ny.us,**

**Location: Massapequa High School Time: 4:15 PM-8:30 PM**

**4925 Merrick Road Clerking: Begins at 4:00 pm**

**Massapequa, NY 11758 Coaches meeting at 3:50 pm**

**Coaches Instruction Sheet**

**Entries** Entry due date is Saturday, June 2, 2018. Our fax number is 516-308-5089

**Just a reminder, that once an entry is accepted, the entry fee must follow.**

**The fee is an entry fee and not a participation fee.**

**Eligibility** An athlete may compete in any **three events**.

**Relays** You do not have to seed your relays. Your relays will be seeded the day of the meet. Seeded sprint heats will be run in lane. All others may run off common start.

**Field Events** **Boys Opening Heights Girls Opening Heights**

 High Jump 5’ 2” High Jump 4’2”

 **In the shot put, discus long and triple jump: all the first jumps and throws will be**

 **measured. After that only those over a certain distance will be measured.**

**Entry Fees: Section VIII Individuals: $15.00 per event.**

**Non Section VIII Individuals $20.00 per event**

**Relays: $40.00 per event or use the blanket entry option.**

**Section VIII teams:** $170.00 Boys team, $170.00 Girls team or $320.00 combined team. Officials will be split between Section VIII schools and billed through BOCES.

 **Non-Section VIII teams**: $20 per individual, $180 per team and $330 for combined team.

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 **BOYS INDIVIDUAL EVENTS GIRLS INDIVIDUAL EVENTS**

**\_\_\_\_\_ 400 METER HURDLES \_\_\_\_\_ 400 METER HURDLES**

\_\_\_\_\_ **100 METER DASH** \_\_\_\_\_ 1**00 METER DASH**

\_\_\_\_\_ **1600 METER RUN**  \_\_\_\_\_**1500 METER RUN**

\_\_\_\_\_ **800 METER RUN**  \_\_\_\_\_ **800 METER RUN**

\_\_\_\_\_ **3,200 METER RUN**  **\_\_\_\_\_ 3,000 METER RUN**

\_\_\_\_\_ **110 HIGH HURDLES \_\_\_\_\_ 100 HURDLES**

**BOYS FIELD EVENTS GIRLS FIELD EVENTS**

**\_\_\_\_\_ HIGH JUMP \_\_\_\_\_ HIGH JUMP**

**\_\_\_\_\_ LONG JUMP \_\_\_\_\_ LONG JUMP**

**\_\_\_\_\_ SHOT PUT \_\_\_\_\_ SHOT PUT**

**\_\_\_\_\_ DISCUS \_\_\_\_\_ DISCUS**

**\_\_\_\_\_ TRIPLE JUMP \_\_\_\_\_ TRIPLE JUMP**

**BOYS RELAYS EVENTS GIRLS RELAYS EVENTS**

**\_\_\_\_\_ 400 METER RELAY \_\_\_\_\_ 400 METER RELAY**

**\_\_\_\_\_ 800 METER RELAY \_\_\_\_\_ 800 METER RELAY**

**\_\_\_\_\_1600 METER RELAY \_\_\_\_\_1600 METER RELAY**

**\_\_\_\_\_3200 METER RELAY \_\_\_\_\_3200 METER RELAY**

**\_\_\_\_\_4 X 1600 METER RELAY \_\_\_\_\_4 X 1600 METER RELAY**

**\_\_\_\_\_ TEXAS SPRINT MEDLEY RELAY (1-1-2-4) \_\_\_\_\_ TEXAS SPRINT MEDLEY RELAY (1-1-2-4)**

**\_\_\_\_\_SWEDISH RELAY (1-2-3-4) \_\_\_\_\_SWEDISH RELAY (1-2-3-4)**

**\_\_\_\_\_ SPRINT MEDLEY (2-2-4-8) \_\_\_\_\_ SPRINT MEDLEY (2-2-4-8)**

**\_\_\_\_\_ SHUTTLE HURDLE RELAY (4) \_\_\_\_\_ SHUTTLE HURDLE RELAY (4)**

**ENTRY FEE:**

**Option A Blanket entry: Section VIII Non-Section VIII**

**Team entry fee: $170.00 $180.00**

**Boys/Girls program blanket entry: $320.00 $330.00**

**Option B**

**TOTAL # OF INDIVIDUALS \_\_\_\_\_X $15.00 \_\_\_\_\_\_\_**

**Non-Section VIII teams \_\_\_\_\_X $20.00 \_\_\_\_\_\_\_**

**TOTAL # OF RELAYS \_\_\_\_\_X $40.00 \_\_\_\_\_\_\_**

**TOTAL ENTRY FEE \_\_\_\_\_\_\_**

**MINIMUM ENTRY FEE IS $20.00**

**TOTAL # OF ATHLETES COMPETING \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **Each participating Section VIII school will be billed through BOCES for one official**

ENTRIES ARE DUE BY Saturday, June 2, 2017. LATE ENTRIES ARE SUBJECT TO REJECTION.

JUST A REMINDER, ONCE AN ENTRY IS ACCEPTED, THE ENTRY FEE MUST FOLLOW.

THE FEE IS AN ENTRY FEE AND NOT A PARTICIPATION FEE.

**MAKE CHECKS PAYABLE TO:** **Massapequa High School** **TAX ID NUMBER AVAILABLE UPON REQUEST**

**MAIL TO:** **John Piropato Fax # 516-308-5081**

**Athletic Director**

 **4925 Merrick Road**

 **Massapequa, NY 11758**

SCHOOL NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COACH'S NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COACH’S PHONE #\_\_\_\_\_\_\_\_\_\_\_\_\_

SCHOOL ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_STATE \_\_\_\_\_\_\_\_\_\_\_\_\_ZIP\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SCHOOL PHONE # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ATHLETIC DIRECTOR SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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MONDAY-JUNE 4th, 2018

**ORDER OF EVENTS**

**Monday, June 4 – Field Events**

4:30 Girls and Boys High Jump will be run concurrently

4:30 Boys Discus followed by Girls Discus Fields may be limited

4:30 Boys Long Jump followed by Girls Long Jump

6:00 Boys Triple Jump followed by Girls Triple Jump

6:30 Girls Shot followed by Boys Shot Fields may be limited

**Monday, June 4 - Running Events**

**3:50 Coaches Meeting and event auction**

**4:15** Boys Shuttle Hurdle Relay (4-person relay)

 Girls Shuttle Hurdle Relay (4-person relay)

 Boys 4 x 1600-Run Simultaneously with the SHR

 Girls 4 x 1600-Run Simultaneously with the SHR

 Boys SMR (2-2-4-8)

 Girls SMR (2-2-4-8)

 Boys 400 Meter Relay – Final on time

Girls 400 Meter Relay – Final on time

 Boys 3200-meter run

Girls 3000-meter run

 Boys 400 IH

 Girls 400 IH

 Boys 800-meter run

 Girls 800 Meter Run

 Boys Swedish Relay (1-2-3-4)

 Girls Swedish Relay (1-2-3-4)

 Boys 100 Final

Girls 100 Final

 Boys 1600-meter run

 Girls 1500-meter run

 Boys 800 Meter Relay – Final on time

 Girls 800 Meter Relay – Final on time

 Boys 110-meter hurdles Final on time

 Girls 100-meter hurdles Final on time

 Boys 400 Finals

Girls 400 Finals

 Boys 3200 Meter Relay

 Girls 3200 Meter Relay

 Varsity Boys 1600 Meter Relay

 Varsity Girls 1600 Meter Relay

 Boys Texas Sprint Medley (100-100-200-400) Final

 Girls Texas Sprint Medley (100-100-200-400) Final

 **This meet will move very quickly so please have your athletes ready two events ahead.**