

The Valley Stream Challenge

13th Annual Invitational Track & Field Meet

Saturday, April 2, 2016
Valley Stream North High School

NOTE: MUST PRE-SEED THROWERS

Time: Clerking begins at 9:30am, First event at 10:00am, rain or shine.
Seeding: Three event limit.
Verbal seeding. Please make sure athletes know their seed times.
Awards: Medals to top 6 in each individual event, top 3 relay events
Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.

Event information:

- For safety and time reasons, the DISCUS will be pre-seeded. You **MUST** email discus seeds to frazerm@vschsd.org by Wednesday, 3/30/16 at 3:00pm. *Please indicate name, Nassau number, grade, and seed.* Accepted athletes will be emailed. Please send your frosh/soph discus seeds too! **There will be no non-seeded discus.** Enter as many as you like, but we will only take an amount we can safely seed.
- The sprint medley relay will be for freshmen and sophomores **ONLY**.
- Frosh/Soph division for ALL field events.
- The high jump will start at 3'10" for girls and 4'10" for boys. Frosh/Soph jump together, separated at the end.
- Two Jumping Pits for Long Jump & Triple Jump.

Food: Will be on sale the day of the meet by **the VS North Spartan Club!**
Entry Fees: **Section VIII Schools:** \$175.00 boys team, \$175.00 girls team or \$350.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.
Non-Section VIII Schools: \$200.00 boys team, \$200 girls team or \$400 combined team.

Entry Due: Please fill out entry information and send to:
Valley Stream North High School
c/o Mike Frazer
750 Herman Avenue
Franklin Square, NY 11010
Fax: (516) 564-5539

Reminder: Make checks/ P.O.'s payable to: VS North Spartan Club
Questions: Please contact: Mike Frazer
Phone: (516) 662-5524 cell, (516) 564-5556 office, Fax: (516) 564-5539
Email: frazerm@vschsd.org

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ENTRY FORM

School: _____

School Phone Number: _____

Please circle one:

	BOYS	GIRLS	BOYS & GIRLS
Section VIII	\$175	\$175	\$350
Non-Section VIII	\$200	\$200	\$400

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

REMINDER: Discus is pre-seeded.
Must send seeds to frazerm@vschsd.org by 3/30/16

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes Runners _____ Jumpers _____ Throwers _____

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RUNNING EVENTS

10:00am 400IH girls
400IH boys
2000m Steeplechase girls
2000m steeplechase NOVICE boys & girls (one or two heats possible)
1500m girls (open followed by frosh/soph)
3000m Steeplechase boys
1600m boys (open followed by frosh/soph)
400m girls (open followed by frosh/soph)
400m boys (open followed by frosh/soph)
100m girls - trials
100m boys - trials
100m HH girls
110m HH boys
100m finals girls
100m finals boys
800m girls
800m boys
200m girls
200m boys
frosh/soph mile medley relay girls (400, 200, 200, 800)
frosh/soph mile medley relay boys (400, 200, 200, 800)
4x100m girls
4x100m boys

FIELD EVENTS

(frosh/soph will have separate medals)

10:00am Long Jump boys – South Runway (Open followed by Frosh/Soph)
Followed by Triple Jump boys – South Runway (Open followed by Frosh/Soph)

10:00am Long Jump girls – North Runway (Open followed by Frosh/Soph)
Followed by Triple Jump girls – North Runway (Open followed by Frosh/Soph)

10:00am High Jump girls (opening height 3'10") (Open & Frosh/Soph)
Followed by High Jump boys (opening height 4'10") (Open & Frosh/Soph)

10:00am Shot Put boys
Followed by Shot Put girls

10:00am Discus girls (pre-seeded... must send seeds to frazerm@vschsd.org by 3/30/16)
Followed by Discus boys (pre-seeded... must send seeds to frazerm@vschsd.org by 3/30/16)
*We will compete Open and Frosh/Soph, but both must be pre-seeded
*No non-seeded Discus due to safety reasons.