

2nd Annual
Copiague H.S.'s
STEEPLE CHALLENGE

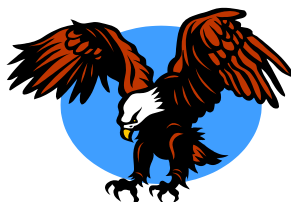
Copiague High School---1100 Dixon Avenue---Copiague, NY

Friday April 10, 2015 12:00pm



- **3000 & 2000m Steeplechase**
 - Separate Frosh & Soph 2000 races and separate Varsity 2000 & 3000 races
- **Shot Put & Discus**
 - Both Boys & Girls
- **Long & Triple Jump**
 - Boys Long Jump Only & Girls Triple Jump Only
- **High Jump**
 - Both Boys (opening height 5') & Girls (opening height 4')
- **Pole Vault**
 - Both Boys (opening height 8') & Girls (opening height 6')

Walter G. O'Connell-Copiague HS



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Friday April 10, 2015 12:00pm
Copiague High School---1100 Dixon Avenue---Copiague, NY

Clerking: Begins at 11:50pm

- This meet is open to all HS boys and girls.
- Athletes may compete in any three (3) events.

Awards:

- Medals will be given to the top three finishers in all events.

Spikes:

- ¼ in maximum length can be worn on all runways and the track.

Food:

- Hot BBQ & cold drinks (coffee too!) will be on sale the day of the meet, as well as Invite T-shirts.

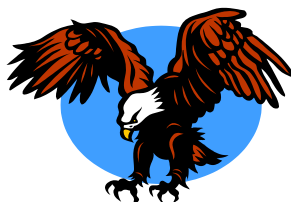
Entry Fees:

- **Section XI teams:** \$100.00 blanket fee, or \$10.00 per individual
 - **Boys & Girls combined team:** \$175.00
- **Non-Section XI teams:** \$125.00 blanket fee, or \$10.00 per individual
 - **Boys & Girls combined:** \$200.00

WE'VE KEPT OUR ENTRY FEE LOW TO REFLECT FISCAL RESTRAINT.

- **Blanket Fee:** allows for unlimited individual entries.
- **Meet will be limited to the first 25 teams with paid entry!**

Walter G. O'Connell-Copiague HS



2nd Annual

ORDER OF STEEPLECHASE

RUNNING EVENTS START AT 12:00 PM

- *Girls Events Followed by Boys*
- *Verbal seeds for all running events*
- 2000m Steeple Freshman Girls
- 2000m Steeple Freshman Boys
- 2000m Steeple Sophomore Girls
- 2000m Steeple Sophomore Boys
- 2000m Steeple Varsity Girls
- 2000m Steeple Varsity Boys
- 3000m Steeple Varsity Girls
- 3000m Steeple Varsity Boys

FIELD EVENTS START AT 12:00PM

- **Boys Shot Put, followed by Girls Shot Put**
- **Girls Discus, followed by Boys Discus**
- **Girls High Jump, followed by Boys**
- **Boy's Long Jump, followed by Girls Triple**
 - There will be NO Boys triple jump nor Girls long jump
- Seed cards will be used for all field events
 - Please include athletes' name, grade, school, seed.

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Friday April 10, 2015 12:00pm
Copiague High School---1100 Dixon Avenue---Copiague, NY

Entries Due: April 2nd, 2015

Entries received after may be denied entry.
Meet will be limited to the first 25 teams with paid entry!

School: _____ (circle one) **BOYS** **GIRLS**

Coach's Name: _____

Coaches Email: _____

School Phone # (____) _____ Coach's Phone # (____) _____

Entry Fees:

- **Please circle one**
If using blanket fee:
- | | | |
|-----------------|------------------|---------------------|
| Section XI team | <u>OR</u> | Non-Section XI team |
| \$100.00 | | \$125.00 |

- | | | |
|-----------------|------------------|--------------------|
| Combined Teams | <u>OR</u> | Combined Teams |
| B/G Section XI | | B/G Non-Section XI |
| \$175.00 | | \$200.00 |

OR

- # of individuals _____ X \$10.00 each = _____

- **TOTAL AMOUNT DUE = _____**

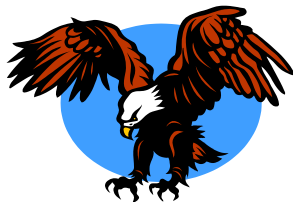
This is an entry fee not a participation fee & the meet will be capped at 25 teams.

Make checks or PO's payable to Copiague High School and send to:

COPIAGUE H.S.---c/o George Schroeder---1100 Dixon Avenue---Copiague, New York 11726
Questions---Comments---Concerns

Contact---George Schroeder email at gschroeder@copiague.net or call 516-672-4086 (cell)

Walter G. O'Connell-Copiague HS



2nd Annual STEEPLE CHALLENGE

Results from 2014 are at:

BOYS:

<http://www.just-in-time-racing.com/ST%202014%20Results/Copiague%20Steeple%20Challenge%20Boys%20Results.htm>

Girls:

<http://www.just-in-time-racing.com/ST%202014%20Results/Copiague%20Steeple%20Challenge%20Girls%20Results.htm>

COPIAGUE HS TRACK & FIELD RECORDS

Boys

Girls

10:16.7--- Wes Merriwether- Copiague “12	3000/2000 Steeple	7:04.17---Victoria Ingram---Smithtown W “13
54-02 ---Ben Bonhurst--- Smithtown W “13	SHOT	37-00.75 ---Tiara Davis---HHHW “13
164-02 ---Ben Bonhurst--- Smithtown W “13	DISC	103-01 ---Tiara Davis---HHHW “13
21’08.5---Alex Williams---Wyandanch- “12	LONG JUMP	18-05.25---Janel Francis---Copiague “12
44-03----Justin Brown---Copiague “12	TRIPLE JUMP	40’02.75”---Meloney Riley---Riv. “12
6-04 ---Maurice Epps---Copiague “13 ---Wade Richardson---Copiague “11	HIGH JUMP	5-02 ---Carly Swinford---Sachem N “13
14-00 --- Jonah Spaeth--- Riverhead “13 --- Dan Normoyle---Riverhead “13	Pole Vault	not contested

“Most people run a race to see who is fastest. I run a race to see who has the most guts.”
---Steve Prefontaine



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

- The steeplechase is a difficult event, and it can be dangerous.
- If you commit an act of unsportsmanship (see the photo to the right), you & your entire team may be disqualified from the event AND the meet.

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