

**The 11th Annual
Paul Limmer Invitational
at W.C. 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 eleventh year, we are looking to make this meet bigger and better than ever. ***New this year, we will be holding the pole vault for boys and girls.*** Also, we will be holding an 800-meter pizza challenge!

We invite any and all who would like to come and compete at a very fun and very competitive invitational on April 8th, 2017 at Mepham High School.

The 11th Annual Paul Limmer Invitational

W.C. Mephram High School – 2401 Camp Avenue, Bellmore, NY 11710

Saturday, April 8, 2017 first race at 10a.m.

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

of entries: Unlimited in each event.

Spikes: 1/4" pin spikes only.

Batons / Starting Blocks: Bring your own.

Prizes: Medals will be awarded for the TOP FIVE in each event. Plaques will be awarded to the top 3 teams in the boys and girls meet.

Scoring: Top 5 per event: 6-4-3-2-1

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 – 28'; DT – 70'; HJ – starts at 4' 10" – up 2" to 6' 0" – then up 1" thereafter

GIRL'S: LJ – 12'; TJ – 25'; SP – 22'; DT – 65'; HJ – starts at 3' 10" – up 2" to 5' 0" – then up 1" thereafter

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 either Pete Alfano at 718-490-2657 or email at PLA1981@aol.com or Anthony Augugliaro at 516-603-7340 or email at aaugugliaro@bellmore-merrick.k12.ny.us
We hope to see you at the meet. Good luck this season.

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

THE 11TH ANNUAL PAUL LIMMER INVITATIONAL
W.C. MEPHAM HIGH SCHOOL – 2401 Camp Avenue, Bellmore, NY 11710
Saturday, April 8, 2017 – 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

Girls 1500

Boys 1600

Girls 200

Boys 200

Girls 4x100

Boys 4x100

Girls 4x800

Boys 4x800

Girls 4x400

Boys 4x400

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

The 10th Annual Paul Limmer Invitational

W.C. Mepham High School – 2401 Camp Avenue, Bellmore, NY 11710

Saturday, April 8 2017 – 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 SATURDAY, April 1, 2017 by 5:00 p.m.

Mail or Fax to: Pete Alfano and Anthony Augugliaro Co- Meet Directors

W.C. Mepham High School
2401 Camp Ave.
Bellmore, NY, 11710

FAX #: (516) 785-7590

E-Mail: aaugugliaro@bellmore-merrick.k12.ny.us or PLA1981@aol.com