

1st Annual
Glen Cove Big Red Invitational
Thursday May 5th, 2016
Rain Date May 6th
Glen Cove High School
4:30 PM START

***** FIRST 10 BOYS AND FIRST 10 GIRLS TEAMS WILL BE ACCEPTED *****

Seeding: There will be a three event limit. All seeding will be done verbally except the invite 100m and 400m races. All athletes should know their seed times prior to clerking in.

*****Must Pre-Seed Invite 100M/400M*****

Invite 100M and 400M races

- Boys seed times should be e-mailed to mcarbon@glencove.k12.ny.us
- Girl's seed times should be e-mailed to christian.dottin@gmail.com
- All seed times are to be submitted by Friday April 29th @ 12:00pm. You will receive an e-mail by Monday May 2nd letting you know if your athlete is accepted. If you do not receive an e-mail your athlete was not accepted into the race.
- Top 18 100 meter athletes will be seeded. Three heats of six with winners and next three fastest times entering finals.
- Top 12 400 meter athletes will be seeded. Final on time.

Awards:

- Top 5 athletes in each individual event.
- Top 3 in relays

Invite 100M and 400M

- Top Five finishers will be given awards
- Trophies will be given to the winner of each race
- Medals will be given to the next four places

Field Events:

- The high jump will start at 3' 10" for girls and 4' 10" for boys.
- We will be utilizing two jumping pits for long and triple.

Fee: \$150 per team or \$250 for both teams. Plus the cost off officials billed through Boces.

*** If you have any questions contact ***

Boys Matt Carbone **Cell:** 516-808-7344 **Office:** 515-801-7542 **Fax:** 516-801-7649

Girls Christian Dottin **Cell:** 631-357-4080 **Fax:** 516-801-7649

Entry Form

Name of School: _____

Coaches Name: _____

Coach's email: _____

Teams Attending:	Boys Team ONLY \$150.00	<input type="checkbox"/>
	Girls Team ONLY \$150.00	<input type="checkbox"/>
	Both Boys & Girls Teams \$250.00	<input type="checkbox"/>

Name of Supervisor: _____

***Please bring a supervisor to help with your athletes. A \$90 fee will be added to your entry if there is no supervisor. ***

Entry Fee: A copy of my Purchase Order is attached in the amount of:

\$ _____.

Please make checks payable to **Glen Cove High School Track and Field**

*****In the memo please write track invitational*****

Please fax or scan entry commitment and copy of PO no later than: **Friday, April 15th, 2016**

Glen Cove High School
Athletic Department
Attention: Linda Perlman
150 Dosoris Lane
Glen Cove NY 11542
Phone: 516-801-7641
Fax: 516-801-7649

Linda Perlman: lperlma@glencove.k12.ny.us

Order of Events

Boy's 400 Meter Open

Girl's 400 Meter Open

Boy's Invite 400 Meter (Top 12)

Girl's Invite 400 Meter (Top 12)

Boy's DMR (1200,400,800,1600)

Girl's DMR (1200,400,800,1600)

Boy's 100 Meter Open

Girl's 100 Meter Open

Boy's Invite 100 Semi (Top 18)

Girl's Invite 100 Semi (Top 18)

Boy's 110 HH

Girl's 100 HH

Boy's 800 Meter

Girl's 800 Meter

Boy's Invite 100 Finals

Girl's Invite 100 Finals

Boy's Steeple Chase

Girl's Steeple Chase

Boy's SMR (400,200,200,800)

Girl's SMR (400,200,200,800)

Boy's 4X100 Meter

Girl's 4x100 Meter

Field Events:

- Girl's shot put scorers will go first followed by girl's non-scorers. Boy's scorers next followed by boy's non-scorers.
- Boy's disc scorers will go first followed by boy's non-scorers. Girl's scorers next followed by girl's non-scorers.
- Boy's long jump scorers will go first followed by the girl's scorers. Three jumps each. Non-scorers will follow in same order-boys than girls
- Girl' triple jump scorers will go first followed by boy's scorers. Three jumps each. Non scorers will follow in same order-girls than boys
- We will be using two jumping pits