

The 48th Annual Nassau Coaches Invitational
Saturday, April 30th, 2016 – MacArthur H.S. (9am Start)



NCTCA Officers:

President	Michael Ringhauser (EM)
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The MacArthur School District has provided us with an outstanding site, tremendous cooperation, and generous support for this event. We should express our appreciation for their role and treat their site and personnel with the utmost respect. We ask that you leave your team's space as clean as you found it. We thank the MacArthur track coaches and student-athletes for their cooperation and assistance throughout the invitational.

BACK THIS YEAR:

Giant marquee with announcements, clerk-in times, and results.
FAT results for all events posted on www.just-in-time-racing.com as well as at the meet itself.

Meet Directors:	Michael Ringhauser (EM) and Fred DeRuvo (IT)
Site Coordinator:	Dennis Gorman (Mac)

The Nassau County Track Coaches Association
48th Annual Track and Field Invitational (2016)

Saturday, April 30th, 2016 – MacArthur High School (9am Start)

Meet Directors: Michael Ringhauser and Fred DeRuvo

- This meet is co-sponsored by the NCTCA and MacArthur High School
- All Section VIII, NYSPHSAA, and National Federation rules are enforced
- Certified NYS Officials will be present at all events contested
- Decision of the jury is **final** on all appeals at the invitational
- Site Coordinator: Dennis Gorman; Medical Staff will be on-site

All Schools: Nassau teams will be using their competitor numbers for this meet.
NSCHSAA and Suffolk teams will be using numbers assigned by Tony Toro.

Fr/So Events: Limited to runners in 7th, 8th, 9th and 10th grade.
Please note that 7th and 8th grade competitors must have gone through the classification process and be on your varsity roster to be able to compete.

Awards: Medals to the Top 6 finishers in ALL EVENTS!
School Plaque to FASTEST OVERALL TIME in the three OPEN RELAYS.

Seeding: *Running Events* – Labels needed with name, competitor number, school.
Field Events – 3x5 index cards with name, competitor number, school, seed.
Relays – 3x5 index cards with names, competitor numbers, school, and seed.

Field Events: All first attempts will be measured. After that, athletes must reach the standards below in order to receive a measurement.

Open Shot Put	Boys – 35	Girls – 25
F/S Shot Put	Boys – 30	Girls – 20
Open Discus	Boys – 90	Girls – 75
F/S Discus	Boys – 80	Girls – 60
Open Long Jump	Boys – 17	Girls – 14
F/S Long Jump	Boys – 15	Girls – 12
Open Triple Jump	Boys – 36	Girls – 28
F/S Triple Jump	Boys – 32	Girls – 24

Note: Please submit all paperwork as soon as possible. DO NOT ASSUME THAT YOUR SCHOOL WILL SEND US A COPY – as the coach, you must send us a copy yourself!

Questions: Michael Ringhauser (Phone) 631-245-1564
(Email) michael.ringhauser@yahoo.com

ALL ENTRIES ARE DUE BY WEDNESDAY, APRIL 27th, 2016.
LATE ENTRIES MAY NOT BE ACCEPTED INTO THE INVITATIONAL.

Order of Events: *Boys, then Girls in all running events*

400 Hurdles Final – Open Only

1600/1500 Final – Open, Sophomores, Freshmen (**3200/3000 Clerk-In**)

100 Semi-Final – Open Only

110/100 Hurdles Final – Open Only

400 Final – Open, Sophomores, Freshmen

100 Final – Two Sections

800 Final – Open, Sophomores, Freshmen

3200/3000 Final – Open Only
MAX OF ONE SECTION EACH – REJECTED RUNNERS MAY RUN IN THE
1600/1500 OR ANY OTHER EVENT OF THEIR CHOICE. CLERK IN WILL TAKE
PLACE DURING THE CLERK IN FOR THE 1600/1500 EVENT.

200 Final – Open Only

4x800 Final – Open, Frosh/Soph

4x100 Final – Open, Sophomores, Freshmen

4x400 Final – Open, Frosh/Soph

Field Event Order: * Unseeded sections may have reduced opportunities based on time.

Open Long Jump	Boys, followed by girls	-	In-Field Runway
Frosh/Soph Long Jump	Boys, followed by girls	-	Straightaway Runway
Open Triple Jump	Girls, followed by boys	-	In-Field Runway
Frosh/Soph Triple Jump	Girls, followed by boys	-	Straightaway Runway
Open Shot Put	Girls, followed by boys	-	Cage closest to school
Frosh/Soph Shot Put	Girls, followed by boys	-	Location TBA
Open Discus	Boys, followed by girls	-	Cage furthest from school
Frosh/Soph Discus	Boys, followed by girls	-	Location TBA
High Jump	Open Boys, Open Girls, Frosh/Soph Boys, Frosh/Soph Girls		
Pole Vault	Open Girls, Open Boys, Frosh/Soph Girls, Frosh/Soph Boys		

***Remember that cards are needed for all field events.
Information Needed: Athlete's Name, School, Competitor Number, Seed***

Nassau Coaches Invitational Entry Grid

Please fill this out accurately so that we can efficiently manage the meet.

Boys and Girls Must Use Separate Entry Forms!

EVENT	OPEN	SOPH	FROSH	FRESH/SOPH
400 Hurdles		NA – XXXXXX	NA – XXXXXX	NA – XXXXXX
1600/1500				NA – XXXXXX
100		NA – XXXXXX	NA – XXXXXX	NA – XXXXXX
110/100 H		NA – XXXXXX	NA – XXXXXX	NA – XXXXXX
400				NA – XXXXXX
800				NA – XXXXXX
3200		NA – XXXXXX	NA – XXXXXX	NA – XXXXXX
200				NA – XXXXXX
High Jump		NA – XXXXXX	NA – XXXXXX	
Long Jump		NA – XXXXXX	NA – XXXXXX	
Triple Jump		NA – XXXXXX	NA – XXXXXX	
Pole Vault		NA – XXXXXX	NA – XXXXXX	
Shot Put		NA – XXXXXX	NA – XXXXXX	
Discus		NA – XXXXXX	NA – XXXXXX	
4x100				NA – XXXXXX
4x800		NA – XXXXXX	NA – XXXXXX	
4x400		NA – XXXXXX	NA – XXXXXX	

School: _____ Boys/Girls: _____

Coach: _____ Phone: _____

Email: _____ School Phone: _____

Billing Information: Please complete. All fees are non-refundable.

Make All Checks Payable to: NCTCA

The cost of officials will be billed through BOCES

- **Non-Section VIII schools will be billed \$50 for officials.**

Option One:

Number of Individuals _____ x \$5.00 = _____

Number of Relays _____ x \$20.00 = _____

Option Two: BLANKET ENTRY OF \$250 PER TEAM (NOT PER SCHOOL)

Note that this is \$100 cheaper than previous years in order to help our teams.

You still have to fill out accurate numbers in the grid for meet management.

Total Owed: _____ (Non-Section VIII Schools Add \$50 for Officials)

Send Entries and Payment To:

Fred DeRuvo

730 Boelsen Drive

Westbury, NY 11590

OR

Fax Fred DeRuvo

(516) 334-5461

FAX BEFORE 9PM ONLY