**The 50th Annual Nassau Coaches Invitational**

**Saturday, April 28th, 2018 – MacArthur H.S. (9am Start)**

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwidmZ3U5K7LAhVKVD4KHfGkAQEQjRwIBw&url=http://r-h-king-academy-toronto-ontario.runnerspace.com/&bvm=bv.116274245,d.cWw&psig=AFQjCNHBmsdqDf1s_dqv980jQ1oCLWWHqw&ust=1457447200752060)

**NCTCA Officers: Board of Directors:**

**President** Michael Ringhauser (EM) Adam McKenzie (Great Neck North)

**Vice President** Kristin Frazer (Section Coord.) Dennis Kornfield (Uniondale)

**Treasurer** Fred DeRuvo (Island Trees) Bob Busch (Garden City)

**Secretary** Katie DeRuvo (Island Trees) Jordan Ashley (Wantagh)

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*](http://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**

**50th Annual Track and Field Invitational**

*Saturday, April 28th, 2018 – 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!**

**Questions**: Michael Ringhauser (Phone) 631-245-1564

(Email) [michael.ringhauser@yahoo.com](mailto:michael.ringhauser@yahoo.com)

**ALL ENTRIES ARE DUE BY WEDNESDAY, APRIL 25th, 2018.**

**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

**3000 Steeple Chase** Open Boys Only (2 Sections Max)

**2000 Steeple Chase** Open Girls Only (2 Sections Max)

**4x100** Final – Open, Frosh/Soph

**4x800** Final – Open, Frosh/Soph

**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 and Frosh/Soph Girls; then Open and 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 WE CAN EFFICITENTLY MANAGE TIME!

**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 |
| 3200/3000 |  | NA – XXXXXX | NA – XXXXXX | NA – XXXXXX |
| Steeple Chase |  | NA – XXXXXX | NA – XXXXXX | NA - XXXXXX |
| 200 |  | NA – XXXXXX | NA – XXXXXX | 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 | N/A - XXXXX |  |
| 4x800 |  | NA – XXXXXX | NA – XXXXXX |  |
| 4x400 |  | NA – XXXXXX | NA – XXXXXX |  |

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Boys/Girls: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Billing Information: All fees associated are considered **ENTRY FEES**, not participation fees.

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 A GRID FOR MEET MANAGEMENT.**

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

Send Entries and Payment To: Fred DeRuvo Fax Fred DeRuvo

730 Boelsen Drive OR (516) 334-5461

Westbury, NY 11590 *FAX BEFORE 9PM ONLY*