

**The 14<sup>th</sup> Annual  
Paul Limmer Invitational  
Sponsored by W.C. Mepham High School  
2020 - Held at WC Mepham High School**



**Paul Limmer is a legendary figure in W.C. Mepham's history, as well as in the history of track and field here on Long Island. In its Fourteenth year, we are looking to make this meet bigger and better than ever.**

**Backed by Popular demand, the "Sub 2:00/2:20 Pizza Challenge" 800 is back, and we are having a special coaches relay to kick off the relay section of the meet!**

**We invite any and all who would like to come and compete at a very fun and competitive invitational on April 4<sup>th</sup>, 2020 at WC Mepham High School – 10AM start.**

**Please Join Us!**

**Coaches Brad Rangell (Meet Director), Jim Batcher, Matt Moody, Alex Gibbons**

# The 14<sup>th</sup> Annual Paul Limmer Invitational

WC Mepham High School - 2401 Camp Ave, Bellmore, NY 11710

## Saturday, April 4<sup>th</sup>, 2020 first race at 10a.m.

# of events: Each competitor may compete in any three events.

# of entries: Unlimited in each event.

Spikes: 1/4" spikes only.

Batons / Starting Blocks: Bring your own.

Prizes: Medals will be awarded for the TOP FIVE in each event.

Entry: Please complete separate entry for Boys' and Girls'.

Entry fees: Maximum entry fee: Nassau County Public Schools - \$150.00 blanket entry for boys' or girls' team// Plus the cost of officials - billed through BOCES per team. Non-Nassau County Public Schools - \$175.00, Individual entries - \$10.00 per individual event; \$20.00 per relay: Minimum entry fee: \$20.00. A Check or Voucher must be sent to Meet Director upon entry. This is an entry fee NOT a participation fee.

Seeding: Individual events will be by verbal seeding. For the Relays; cards will be needed; and must include the following information: Runner's Names, Section VIII or XI #, School Name, Event, and Seed Time.

Field events: In the following throws & jumps the first legal effort will be measured. After that, the attempt must make the following minimum standards:

BOY'S: LJ – 15'; TJ – 30'; SP – 30', DT – 80'; HJ – starts at 4' 10" – up 2" to 6' 0" – then up 1" thereafter

GIRL'S: LJ – 12'; TJ – 25'; SP – 22', DT – 68'; HJ – starts at 3' 10" – up 2" to 5' 0" – then up 1" thereafter

**Due to there being only one runway to contest the LJ and TJ, each school will be limited to 6 jumpers per event.**

T-shirts: Will be on sale the day of the meet

Food: Will be on sale the day of the meet. Both hot and cold foods will be available.

Directions and Questions: If you have any, please call Brad Rangell at 917 509 1995 or email at [brad@ironclad-sports.com](mailto:brad@ironclad-sports.com)

We hope to see you at the meet and good luck this season!

**This meet is sponsored by W.C. Mepham High School and enforces all National Federation, NYSPHAA, and Section VIII rules.**

**THE 14TH ANNUAL PAUL LIMMER INVITATIONAL**  
WC Mepham High School - 2401 Camp Ave, Bellmore, NY 11710  
**Saturday, April 4<sup>th</sup> 2020 – 10:00a.m.**  
**All running events are girls followed by boys**

**Order of Events**

10am – Girls 400 IH

Boys 400 IH

Girls 3000

Boys 3200

Girls “Sub 2:20 Pizza Challenge” 800

Boys “Sub 2:00 Pizza Challenge” 800

Girls 100 Trials (Top 6 to finals)

Boys 100 Trials (Top 6 to finals)

Girls 100 HH

Boys 110 HH

Girls 100 Finals

Boys 100 Finals

Girls 400

Boys 400

**BREAK – NATIONAL ANTHEM, Coach Hughes Memorial Scholarship Award**

Girls 1500

Boys 1600

Girls 200

Boys 200

Coaches Relay! (Details TBA)

Girls 4x100

Boys 4x100

Girls 4x800

Boys 4x800

Girls 4x400

Boys 4x400

*\*Please supply your own baton*

Girls’ High Jump begins at 10:00a.m., Boys’ High Jump to follow the girls

Girls’ starting height is 3’10” – up 2” to 5’0” – then up 1” thereafter

Boys’ starting height is 4’10” – up 2” to 6’0” – then up 1” thereafter

Girls’ Pole Vault begins at 10:00a.m., Boys’ Pole Vault to follow the girls

Girls’ starting height is 6’ - then up 6” thereafter

Boys’ starting height is 8’ - then up 6” thereafter

**\*All Long Jump, Triple Jump, Shot Put & Discus events are 3 attempts with NO FINAL. 1st legal mark will be measured, all others must make minimum measurement.**

Boys Long Jump

Starts at 10a.m.

Girls Long Jump

Starts directly following the completion of the Boys LJ

Boys Triple Jump

Starts directly following the completion of the Girls LJ

Girls Triple Jump

Starts directly following the completion of the Boys TJ

Boys Shot Put

Starts at 10a.m.

Girls Shot Put

Starts – 30 minutes after completion of Boys Shot Put

Girls Discus

Starts at 10a.m.

Boys Discus

Starts – 30 minutes after the completion of Girls Discus

Shot Put Relay

Top 3 throwers will be identified prior to the meet; results will be tabulated for individuals and shot put relay

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Saturday, April 4<sup>th</sup> 2020 – 10:00 a.m.

## USE SEPARATE ENTRY FOR BOYS' & GIRLS'

(Please Circle one)

School \_\_\_\_\_ Coach \_\_\_\_\_  
School Address \_\_\_\_\_ Coach's Email \_\_\_\_\_  
\_\_\_\_\_ Coach's Phone \_\_\_\_\_  
School Phone \_\_\_\_\_

**UNLIMITED ENTRIES:** Circle one if using unlimited entry

### Nassau County Public Schools

### Non-Nassau County Public Schools

\$150.00 + cost of one official per team or  
(NOT per School) billed through BOCES

\$175.00

Number of Individual Events \_\_\_\_\_ @ \$10.00 = \$ \_\_\_\_\_

Number of Relays \_\_\_\_\_ @ \$20.00 = \$ \_\_\_\_\_

Total entry fee = \$ \_\_\_\_\_

**Minimum entry is \$20.00**

**Checks:** Make checks payable to: W.C. Mepham High School  
C/O Track and Field Team

**Intent to compete is DUE ON MONDAY, April 9<sup>th</sup> 2019 by 5:00 p.m.**

**Mail or Fax to:** Bradley Rangell - Meet Director  
W.C. Mepham High School  
2401 Camp Ave.  
Bellmore, NY, 11710

FAX #: (516) 785-7590

E-Mail: [brad@ironclad-sports.com](mailto:brad@ironclad-sports.com)

PLEASE SEND US A COPY OF YOUR MEET ENTRY SO WE CAN PLAN ACCORDINGLY!