

**North Shore High School
Invitational Track & Field Meet
Saturday, May 14th 2016**

8 LANE BRAND NEW FACILITY AND FAT TIMING FOR THIS YEAR

North Shore Schools is sponsoring its 12th Annual Invitational Track and Field meet. The following information should answer any questions.

Time: 10 AM for all running and field events 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 9th

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 levyn@northshoreschools.org 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 3rd light make left at Nissan Dealer (Back Road)
At the end of Back Rd. make right onto Glen Cove Ave
Proceed to the 3rd 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 14th 2016

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 (Trials)	BOYS	
100 meter (Trials)	GIRLS	
110 HURDLES (Trials)	BOYS	
100 HURDLES (Trials)	GIRLS	
3k Steeplechase	BOYS	
2k Steeplechase	GIRLS	
800	BOYS	
800	GIRLS	
100 meter	BOYS	Finals
100 meter	GIRLS	Finals
110 Hurdles	BOYS	Finals
100 Hurdles	GIRLS	Finals
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	BOYS FOLLOWED BY GIRLS	
High Jump	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 (2 shot circles will be used)	
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

BOYS

GIRLS

COACH

CELL PHONE
 E-mail

BOYS EVENTS	#ENTRIES
400 Hurdles	
3200	
100	
110H	
800	
400	
1600	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	
POLE VAULT	
Steeple Chase	

GIRLS EVENTS	ENTRIES
400 Hurdles	
3000	
100	
100H	
800	
400	
1500	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	
POLE VAULT	
Steeple Chase	

FEES

BLANKET FEE (\$175 OR \$350 both boys and girls) SECTION VIII SCHOOLS
 (\$200 OR \$400 both boys and girls) NON SECTION VIII SCHOOLS

INDIVIDUAL ENTRIES X \$10.00

RELAY ENTRIES X \$25.00

TOTAL ENTRY FEE:

Payable to: North Shore Schools
 Mail to: Neal Levy
 North Shore High School
 450 Glen Cove Ave
 Glen Head NY 11545

FAX
 or attn. Neal Levy
 (516) 277-7042
 or email levyn@northshoreschools.org

North Shore High School

Invitational Track & Field Meet

Meet Records

Boys

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	Tobias Nelson	Brentwood	55.1	2013
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	Kyle Cohen	Longwood	13'1"	2014
4x100		Roosevelt	42.9	2009
4x400		Baldwin	3:18.5	2011
4x800		South Side	8:11.9	2009

Girls

100m	Christie Verdier	Baldwin	11.9	2006
	Melissa June	St. Anthony's	11.9	2014
100 Hurdles	Crystal Henderson	Longwood	14.4	2015
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	2011
1500m	Theresa Rush	Valley Stream North	4:38.7	2006
3000m	Mary Kate Anselimi	Ward Melville	9:48.5	2011
1500m Walk	Lauren Harris	Sachem East	6:36.7	2015
Steeplechase	Suzie Petryk	Huntington	6:59.2	2015
Shot Put	Oyinkansola Adewale	HHH West	42'0"	2014
Discus	Kristina Insingo	Holy Trinity	127'0"	2014
Long Jump	Nwamaka Okobi	Freeport	17'9.5"	2007
Triple Jump	Nwamaka Okobi	Freeport	37'6.75"	2007
High Jump	Buccella	Half Hollow Hills	5'2"	2007
	Kayla Koebel	Kings Park	5'2"	2011
	Carly Swinford	Sachem North	5'2"	2013
	Lisa Maybie	Plainedge	5'2"	2013/2014
Pole Vault	Kerstyn Ciulla	Sachem	10'9"	2015
4x100		Roosevelt	49.4	2015
4x400		Kellenberg	3:56.1	2015
4x800		Ward Melville	9:29.3	2011