## North Shore High School Invitational Track & Field Meet Saturday, May 12<sup>th</sup> 2018

#### 8 LANE BRAND NEW FACILITY AND FAT TIMING FOR THIS YEAR

North Shore Schools is sponsoring its 14th Annual Invitational Track and Field meet. The following information should answer any questions.

Time: 9:45-Coaches meeting

Place: North Shore High School (Glen Head, Nassau County)

**Awards:** Medals to top 6 in each individual event

Medals to top 4 in each relay

**Order of Events**: See Attached:

**Entry Fee:** \$10.00 Per Individual Event

\$25.00 Per Relay Team

#### OR SECTION VIII SCHOOLS:

\$175.00 Boys Team, \$175.00 Girls Team or \$350.00 Combined Team + the cost of officials. Official costs will be split between schools and billed through BOCES.

#### **NON- SECTION VIII SCHOOLS:**

\$200.00 boys, \$200.00 girls or \$400 combined team

## ENTRIES DUE BY MONDAY MAY 7th

Make checks payable: North Shore Schools

C/O Neal Levy

North Shore High School 450 Glen Cove Ave Glen Head NY 11545

(516) 330-4590 cell or <a href="mailto:levyn@northshoreschools.org">levyn@northshoreschools.org</a> or FAX (516) 277-7042

**Bus Parking:** Buses will drop off athletes at end of Parking lot and proceed to the front of the

building for parking.

**Directions:** North Shore High School is located on Glen Cove Ave in Glen Head, NY

From LIE: Exit 39 North (Glen Cove Road)

Cross over Northern Blvd

At the 3<sup>rd</sup> light make left at Nissan Dealer (Back Road) At the end of Back Rd. make right onto Glen Cove Ave Proceed to the 3<sup>rd</sup> light North Shore High School is on right

#### LIVE DJ WILL BE PLAYING, AND REFRESHMENTS/T-SHIRTS WILL BE SOLD

# NORTH SHORE HIGH SCHOOL INVITATIONAL TRACK & FIELD MEET

Saturday, May 12th 2018

Order of Events: Each competitor may compete in any three events

400 Intermediate Hurdles BOYS
400 Intermediate Hurdles GIRLS

3200 BOYS (1 heat only) 3000 GIRLS (1 heat only)

100 meter **BOYS** (Trials) 100 meter (Trials) GIRLS 110 HURDLES (Trials) **BOYS** 100 HURDLES (Trials) **GIRLS** 3k Steeplechase **BOYS** 2k Steeplechase **GIRLS** 800 **BOYS** 800 **GIRLS** 

100 meterBOYSFinals100 meterGIRLSFinals110 HurdlesBOYSFinals100 HurdlesGIRLSFinals

400 BOYS 400 GIRLS 1600 BOYS 1500 GIRLS

200 BOYS (Final on time) 200 GIRLS (Final on time)

1500 RACEWALK GIRLS

4x100 BOYS Followed by GIRLS for all relays

4x800 4x400

Pole Vault

High Jump

BOYS FOLLOWED BY GIRLS

GIRLS FOLLOWED BY BOYS

Long Jump GIRLS and BOYS simultaneously (two runaways)

Triple Jump Same Format will follow Long Jump

Shot Put GIRLS followed by BOYS
Discus BOYS followed by GIRLS

#### WE WILL HAVE TWO RUNAWAYS FOR LONG AND TRIPLE JUMP

Seeding: Labels and verbal seeding for all individual running events.

Relay teams will need index cards (ANCHOR LEG NEEDS LABEL)

Supply your own index cards. We will supply the labels. Field Events: Labels and Verbal seeding at event location.

Spikes: Only 1/4" spikes are permitted on shoes and blocks.

Batons/Blocks: You must supply your own starting blocks and batons.

### **ENTRY SHEET**

SCHOOL				В	oys [		GIRLS		
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BOYS EVENTS #ENTRIES 400 Hurdles						Huro		ENTR	IES
3200					3000				
100						100			
110H					100H				
800					800				
400					400				
1600					150				
200					200				
HIGH JUMP					HIGH JUMP				
LONG JUMP					LONG JUMP				
TRIPLE	JUMP				TR	IPLE	JUMP		
SHOT PU	UT				SH	OT P	UT		
<b>DISCUS</b>					DIS	<b>SCUS</b>			
4 X 100					4 X	100			
4 X 800					4 X	800			
4 X 400					4 X	400			
POLE V	AULT				PO	LE V	AULT		
Steeple C	hase				Ste	eple (	Chase		
FEES BLANKET		<u>OR</u> \$350 both boy	_					S	
INDIVIDUA	AL ENTRI	ES X \$10.00		•••••	••				
RELAY EN	TRIES	X \$25.00	•••••	•••••	••				
			TOTAL	ENT	RY FI	EE:			
Payable to:		nore Schools							
Mail to:		y nore High School a Cove Ave	or	•	at	AX tn. Nea 16) 277	•		

(516) 277-7042 or email <a href="mailto:levyn@northshoreschools.org">levyn@northshoreschools.org</a> Glen Head NY 11545

# North Shore High School Invitational Track & Field Meet Meet Records

<b>Boys</b>				
100m	Raymond Jones	Roosevelt	10.5	2014
110H	Aaron McFadden	Copiague	14.2	2014
200m	Christan Blades	Tilden	21.7	2014
400m	Kwasi Applewhite	Tilden	47.8	2014
400 Hurdles	Spencer Payton	Longwood	53.82	2016
800m	Frank Diogardi	Massapequa	1:56.1	2007
1600m	Richard Schmitz	Port Washington	4:17.2	2007
3200m	Marc Violine	Byram Hills	9:36.3	2011
Steeplechase	William Anderson	Syosset	9:57.5	2015
Shot Put	Dennis Russell	Longwood	60'1.25"	2014
Discus	Dennis Russell	Longwood	169'	2014
Long Jump	Pascal Bastien	Baldwin	23'3"	2014
Triple Jump	Pascal Bastien	Baldwin	44'11"	2014
High Jump	Justin Wilson	Floral Park	6'6"	2010
	Mike Rufrano	Chaminade	6'6"	2011
Pole Vault	Shawn Cornell-Schwing	Longwood	13'6"	2016
4x100	_	Roosevelt	42.9	2009
4x400		Hempstead	3:17.90	2016
4x800		South Side	8:11.9	2009
<u>Girls</u>				
100m	Christie Verdier	Baldwin	11.9	2006
100111	Melissa June	St. Anthony's	11.9	2014
100 Hurdles	Crystal Henderson	Longwood	14.4	2014
200m	Samantha Edwards	Floral Park	24.5	2008
400m	Christie Verdier	Baldwin	55.8	2007
400 Hurdles	Ryan Wooley	St. John the Baptist	62.4	2010
800m	Olicia Williams	St. Anthony's	2:07.8	2010
1500m	Theresa Rush	Valley Stream North		2006
3000m	Mary Kate Anselimi	Ward Melville	9:48.5	2011
1500m Walk	Lauren Harris	Sachem East	6:29.43	2016
Steeplechase	Suzie Petryk	Huntington	6;59.2	2015
Shot Put	Oyinkansola Adewale	HHH West	42'0"	2013
Discus	Olivia Seifert	St. Anthonys	131'8	2014
Long Jump	Taylor Gensler	Bayport/Blue Point	18'11.25"	2010
Triple Jump	Nwamaka Okobi	Freeport	37'6.75"	2007
High Jump	Buccella	Half Hollow Hills	5'2"	2007
mgn Jump	Kayla Koebel	Kings Park	5 '2"	2007
	Carly Swinford	Sachem North	5 '2"	2011
	Lisa Maybie	Plainedge	5 '2"	2013/2014
	Alyssa Yeboah-Kodie	St. Anthonys	5 '2"	2015/2014
Pole Vault	Kerstyn Ciulla	Sachem	11'4"	2016
4x100	Ketstyn Cluna	Holy Trinity	48.92	2016
4x400		Kellenberg	3:56.1	2016
4x800 4x800		C	9:29.49	2015
4X0UU		Kellenberg	フ. <b>∠</b> ブ. <del>4</del> ブ	2010