

2016-17 St. Anthony's Indoor Development Meets Total Teams Only (No individual entries)



- Entry Fees due prior to meet. \$250/gender/Team/meet
- Entries are limited and honored by “first come, first served”
- **Team may NOT compete if entry fee is not paid or PO on file.**
- NO spikes permitted (STRICTLY ENFORCED)
- NO Blocks IN ANY EVENT
- NO food or drink in field house or track area
- Plain Water (H₂O) ONLY
- Batons will not be provided (Bring your own)
- **Violators of facility rules will be asked to leave the premises**
- **If entry fee is not paid, Team will be denied participation.**

Entry Fee: \$250/gender/Team/meet

St. Anthony's H.S. reserves the right to limit entries in any event under any circumstance

Full Team Roster and Entry for each meet to: Tony Toro@ just-in-time-racing.com

**Mail Entry with FEE or PO to Attention: Joseph Minucci
Athletic Director**

**Check payable to -----> Saint Anthony's High School
275 Wolf Hill Road**

Due prior to meet South Huntington, NY 11747

Developmental Meet #1
Saturday, December 3, 2016.
Doors Open at 8 A.M.

Team may NOT compete if entry fee is not paid or PO!

- **NO spikes permitted (STRICTLY ENFORCED)**
- **NO Blocks**
- **NO food or drink in field house or track area**
- **Plain Water (H₂O) ONLY**
- **Batons will not be provided (Bring your own)**
- **Violators of facility rules will be asked to leave the premises**

All track events contested girls, then boys.

Track events, first event begins promptly at 9 A.M. (final on time)

- 1. 55m High Hurdles -6FAT NO spikes**
- 2. 3000m/3200m —1section each NO spikes**
- 3. 55m Dash -6sections FAT NO spikes**
- 4. 300m Dash -6FAT in lanes NO spikes**
- 5. 1000m Run -1 section FAT NO spikes**
- 6. 600m Run -3FAT in lanes NO spikes**
- 7. 1500/1600m -1section FAT each NO spikes**
- 8. 4x400m relay -2sections lanes NO spikes**

Field events NO spikes

Weight Throw contested at 7:15 A.M.—those athletes may enter at 7

Long Jump (no triple). Three attempts, no final, B then G

High Jump, opening height 3'9" girls—4', 4'3", 4'6", 4'8", 4'10" ...

High Jump, opening height 4'6" boys—4'9", 5', 5'3", 5'6", 5'8" ...

Pole Vault, opening height 7' for girls and 8' for boys, B then G

Shot Put. Three attempts, no final, G then B

Entry Fee: \$250/gender/Team/meet

St. Anthony's H.S., Andrew Gray, and Joseph Minucci reserve the right to alter the order of events and limit entries in any event under any circumstance.

**Developmental Meet #1
Saturday, December 3, 2016.
Entry Form
Please include with payment.**

Entry Approval Date _____

School Name _____

Gender (choose ONLY one): Boys Girls

Coach's Name _____

Check/PO # _____

**Developmental Meet #1
Saturday, December 3, 2016.
Entry Form
Please include with payment.**

Entry Approval Date _____

School Name _____

Gender (choose ONLY one): Boys Girls

Coach's Name _____

Check/PO # _____

Developmental Meet #2
Saturday, December 10, 2016.
Doors Open at 8 A.M.

Team may NOT compete if entry fee is not paid or PO!

- **NO spikes permitted (STRICTLY ENFORCED)**
- **NO Blocks**
- **NO food or drink in field house or track area**
- **Plain Water (H₂O) ONLY**
- **Batons will not be provided (Bring your own)**
- **Violators of facility rules will be asked to leave the premises**

All track events contested girls, then boys.

Track events, first event begins promptly at 9 A.M. (final on time)

- 1. 55m High Hurdles -6FAT NO spikes**
- 2. 55m Dash -6sections FAT NO spikes**
- 3. 3000m/3200m -1section each NO spikes**
- 4. 400m Dash -6sections FAT NO spikes**
- 5. 800m Run -3 sections FAT NO spikes**
- 6. 1 mile Run -1section FAT NO spikes**
- 7. DMR, 12-4-8-16 -1section NO spikes**
- 8. 4x200m relay -2 sections FAT NO spikes**

Field events NO spikes

Weight throw not contested this week

Triple Jump (no long). Three attempts, no final, G then B

High Jump, opening height 3'9" girls—4', 4'3", 4'6", 4'8", 4'10" ...

High Jump, opening height 4'6" boys—4'9", 5', 5'3", 5'6", 5'8" ...

Pole Vault, opening height 7' for girls and 8' for boys, G then B

Shot Put. Three attempts, no final, B then G

Entry Fee: \$250/gender/Team/meet

St. Anthony's H.S., Andrew Gray, and Joseph Minucci reserve the right to alter the order of events and limit entries in any event under any circumstance.

Developmental Meet #2
Saturday, December 10, 2016.
Entry Form
Please include with payment.

Entry Approval Date _____

School Name _____

Gender (choose ONLY one): Boys Girls

Coach's Name _____

Check/PO # _____

Developmental Meet #2
Saturday, December 10, 2016.
Entry Form
Please include with payment.

Entry Approval Date _____

School Name _____

Gender (choose ONLY one): Boys Girls

Coach's Name _____

Check/PO # _____

Developmental Meet #3
Saturday, January 7, 2017.
Doors Open at 8 A.M.

Team may NOT compete if entry fee is not paid or PO!

- **NO spikes permitted (STRICTLY ENFORCED)**
- **NO Blocks**
- **NO food or drink in field house or track area**
- **Plain Water (H₂O) ONLY**
- **Batons will not be provided (Bring your own)**
- **Violators of facility rules will be asked to leave the premises**

All track events contested girls, then boys.

Track events, first event begins promptly at 9 A.M. (final on time)

1. **55m High Hurdles -6FAT NO spikes**
2. **3000m/3200m -1section each NO spikes**
3. **55m Dash -6sections FAT NO spikes**
4. **600m Run -3 FAT in lanes NO spikes**
5. **300m Dash -6sections FAT NO spikes**
6. **1000m Run -1section FAT NO spikes**
7. **1500/1600m -1section FAT each NO spikes**
8. **SMR 4-2-2-8 -1section FAT NO spikes**

Field events NO spikes

Triple Jump (no Long). Three attempts, no final, B then G

High Jump, opening height 3'9" girls—4', 4'3", 4'6", 4'8", 4'10" ...

High Jump, opening height 4'6" boys—4'9", 5', 5'3", 5'6", 5'8" ...

Pole Vault, opening height 7' for girls and 8' for boys, B then G

Shot Put. Three attempts, no final, G then B

Entry Fee: \$250/gender/Team/meet

St. Anthony's H.S., Andrew Gray, and Joseph Minucci reserve the right to alter the order of events and limit entries in any event under any circumstance.

Developmental Meet #3
Saturday, January 7, 2017.
Entry Form
Please include with payment.

Entry Approval Date _____

School Name _____

Gender (choose ONLY one): Boys Girls

Coach's Name _____

Check/PO # _____

Developmental Meet #3
Saturday, January 7, 2017.
Entry Form
Please include with payment.

Entry Approval Date _____

School Name _____

Gender (choose ONLY one): Boys Girls

Coach's Name _____

Check/PO # _____