

3rd Annual East Meadow Invitational
East Meadow High School
Tuesday, April 26th, 2016



- Time: Coaches Meeting and Clerking Begin at 8:45 am
1st Event (Pentathlon 110H/100H) Goes Off at 9 am
- Seeding: Running Events – Verbal Seeding
Field Events and Relays – 3x5 card with name(s), school, and seed
- Awards: Medals to the Top 4 in All Events
Plaques to the Winning Team and 2nd Place Overall Teams
(All Events Scored: 10-8-6-4-2-1)

*Please Provide Your Own Starting Blocks and Relay Batons.
Only ¼ Inch Spikes Allowed.*

Notes:

- The Jets Booster Club will have food for sale all meet long.
- T-shirts will be available for purchase while supplies last.
- Schools may enter **two boys** and **two girls only** in the pentathlon.
- Blanket Entry of \$150 for Boys **or** Girls Teams **or**
\$6 per individual, \$18 per relay, \$25 per pentathlete.
- All Nassau Schools will split the cost of officials through BOCES.

Questions: Contact Michael Ringhauser (631) 245-1564
E-mail: michael.ringhauser@yahoo.com

East Meadow Invitational Order of Events:

8:45 am – Coaches Meeting on the In-Field and Start of Clerking

110 / 100 Hurdles	-	Open
SMR (200, 200, 400, 800)	-	Open, Frosh/Soph
1600 / 1500	-	Open, Frosh/Soph
100 Trials	-	Open, Frosh/Soph
400	-	Open
100 Finals	-	Open, Frosh/Soph
800	-	Open
400 Hurdles	-	Open
200	-	Open
DMR (1200, 400, 800, 1600)	-	Open
<i>NEW</i> Swedish Medley (100, 200, 300, 400)	-	Open

Pentathlon (110/100H, LJ, HJ, SP, 1500/800) – ***TWO PER TEAM!***

Long Jump (Open, Frosh/Soph)	Open Pit from 10:00 – 11:30
Triple Jump (Open)	Open Pit from 11:30 – 1:00
High Jump (Open)	Girls Start at 9am; Boys Follow Girls Opening Height – 3-8 Boys Opening Height – 4-8
Shot Put (Open)	Girls Start at 9am; Boys Follow
Discus (Open)	Boys Start at 9am; Girls Follow

East Meadow Invitational Records

BOYS MEET RECORDS:

100 (Open)	Tim Gibson	East Meadow	10.8	2015
100 (Fr/So)	John Craine	Island Trees	11.7	2015
110 Hurdles	Isaiah Paige	Valley Stream North	15.5	2015
200	Luke Germanakos	Lynbrook	22.2	2015
400	Luke Germanakos	Lynbrook	50.2	2015
400 Hurdles	Nick Vasquez	Wheatley	59.7	2015
800	Michael Grady	East Meadow	1:59.2	2015
1600 (Open)	Alex Cowen	Great Neck South	4:27.7	2014
1600 (Fr/So)	Timothy Euler	East Meadow	4:44.7	2014
Long Jump	Matthew Su	Jericho	20-5	2014
Long Jump (Fr/So)	Anthony Love	East Meadow	19-1	2014
Triple Jump	Zavier Jean-Charles	Valley Stream North	40-4	2015
High Jump	Nick O'Malley	East Meadow	6-2	2015
Shot Put	Jake Finkelstein	Massapequa	47-1 ½	2015
Discus	Leon White	Massapequa	136-3	2015
Pentathlon	Peter Vo	East Meadow	2510	2015
SMR (Open)		East Meadow	3:40.3	2015
SMR (Fr/So)		Massapequa	3:55.7	2015
DMR		Massapequa	11:34.8	2015

GIRLS MEET RECORDS:

100 (Open)	Emily Martino	Valley Stream North	12.7	2015
100 (Fr/So)	Higgins	Baldwin	12.6	2015
100 Hurdles	Tyesha Irving	Valley Stream North	16.8	2015
200	Niasia Harding	Hempstead	27.0	2014
400	Alexa Dolgos	Island Trees	1:01.2	2015
400 Hurdles	Emily Martino	Valley Stream North	1:11.6	2015
800	Charlotte Gondre	Baldwin	2:29.6	2015
1500 (Open)	Kayla McGlone	Bellmore JFK	5:09.0	2014
1500 (Fr/So)	Dorothy Liu	Great Neck South	5:22.0	2015
Long Jump	Alyssa Mustafa	Island Trees	16-3	2015
Long Jump (Fr/So)	Tiana Francis	Hewlett	14-9 ¾	2015
Triple Jump	Elaina Hobbs	Valley Stream North	31-3 ¾	2015
High Jump	Angeli Andre	Valley Stream North	5-2	2015
	Elaina Hobbs	Valley Stream North	5-2	2015
Shot Put	Celestina Pipia	Sewanhaka	35-9 ½	2014
Discus	Celestina Pipia	Sewanhaka	108-8	2014
Pentathlon	Emily Hagarty	Mephram	2846	2014
SMR (Open)		Hempstead	4:30.7	2014
SMR (Fr/So)		Valley Stream North	4:44.4	2015
DMR		Great Neck South	14:23.5	2014

**NEW EVENT ADDED THIS YEAR – THE SWEDISH MEDLEY (100, 200, 300, 400)
IF YOU WIN, YOUR TEAM WILL HAVE THE MEET RECORD!**