

# **North Shore High School Invitational Track & Field Meet Saturday, May 9<sup>th</sup> 2015**

**\*\*There is a possibility that due to facility issues, the competition may be held at Cold Spring Harbor High School. Everything about the event will be the same, except perhaps the location. We will keep you posted of the situation. However, the meet will go on as planned.**

North Shore Schools is sponsoring its 11th 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 4th**

**Make checks payable:** North Shore High School  
C/O Neal Levy  
North Shore High School  
450 Glen Cove Ave  
Glen Head NY 11545  
(516) 330-4590 cell or [levyn@northshoreschools.org](mailto: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 3<sup>rd</sup> light make left at Nissan Dealer (Back Road)  
At the end of Back Rd. make right onto Glen Cove Ave  
Proceed to the 3<sup>rd</sup> 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 9<sup>th</sup> 2015**

**Order of Events:**

**Each competitor may compete in any three events**

<b>400 Intermediate Hurdles</b>	<b>BOYS</b>	
<b>400 Intermediate Hurdles</b>	<b>GIRLS</b>	
<b>3200</b>	<b>BOYS</b>	<b>(1 heat only)</b>
<b>3000</b>	<b>GIRLS</b>	<b>(1 heat only)</b>
<b>100 meter (Trials)</b>	<b>BOYS</b>	
<b>100 meter (Trials)</b>	<b>GIRLS</b>	
<b>110 HURDLES (Trials)</b>	<b>BOYS</b>	
<b>100 HURDLES (Trials)</b>	<b>GIRLS</b>	
<b>3k Steeplechase</b>	<b>BOYS</b>	
<b>2k Steeplechase</b>	<b>GIRLS</b>	
<b>800</b>	<b>BOYS</b>	
<b>800</b>	<b>GIRLS</b>	
<b>100 meter</b>	<b>BOYS</b>	<b>Finals</b>
<b>100 meter</b>	<b>GIRLS</b>	<b>Finals</b>
<b>110 Hurdles</b>	<b>BOYS</b>	<b>Finals</b>
<b>100 Hurdles</b>	<b>GIRLS</b>	<b>Finals</b>
<b>400</b>	<b>BOYS</b>	
<b>400</b>	<b>GIRLS</b>	
<b>1600</b>	<b>BOYS</b>	
<b>1500</b>	<b>GIRLS</b>	
<b>200</b>	<b>BOYS</b>	<b>(Final on time)</b>
<b>200</b>	<b>GIRLS</b>	<b>(Final on time)</b>
<b>1500 RACEWALK</b>	<b>GIRLS</b>	
<b>4x100</b>	<b>BOYS Followed by GIRLS for all relays</b>	
<b>4x800</b>		
<b>4x400</b>		
<b>Pole Vault</b>	<b>BOYS FOLLOWED BY GIRLS</b>	
<b>High Jump</b>	<b>GIRLS FOLLOWED BY BOYS</b>	
<b>Long Jump</b>	<b>GIRLS and BOYS simultaneously (two runaways)</b>	
<b>Triple Jump</b>	<b>Same Format will follow Long Jump</b>	
<b>Shot Put</b>	<b>GIRLS followed by BOYS (2 shot circles will be used)</b>	
<b>Discus</b>	<b>BOYS followed by GIRLS</b>	

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

or

FAX  
attn. Neal Levy  
(516) 277-7042

# 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	Justin Sommer	Plainedge	10:03.3	2014
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	Michelle Anthony	Kellenberg	14.6	2011
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	Holly Londoe	Sachem East	6:52.2	2013
Steeplechase	Elizabeth Caldwell	North Shore	7:11.7	2013
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	Emma Cleary	St. John the Baptist	10'	2011
4x100		Baldwin	49.6	2008
4x400		Kellenberg	3:59.3	2011
4x800		Ward Melville	9:29.3	2011

# North Shore High School

*Glen Head, New York*

