

18th Annual Bulldog Invitational

Hewlett High School



May 16, 2020

Coaches' Notes

- 1) Remember that this is an entry fee, not a participation fee. This meet is sponsored by Hewlett High School and enforces all NF, NYSPHAA and Section VIII rules.
- 2) **Entry Fee:** Flat Fee of \$150/team or \$300 for combined B/G entry (not school).
 - a. Schools will also be billed for one/part of an official each through BOCES.

****Make checks payable to "Hewlett Varsity Club"****

Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!

- 3) 3 event limit. (Pentathlon counts as 3 events.)
- 4) Awards: Medals to top 6 in all seeded events and top 3 in all open events and all relays. Trophies for Track AOM & Field AOM for both boys and girls.
- 5) Equipment: Starting blocks and ¼" spikes are allowed. Bring your own batons.
- 6) Send in your paperwork ASAP! If you have any questions feel free to contact us.
 - a. Eamon McHugh – runhard400@gmail.com
 - b. Stephen Honerkamp – coachh101@aol.com
- 7) Concessions: Once again we have gone out of control this year! The Barbeque Pit will be open for concessions, and will be selling great gear and t-shirts.

Instructions for Seeded Events

- **AGAIN!**- We will be using www.just-in-time-racing.com for results and timing.
- Based upon coaches input, ***please only email in entries for any athletes you want to enter in the pentathlon. All other events will be clerked the day of the meet.***
- Instructions on how to enter online seeds will follow upon receipt of your entry.

Bulldog Invitational

****Pole Vault starts at 8:30!!****

Order of Events (9:00 start – First event called at 8:45 – Boys followed by Girls)

Middle School 4x100m Relay – NEW EVENT!! 9:00 START TIME
Girls' 1500m racewalk
Pentathlon 110HH
110HH
Pentathlon 100HH
100HH
4x100m – semi
Hewlett Elementary School 4x100
1600m/1500m – seeded (3 entrants maximum – all else run open)
100m – open semi
100m – seeded semi
400IH
100m – open final
100m – seeded final
400m – seeded
400m – **SENIORS ONLY (everyone gets a medal)**
4x100m – final
800m
Swedish Medley Relay – (100-200-300-400)
SMR – (100-100-200-400)
Coaches/Alumni SMR Relay (100-100-200-400)
200m
Throwers 4x100m (Each athlete must have been in either the shot or the disc to be eligible.)
4x400m
1600m/1500m – open

Field Events (see attached grid for entry limitations)

Pole Vault – Girls / Boys (8:45 start) **Starting Heights – Boys = 9' / Girls = 7'**
High Jump – Boys & Girls together – 2 mats (after the conclusion of the pentathlon HJ)
Starting Heights – Boys = 5'4" / Girls = 4'4"

The first legal mark will be measured then athletes must meet the minimum to be measured.

Shot Put – Boys Seeded / Girls Seeded / Boys Open / Girls Open

Minimum Distances – Boys = 35' / Girls = 25'

Discus – Girls / Boys

Minimum Distances – Boys = 90' / Girls = 70'

Interior Runway – Girls Seeded LJ / Boys Seeded LJ / Boys TJ / Open LJ G-B

Pole Vault Runway – Girls TJ (at the conclusion of the PV)

Minimum Distances – Boys = 18' and 36' / Girls = 14' and 28'

Event Grid

You do NOT need to send this in!

This is for your purposes only to make sure you email in any PENTATHLON entries and that you do not plan to enter more athletes than you are allowed to in any event.

Event	Seeded	Open
100m	no limit	no limit
200m	no limit	not contested
400m	no limit	Senior Only Race
800m	no limit	not contested
1600m/1500m	3 entrants maximum	no limit
110HH/100HH	no limit	not contested
400IH	no limit	not contested
Girls 1500m Walk	no limit	not contested
4x100m	2 teams maximum	not contested
4x400m	2 teams maximum	not contested
Sprint Medley Relay (1-1-2-4)	2 teams maximum	not contested
Swedish Relay (1-2-3-4)	2 teams maximum	not contested
Throwers 4x100m	2 teams maximum	not contested
Middle School 4x1	no limit	not contested
Pole Vault	3 entrants maximum	not contested
Shot Put	3 entrants maximum	2 entrants maximum
Discus	5 entrants maximum	not contested
High Jump	3 entrants maximum	not contested
Long Jump	3 entrants maximum	2 entrants maximum
Triple Jump	3 entrants maximum	not contested
Pentathlon	2 entrants maximum – email entries	not contested

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Entry Form

Boys Entry Fee- Flat Fee = \$150 _____

Girls Entry Fee- Flat Fee = \$150 _____

OR

OR

Email for small team entry.

Email for small team entry.

OR

Combined Boys / Girls Entry Fee = \$300 = _____

****All schools will also be billed for one/part of an official through BOCES****

Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!

Information:

School _____

Boys' Coach _____

Email _____

Phone # _____

School _____

Girls' Coach _____

Email _____

Phone # _____

Notes

- Make checks payable to "Hewlett Varsity Club". ➤ Entry due date is Friday, May 8, 2020.
- Fax # - 516-374-4571 – c/o Eamon McHugh
- Mail entry to: Woodmere Middle School

Eamon McHugh
1170 Peninsula Blvd.
Hewlett, NY 11557

Email: runhard400@gmail.com