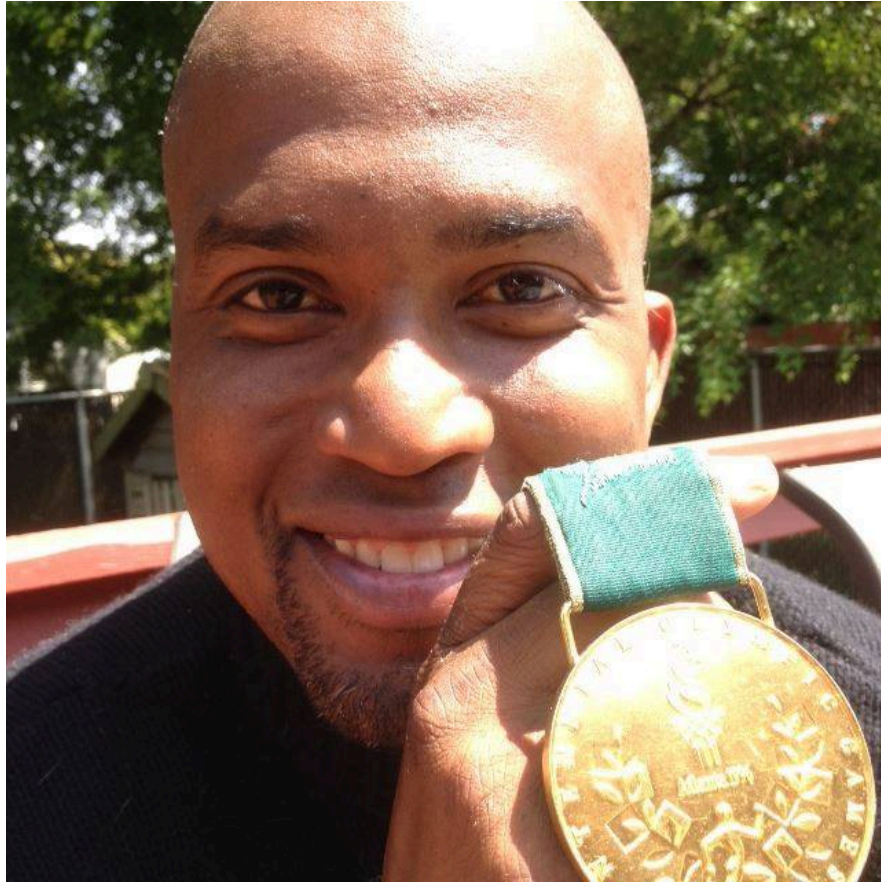


**MALVERNE HIGH SCHOOL
DERRICK ADKINS HOLIDAY CLASSIC
2017**



MALVERNE HIGH SCHOOL DERRICK ADKINS HOLIDAY CLASSIC

Once again the Lakeview Youth Federation and Malverne High School invite you and your school track team to the Derrick Adkins Holiday Classic Track and Field Meet, on **April 12, 2017**. The meet, which is open to all high school athletes competing with their high school team, will be held at Malverne High School.

DATE: Wednesday, April 12, 2017 RAIN OR SHINE.

TIME: 10:00 am Field events and Running events Clerking begins at 9:45am

LOCATION: Malverne High School 80 Ocean Ave. Malverne, NY 11565

REGISTRATION & ENTRIES FEES:

A BLANKET ENTRY FEE PER TEAM!!

NASSAU COUNTY PUBLIC SCHOOLS

\$150.00 includes the cost of officials. Official costs will be split between schools and billed through BOCES; the entry fee must be submitted separately.

(BOYS AND GIRLS CONSIDERED SEPARATE TEAMS)

NON-NASSAU PUBLIC SCHOOLS

A Blanket entry fee per team of **\$175**

(BOYS AND GIRLS CONSIDERED SEPARATE TEAMS)

**** CHECK OR SCHOOL VOUCHER MUST ACCOMPANY ENTRY ****

Payable to: Lakeview Youth Federation

 P.O. Box 535

West Hempstead, New York, 11552

PLEASE NOTE: This is an ENTRY fee, not a PARTICIPATION fee. Entry by mail, email, fax or phone denotes an obligation on your part to pay that fee whether or not you attend the MEET.

*Entry Deadline: The closing date for all entries is Friday **April 7, 2017***

SEND INTENTIONS TO ABRITT07@GMAIL.COM

MALVERNE HIGH SCHOOL DERRICK ADKINS HOLIDAY CLASSIC

**NON – SECTION VIII PUBLIC SCHOOLS MUST SUBMIT A TEAM
ROSTER FOR ALL INVITATIONAL AND FIELD EVENTS**

Please submit your full roster online at just-in-time-racing.com. If you have never used this website, you will have to e-mail Tony Toro at eltorotf@optonline.net to get a password.

Once you get the password

1. Go to www.just-in-time-racing.com
2. Go to spring track
3. Go to rosters (your athlete must be listed before you can seed them)
4. Choose meet entries
5. Once you've completed seeding your athletes save all entries at the bottom of the page. Seeding is required for all invitational events!
6. Make a copy for your records

Section VIII Public school teams will use their Section VIII competitor number.

Non- Section VIII schools will be using numbers assigned by Tony Toro.

COACHES' INFORMATION

ENTRIES

Due Date is **Friday, April 7, 2017**

ELIGIBILITY

An athlete may compete in any three events.

INVITATIONAL EVENTS

Please seed your athletes on just-in-time-racing.com. We will accept **ONLY** the top 16 – 24 athletes in these events.

RELAYS

You do not have to seed your relays. Your relays will be seeded the day of the meet.

Relay seeded heats will be run in lanes. All others may be run from a common start.

FIELD EVENTS

Opening Heights:

Boys High Jump 5' 0" Girls High Jump 4' 0"

In the Long Jump, Shot Put and Discus each competitor will be given three (3) Jump / Throws. The top six (6) will come back for a Final three (3) Jump / Throws.

AWARDS

Trophies and T-Shirts to the top three in Invitational Events.

Plaques to the First Place Team in each relay and Medals to 2nd and 3rd.

Plaques to the top three in the individual events.

MEET GUIDELINES

1. Sanctioned by Nassau County Section VIII Athletic Council.
2. National Federation Rules will govern, with NYSPHSAA modifications: 3 Event Rule and No False Start Rules will be in effect for both boys and girls.
3. All weather track and runaways. Flat or pin spikes may be worn no longer than $\frac{3}{4}$ " (others will be disqualified).
4. Arrive in uniform. No dressing facilities.
5. All spectators and athletes must remain in the bleachers, not on the infield. Upon completion of their event, all athletes must leave the infield.
6. Awards will be picked up by coaches only
7. All relay teams must wear identical uniforms.
8. A school may enter an unlimited amount of teams per relay.
9. All relays will be run in sections. Seed sections go first.
10. Relay cards and seed times will be submitted to the clerk when event is called.
11. Please supply your own baton, Starting blocks.

Meet Directors: Derrick Adkins and Alma Britt

Questions Contact: ABRITT07@GMAIL.COM

This meet is sponsored by Malverne High School and enforces all National Federation, NYSPHAA, and Section VIII rules.

MALVERNE HIGH SCHOOL DERRICK ADKINS HOLIDAY CLASSIC

BOYS ENTRY _____

GIRLS ENTRY _____

School Name _____

Phone # _____

School Address _____

Coach's Name _____

Coach's Email _____

Coach's Phone # _____

Athletic Director Signature _____

RELAYS

OPEN

of Teams

INDIVIDUAL EVENTS

of Athletes

Distance Medley Relay

(1200m – 400m – 800m – 1600m)

High Jump

Sprint Medley Relay

(200m - 100m - 100m - 400m)

Shot Put

4x100 Meter Relay

Discus

4x200 Meter Relay

Long Jump

4x400 Meter Relay

4x800 Meter Relay

Fresh / Soph

Sprint Medley Relay

(200m - 100m - 100m - 400m)

4x200 Meter Relay

4x400 Meter Relay

INVITATIONAL EVENTS

Top 16 – 24 ATHLETES WILL BE ACCEPTED

1600m / 1500m Run _____

110m / 100m H.H _____

400m I. Hurdles _____

400m Dash _____

3200m/3000m Run _____

ENTRIES ARE DUE BY FRIDAY April 7, 2017

CHECKS PAYABLE TO:

Lakeview Youth Federation

MAIL TO:

P.O. Box 535

West Hempstead, New York 11552

MALVERNE HIGH SCHOOL DERRICK ADKINS HOLIDAY CLASSIC ORDER OF EVENTS

10:00 am

1	100m H. Hurdles	Invitational	Girls	Final
2	110m H. Hurdles	Invitational	Boys	Final
3	Dist. Med. Relay (1200m - 400m - 800m - 1600m)		Girls	Final
4	Dist. Med. Relay (1200m - 400m - 800m - 1600m)		Boys	Final
5	4 x 100m Relay		Girls	Semi - Final
6	4 x 100m Relay		Boys	Semi - Final

OPENING CEREMONY – NATIONAL ANTHEM

7	400m Dash	Invitational	Girls	Final
8	400m Dash	Invitational	Boys	Final
9	1500m Run	Invitational	Girls	Final
10	1600m Run	Invitational	Boys	Final
11	Sprint Medley Relay (200m -100m -100m -400m)		Girls	Final
12	Sprint Medley Relay (200m -100m -100m -400m)	FROSH/SOPH	Girls	Final
13	Sprint Medley Relay (200m -100m -100m -400m)		Boys	Final
14	Sprint Medley Relay (200m -100m -100m -400m)	FROSH/SOPH.	Boys	Final
15	400m I. Hurdles	Invitational	Girls	Final
16	400m I. Hurdles	Invitational	Boys	Final
17	3000m Run	Invitational	Girls	Final
18	3200m Run	Invitational	Boys	Final
19	4 x 200m Relay		Girls	Final
20	4 x 200m Relay	FROSH/SOPH	Girls	Final
21	4 x 200m Relay		Boys	Final
22	4 x 200m Relay	FROSH/SOPH	Boys	Final
23	4 x 400m Relay		Girls	Final
24	4 x 400m Relay	FROSH/SOPH	Girls	Final
25	4 x 400m Relay		Boys	Final
26	4 x 400m Relay	FROSH/SOPH	Boys	Final
27	4 x 100m Relay		Girls	Final
28	4 x 100m Relay		Boys	Final
29	4 x 800m Relay		Girls	Final
30	4 x 800m Relay		Boys	Final

FIELD EVENTS

10:00 am

SHOT PUT	GIRLS / BOYS	LONG JUMP	BOYS / GIRLS
DISCUS	BOYS / GIRLS	HIGH JUMP	GIRLS / BOYS