

LONG ISLAND Track and Field INVITATIONAL

"The Elite Indoor Meet"

PLACE: St. Anthony's High School Indoor Facility

DATE: Sunday February 22nd, 2015

TIME: Weight Throw: Doors open at 8:00am for athletes/coaches for this event only. Doors will open at 10:45am for warm-ups for everyone else. (See time schedule)

AWARDS: AWARDS TO TOP "6" IN *EACH EVENT INDIVIDUAL EVENT*. TOP "4" IN ALL RELAY EVENTS. SPECIAL AWARD TO 1ST PLACE FINISHERS IN VARSITY EVENTS.

ENTRY: ONLINE ENTRY AT JUST-IN-TIME RACING. ENTRY IS DUE BY MIDNIGHT MONDAY FEB. 16th. ACCEPTED ATHLETES WILL BE POSTED ON LINE THURSDAY FEB 19th ON JUST-IN-TIME RACING.

PAPER ENTRY FORM AND PAYMENT (CHECK OR PO) MUST BE POSTMARKED BY TUESDAY FEB. 18TH.

ATHLETES ARE ALLOWED TO COMPETE IN ONLY "2" EVENTS.

FEE: \$15 INDIVIDUAL EVENTS/ \$40 PER RELAY. REMEMBER THIS IS AN ENTRY FEE, NOT A PARTICIPATION FEE. PLEASE ONLY ENTER ATHLETES WHO EXCEED THE MINIMUM STANDARD.

PURPOSE: THIS "ELITE" MEET IS MEANT TO BE A QUALITY MEET INCLUDING INDIVIDUALS FROM SECTION 8, SECTION 11 AND THE NSCHSAA. ENTRY WILL BE BASED ON MARKS (TIME OR DISTANCE/HEIGHT) OBTAINED IN THIS INDOOR SEASON. ALL MARKS WILL BE CHECKED AND VERIFIED!!!

*SEE LAST PAGE FOR ENTRY STANDARDS AND SIZE OF FIELD.

** ANY INDIVIDUAL OR RELAY THAT QUALIFIES FOR THE NEW YORK STATE CHAMPIONSHIPS FROM THEIR SECTIONAL CHAMPIONSHIPS WILL BE ALLOWED ENTRY INTO THE MEET IN THE ONE EVENT OF THEIR CHOICE EVEN IF THEY DO NOT MEET STANDARD.

NO TEAM SCORE WILL BE KEPT SINCE THIS IS NOT A CHAMPIONSHIP MEET.

*** Spikes may be worn !!! 1/4" pyramid spikes ONLY!!
Blocks provided by facility, DO NOT bring your own!!

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FINAL TIME SCHEDULE WILL BE POSTED WITH ENTRIES

Order of Events (Girls followed by Boys)

11:35am	<i>Girls Sprint Medley Relay (200-200-400-800)</i>
11:45am	<i>Boys Distance Medley Relay (1200-400-800-1600)</i>
12:00	<i>3000m/3200m Run</i>
12:25	<i>55m Dash Trials (6 to final-heat winners plus next fastest times)</i>
12:50	<i>1000m Run</i>
1:10	<i>55m Dash Finals</i>
1:20	<i>600m Run</i>
1:40	<i>1500m Race Walk</i>
1:55	<i>55m Hurdles Trials (6 to final-heat winners plus next fastest times)</i>
2:30	<i>300m Dash</i>
2:50	<i>1500m/1600m Run</i>
3:15	<i>55m Hurdles Finals</i>
3:25	<i>Fr/Soph 300m Dash</i>
3:40	<i>Fr/Soph 1600/1500m Run</i>
3:55	<i>4 x 400m Relay</i>
4:15	<i>4 x 200m Relay</i>

Field Events

8:30	<i>Boys Weight Throw (Top 6 final)</i>
9:30	<i>Girls Weight Throw (Top 6 final)</i>
11:45	<i>Girls Long Jump (Top 7 to final)</i>
1:00	<i>Boys Long Jump (Top 7 to final)</i>
2:15	<i>Girls Triple Jump (Top 7 to final)</i>
3:30	<i>Boys Triple Jump (Top 7 to final)</i>
11:30	<i>Boys Pole Vault</i>
2:30	<i>Girls Pole Vault</i>
12:00	<i>Boys High Jump</i>
2:30	<i>Girls High Jump</i>
12:00	<i>Boys Shot Put (Top 7 to final)</i>
2:30	<i>Girls Shot Put (Top 7 to final)</i>

PAYMENT/ENTRY FORM:

PLACE: ST ANTHONY'S HIGH SCHOOL

DATE: Sunday February 22nd, 2015

TIME: 10:45am WARMUPS- RUNNING EVENTS START AT 11:45am

ENTRY: \$15 PER INDIVIDUAL/ \$40 PER RELAY

MAKE CHECKS PAYABLE TO: **Nassau County Track Coaches Association**
Tax ID 42-1705038

MAIL TO : Mr Fred Deruvo
Att. Nassau County Track Coaches Association
730 Boelson Drive
Westbury, NY 11590

DEADLINE: PAPERWORK POSTMARKED BY TUESDAY FEBRUARY 17th

CONTACT: If you have questions about entries/financial concerns
contact Fred Deruvo at fderuvo@optonline.net

SCHOOL: _____

COACH: _____ / _____
Name PHONE (H) CELL

Email Address

AD _____
Name PHONE (W)

_____ INDIVIDUAL EVENTS @ \$15.00 _____

_____ RELAY TEAMS @ \$40.00 _____

TOTAL _____

EVENT STANDARDS: Performances will be verified.

<i>EVENT/ Max # Competitors</i>	<i>BOYS</i>	<i>GIRLS</i>
55M DASH (24)	6.91 FAT	7.95 FAT
55M HURDLES (24)	8.20 FAT	9.84 FAT
300M DASH (20)	38.24 FAT	46.74 FAT
600M RUN (20)	1:28.50 FAT	1:42.50 FAT
1000M RUN (18)	2:47.50 FAT	3:12.50 FAT
1600/1500 (16)	4:37.50 FAT	5:05.50 FAT
3200/3000 (10)	10:10.00 FAT	11:00.00 FAT
1500m Walk (12)	X	8:00.00 FAT
LONG JUMP (12)	20' 3"	16' 0"
TRIPLE JUMP (12)	41' 6"	34' 0"
HIGH JUMP (18)	5' 10"	4' 9" Starting Hts 5'8"/4'7"
POLE VAULT (18)	10' 6"	8' 6" Starting Hts 10'0"/8'0"
SHOT PUT (24)	43' 6"	31' 0"
WEIGHT THROW (18)	40'0"	26'0"
FROSH/SOPH 300 (20)	41.24 FAT	47.54 FAT
FROSH/SOPH 1600/1500 (16)	4:57.00 FAT	5:17.00 FAT
4X200M RELAY (15)	1:38.50 FAT	1:53.00 FAT
4X400M RELAY (15)	3:35.50 FAT	4:20.00 FAT
4 X 800M RELAY (8)	8:20.00 FAT	10:10.00 FAT
SPRINT MEDLEY RELAY (10)	X	4:35.00 FAT
DISTANCE MEDLEY RELAY (10)	10:59.00 FAT	X