

The 9th Annual Paul Limmer/Pirate Invitational RELAY CARNIVAL

W.C. Mephram High School – 2401 Camp Avenue, Bellmore, NY 11710

Saturday, April 18th, 2015 first race at 1:30p.m.

Dear Coach:

New Format: This year the Paul Limmer will be introducing our first **RELAY CARNIVAL EVENT!**

of events: Each competitor may compete in any three events. There will be separate Frosh/Soph Sections in the SMR and 4x4. Frosh/Soph sections may be altered to help accommodate meet management. SMR AND 4X4 **RELAYS WILL BE BROKEN UP INTO VARSITY AND FROSH/SOPH RELAYS**

of entries: Unlimited in each event. There will only be one boys and one girl's heat for the 3200m/3000m.

Spikes: 1/4" pin spikes in recessed shoes and 1/8" spikes in plastic plates only; starting blocks may be used ONLY for Finals and may have only 1/4" spikes or less.

Batons / Starting Blocks: Bring your own.

Prizes: Medals will be awarded for the TOP FIVE in each Varsity event and TOP FIVE in each Frosh/Soph event.

Entry: Please complete separate entry for Boys' and Girls'. Entries Close: Thursday, April 16th at 5:00 p.m.

Entry fees: Maximum entry fee: Nassau County Public Schools - \$150.00 blanket entry for boys' or girls' team// Plus the cost of one official - billed through BOCES per team. Non-Nassau County Public Schools - \$175.00, Individual entries - \$10.00 per individual event; \$20.00 per relay: Minimum entry fee: \$20.00. A Check or Voucher must be sent to Meet Director upon entry. This is an entry fee NOT a participation fee.

Seeding: Individual events will be by verbal seeding. For the Relays; cards will be needed; and must include the following information: Runner's Names, Section VIII #, School Name, Event, and Seed Time.

Field events: All field events will be a two member relay that will compete with combined furthest throw. In the following throws & jumps the first legal effort will be measured. After that, the attempt must make the following minimum standards:

BOY'S: LJ – 15'; TJ – 30'; SP – 28'; DT – 70'; HJ – starts at 4' 10" – up 2" to 6' 0" – then up 1" thereafter
GIRL'S: LJ – 12'; TJ – 25'; SP – 22'; DT – 65'; HJ – starts at 3' 10" – up 2" to 5' 0" – then up 1" thereafter

T-shirts: Will be on sale the day of the meet

Food: Will be on sale the day of the meet. Both hot and cold foods will be available.

Directions and Questions: If you have any, please call either Pete Alfano at 718-490-2657 or email at PLA1981@aol.com or Anthony Serravite at 516-945-5579, or e-mail at Distancerunner83@gmail.com We hope to see you at the meet. Good luck this season.

This meet is sponsored by W.C. Mephram High School and enforces all National Federation, NYSPHAA, and Section VIII rules.

**THE 9TH ANNUAL PAUL LIMMER/PIRATE INVITATIONAL
RELAY CARNIVAL
W.C. MEPHAM HIGH SCHOOL – 2401 Camp Avenue, Bellmore, NY 11710
Saturday, April 18, 2015 – 1:30p.m.
All running events are girls followed by boys**

Order of Events

DMR Scramble – (an event requested by Coach Limmer. 1200m, 400m, 800m and 1600m can be covered in any order. There will only be 1 heat for each boys and girls)

Varsity SMR (400, 200, 200, 800) Final on Time

Frosh/Soph SMR (400, 200, 200, 800) Final on Time

Varsity Shuttle Hurdle Relay Final on Time

Mark Peters Memorial Discus Award Presentation

Varsity Girls 3000m Invitational One heat, max. 18 girls Final on Time

Varsity Boys 3200m Invitational One heat, max. 18 boys Final on Time

Varsity 4 x 100m Relay Final on Time

Varsity 4 x 800m Relay Final on Time

Frosh/Soph 4 x 400m Relay Final on Time

Varsity 4 x 400m Relay Final on Time

Field Events: Athletes MUST be registered at start of event in order to compete, NO LATE ENTRIES

Girls' High Jump begins at 1:30p.m., Boys' High Jump to follow the girls

Girls' starting height is 3'10" – up 2" to 5'0" – then up 1" thereafter

Boys' starting height is 4'10" – up 2" to 6'0" – then up 1" thereafter

***All Long Jump, Triple Jump, Shot Put & Discus events are 3 attempts with NO FINAL. 1st legal mark will be measured, all others must make minimum measurement.**

Long Jump and Triple Jump will be a Varsity Event only and we are asking each team to enter 1 team per event. If time permits we will add additional teams per events.

Boys Long Jump	Starts at 1:30p.m.
Girls Long Jump	Starts directly following the completion of the Boys LJ
Boys Triple Jump	Starts directly following the completion of the Girls LJ
Girls Triple Jump	Starts directly following the completion of the Boys TJ

Boys Shot Put	Starts at 1:30p.m.
Girls Shot Put	Starts – 30 minutes after completion of Boys Shot Put
Girls Discus	Starts at 1:30p.m.
Boys Discus	Starts – 30 minutes after the completion of Girls Discus

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Saturday, April 18th 2014 – 1:30 p.m.

USE SEPARATE ENTRY FOR BOYS' & GIRLS'

(Please Circle one)

School _____ Coach _____
School Address _____ Coach's Email _____
_____ Coach's Phone _____
School Phone _____

UNLIMITED ENTRIES: Circle one if using unlimited entry

Nassau County Public Schools

Non Nassau County Public Schools

\$150.00 + cost of one official per team
(NOT per School) billed through BOCES

or

\$175.00

Number of Individual Events _____ @ \$10.00 = \$ _____

Number of Relays _____ @ \$20.00 = \$ _____

Total entry fee = \$ _____

Minimum entry is \$20.00

Checks: Make checks payable to: W.C. Mephram High School
C/O Track and Field Team

Entries are DUE ON THURSDAY, April 16th, 2015, – 5:00 p.m.

Mail or Fax to: Pete Alfano and Anthony Serravite Co- Meet Directors
W.C. Mephram High School
2401 Camp Ave.
North Bellmore, NY, 11710

FAX #: (516) 349-9157

E-Mail: Distancerunner83@gmail.com or PLA1981@aol.com