

13th Annual Bulldog Invitational

Hewlett High School



May 16, 2015

Coaches' Notes

- 1) Remember that this is an entry fee, not a participation fee. This meet is sponsored by Hewlett High School and enforces all NF, NYSPHAA and Section VIII rules.
- 2) **Entry Fee:** Flat Fee of \$160/team or \$320 for combined B/G entry (not school). Schools will also be billed for one official each through BOCES.

** Make checks payable to "Hewlett Varsity Club" **

Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!

- 3) 3 event limit. (Pentathlon counts as 3 events.)
- 4) **Awards:** Medals to top 6 in all elite events and top 3 in all open events.
- 5) **Field Events:** Have restricted numbers. **3 elite and 2 open are allowed.** For time purposes only the long jump and the shot put will have open sections. There will only be elite sections in the disc, pole vault, high jump and triple jump.
- 6) **Relays:** Relays are elite only!
- 7) Send in your paperwork ASAP! If you have any questions please feel free to contact us.
 - a. Eamon McHugh - emchugh@hewlett-woodmere.net
 - b. Stephen Honerkamp - coachh101@aol.com
- 8) The mascot race is back so get a hold of your suits early!
- 9) **Concessions:** Once again we have gone out of control this year! The Barbeque Pit will be open for concessions, and will be selling great gear and t-shirts.

Instructions for Elite Seeds - **NEW!!**

- **NEW!**- We will be using Just in Time Racing this year for results, pre-seeding and timing this year.
- Based upon coaches input, *elite seeds will only be needed for the pentathlon, field events, MMR, & 3200m/3000m.*
- **Enter required seeds on www.justintimeracing.com by 10PM on Sunday, May 10th.** *See attached chart for assistance in knowing which events need to be entered online.*
- Athletes you wish to enter in the elite sections in the running events will be done on meet day.
- Initial seed lists will be posted on www.justintimeracing.com on Wednesday, May 13th.
- Seed lists will be available on meet day. Coaches must scratch elite athletes upon arrival.
- There is not a guarantee that an athlete will make the elite sections/flights.

Bulldog Invitational

** Pole Vault starts at 8:45!! **

Order of Events (9:30 start – First event called at 9:15 – Boys followed by Girls)

Pentathlon 110HH (limited to 10 – limit to 2 per team)
110HH (individual for teams without a multiple of 3 HH kids)
Pentathlon 100HH (limited to 10 – limit to 2 per team)
100HH (individual for teams without a multiple of 3 HH kids)
4x100m – semi (*limited to two entries per team*)
1600m/1500m (*limited to three entries per team*)
100m – semi
400IH
100m – final
3200m/3000m (*pre-entered – one heat only*)
400m
4x100m – final
800m
Mile Medley Relay (200-200-400-800) – (*pre-entered – one heat only*)
Coaches/Alumni SMR Relay (200-100-100-400)
200m
Throwers 4x100m (Each athlete must have been in either the shot or the disc to be eligible.)
4x400m (*limited to two entries per team*)
4x800m (*limited to one entry per team*)

Field Events –

Pole Vault – Girls / Boys (8:15AM check-in/warm-up & 8:45 start) (ELITE ONLY – 3 entrants/team)

Starting Heights – Will be at least 7' & 9' since we want this event to move.

High Jump – Boys & Girls together – 2 mats (ELITE ONLY after pent HJ is finished)

Starting Heights – Boys = 5'4" / Girls = 4'4"

The first legal mark will be measured then athletes must meet the minimum to be measured.

Shot Put – Boys / Girls

Minimum Distances – Boys = 35' / Girls = 25'

Discus – Girls / Boys (ELITE ONLY – 40 entrants maximum)

Minimum Distances – Boys = 90' / Girls = 70'

Long Jump/Triple Jump – Boys / Girls (Triple Jump is ELITE ONLY due to time)

Minimum Distances – Boys = 18' and 36' / Girls = 14' and 28'

Event Grid

You do NOT need to send this in!

This is for your purposes only to make sure you do not plan to enter more athletes than you are allowed to in any event.

Event	Elite	Open
100m	no limit	no limit
200m	no limit	no limit
400m	no limit	no limit
800m	no limit	no limit
1600m/1500m	3 entrants maximum	not contested
3200m/3000m	one heat only - enter online	not contested
110HH/100HH	no limit	no limit
400IH	no limit	no limit
4x100m	two teams maximum	not contested
4x400m	two teams maximum	not contested
4x800m	one team maximum	not contested
MMR (2-2-4-8)	one team maximum - Only one heat will be run. - enter online	not contested
Throwers 4x100m	two teams maximum	not contested
Pole Vault	3 entrants maximum - enter online	not contested
Shot Put	3 entrants maximum - enter online	2 entrants maximum
Discus	3 entrants maximum - enter online	not contested
High Jump	3 entrants maximum - enter online	not contested
Long Jump	3 entrants maximum - enter online	2 entrants maximum
Triple Jump	3 entrants maximum - enter online	not contested
Pentathlon	2 entrants maximum - enter online	not contested

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Entry Form

****NEW - Payments must be received by meet day so get your paperwork in early!****

****Schools violating this may not be allowed to attend next year.****

Boys Entry Fee- Flat Fee = \$160 _____

Girls Entry Fee- Flat Fee = \$160 _____

OR

OR

Call for small team entry.

Call for small team entry.

OR

Combined Boys / Girls Entry Fee = \$320 = _____

****All schools will also be billed for one official through BOCES****

Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!

Information:

School _____

Boys' Coach _____

Email _____

Phone # _____

School _____

Girls' Coach _____

Email _____

Phone # _____

Notes

- Make checks payable to "Hewlett Varsity Club".
- Entry due date is Wednesday, May 6, 2015.
- Fax # - 374-4571 - c/o Eamon McHugh
- Mail entry to: Woodmere Middle School
Eamon McHugh
1170 Peninsula Blvd.
Hewlett, NY 11557