

**2<sup>nd</sup> Annual East Meadow Invitational**  
**East Meadow High School**  
**Tuesday, April 7<sup>th</sup>, 2015**



- Time: Coaches Meeting and Clerking Begin at 9:45 am  
1<sup>st</sup> Event (110H/100H) Goes Off at 10 am
- Seeding: Individual Events – Verbal Seeding  
Relays – Cards with Names and Seed Time
- Awards: Medals to the Top 4 in All Events  
Plaques to the Winning Team and 2<sup>nd</sup> Place Overall Teams  
(All Events Scored: 10-8-6-4-2-1)

*Please Provide Your Own Starting Blocks and Relay Batons.  
Only ¼ Inch Spikes Allowed.*

Notes:

- The Jets Booster Club will have food for sale all meet long.
- T-shirts will be available for purchase while supplies last.
- Schools may enter **two boys** and **two girls only** in the pentathlon.
- Blanket Entry of \$150 for Boys or Girls Teams **or** \$6 per individual, \$18 per relay, \$25 per pentathlete.
- All Nassau Schools will split the cost of officials through BOCES.

Questions: Contact Michael Ringhauser (631) 245-1564  
E-mail: [michael.ringhauser@yahoo.com](mailto:michael.ringhauser@yahoo.com)

East Meadow Invitational Order of Events:  
9:45 am – Coaches Meeting and Start of Clerking

110 / 100 Hurdles	-	Open
1600 / 1500	-	Open, Fresh/Soph
100 Trials	-	Open, Fresh/Soph
400	-	Open
100 Finals	-	Open, Fresh/Soph
800	-	Open
400 Hurdles	-	Open
200	-	Open
DMR (1200, 400, 800, 1600)	-	Open
SMR (200, 200, 400, 800)	-	Open, Fresh/Soph

Pentathlon (110/100H, LJ, HJ, SP, 1500/800) – TWO PER TEAM!

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Long Jump (Open, Fresh/Soph)	Open Pit from 10:00 – 11:30
Triple Jump (Open)	Open Pit from 11:30 – 1:00
High Jump (Open)	Girls Start at 10am; Boys Follow Girls Opening Height – 3-8 Boys Opening Height – 4-8
Shot Put (Open)	Boys Start at 10am; Girls Follow
Discus (Open)	Girls Start at 10am; Boys Follow

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School: \_\_\_\_\_

Option #1

Blanket Entry (Circle One)	Boys Only \$150	Girls Only \$150	Boys and Girls \$300
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Option #2

# of Individuals	_____	x	\$6	=	_____
# of Relays	_____	x	\$18	=	_____
# of Pentathletes	_____	x	\$25	=	_____
			<b>Total =</b>		_____

*The cost of officials will be split between competing Nassau County Schools and billed through BOCES.*

Coach: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Boys Pentathlete #1 - \_\_\_\_\_

Boys Pentathlete #2 - \_\_\_\_\_

Girls Pentathlete #1 - \_\_\_\_\_

Boys Pentathlete #2 - \_\_\_\_\_

**Send To:** East Meadow High School  
c/o Kevin Regan – Athletic Director  
101 Carman Avenue, East Meadow, NY 11554  
**ALL ENTRIES DUE BY TUESDAY, MARCH 31<sup>st</sup>**

**Checks Payable:** East Meadow High School

## **East Meadow Invitational Records**

### ***BOYS MEET RECORDS:***

100 (Open)	Wang	Great Neck South	11.1	2014
100 (Fr/So)	Hyman	East Meadow	12.1	2014
110 Hurdles	Su	Jericho	16.7	2014
200	Smith	Sewanhaka	23.3	2014
400	Edward	Lawrence	53.6	2014
800	Grady	East Meadow	2:00.0	2014
1600 (Open)	Cowen	Great Neck South	4:27.7	2014
1600 (Fr/So)	Euler	East Meadow	4:44.7	2014
Long Jump	Su	Jericho	20-5	2014
Long Jump (F/S)	Love	East Meadow	19-1	2014
Triple Jump	Wong	East Meadow	38-2 ½	2014
High Jump	Bonds	East Meadow	5-10	2014
	Love	East Meadow	5-10	2014
Shot Put	Ewulu	East Meadow	46-5 ½	2014
Discus	Vladianos	Oyster Bay	114-7	2014
Pentathlon	Sherbal	Oyster Bay	2313	2014
SMR (Open)		Great Neck South	3:43.8	2014
SMR (Fr/So)		East Meadow	3:58.7	2014
DMR		Jericho	11:52.2	2014

### ***GIRLS MEET RECORDS:***

100 (Open)	Messina	East Meadow	13.1	2014
100 (Fr/So)	Harding	Hempstead	12.9	2014
100 Hurdles	Debrance	Hewlett	17.2	2014
200	Harding	Hempstead	27.0	2014
400	Denton	Hempstead	1:02.0	2014
400 Hurdles	Cooperstein	Great Neck South	1:14.2	2014
800	Gatson	Hempstead	2:34.2	2014
1500 (Open)	McGlone	Bellmore JFK	5:09.0	2014
1500 (Fr/So)	Puciloski	East Meadow	5:38.2	2014
Long Jump	Schwartz	Hewlett	15-3	2014
Long Jump (F/S)	Francis	Hewlett	13-3	2014
Triple Jump	Deturris	Hicksville	30-8 ½	2014
Shot Put	Pipia	Sewanhaka	35-9 ½	2014
Discus	Pipia	Sewanhaka	108-8	2014
Pentathlon	Hagarty	Mephram	2846	2014
SMR (Open)		Hempstead	4:30.7	2014
SMR (Fr/So)		East Meadow	5:38.2	2014
DMR		Great Neck South	14:23.5	2014