

# **Cold Spring Harbor H.S.**

## **Seahawk Invite**

**Thursday April 23<sup>rd</sup>, 2015**

Time: First event at 5:30pm, clerking at 5:15pm

Open Events: Verbal seeding

Relays: Index Cards with names & seed

Event Information:

- 1000m Steeple w/ 8 barriers 2 water jumps
- Shot, Disc, LJ & TJ limited to 3 entries per team

Entry Fees: Nassau Teams: \$100, plus the cost of officials. Official cost will be split between schools and billed through BOCES.

All non Section VIII teams: \$125

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**!!!! Meet is being limited to 10 boys teams & 10 girls teams !!!!**

**Entries MUST be faxed or emailed to Nick Aurigemma. A confirmation email will be sent to each coach upon entry received. List of accepted teams will be posted on trackconference.com once meet is full or on 4/19/15. No day of meet entries will be accepted**

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**Payable To: Seahawk Booster Club**

Cold Spring Harbor High School

c/o Nick Aurigemma Girls T&F Coach

82 Turkey Lane

Cold Spring Harbor, NY 11724

Fax: (516) 679-7756 / Email: naurigemma@yahoo.com

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**Thursday April 23rd, 2015**

### **Field Events: 5:30 start**

Pole Vault: Boys (9' start) followed by Girls (7' start)

High Jump: Girls (4' start) followed by Boys (5' start)

Long Jump: Girls followed by Boys (upper pit, by scoreboard)

Triple Jump: Boys followed by Girls

Discus: Boys followed by Girls (upper cage by scoreboard)

Shot: Girls followed by Boys (lower cage, steeple side of track)

### **Order of Events: 5:30 start**

1000m Steeple boys

3000m Steeple boys

SMR (200-100-100-400) girls

SMR (200-100-100-400) boys

800m Racewalk girls

1000m Steeple girls

2000m Steeple girls

MMR (400-200-200-800) boys

MMR (400-200-200-800) girls

4x1600m boys

4x200m girls

4x200m boys

4x1500m girls

# **Cold Spring Harbor H.S.**

## **Seahawk Entry Form**

**Thursday April 23rd, 2015**

School: \_\_\_\_\_ Boys or Girls  
Coach: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
3000m Steeple (boys) \_\_\_\_\_ 2000m Steeple (girls) \_\_\_\_\_  
1000m Steeple (boys) \_\_\_\_\_ 1000m Steeple (girls) \_\_\_\_\_  
SMR (2-1-1-4) \_\_\_\_\_ 4x200m \_\_\_\_\_  
MMR (4-2-2-8) \_\_\_\_\_ 800m RW (girls) \_\_\_\_\_  
4x1600m (boys) \_\_\_\_\_ 4x1500m (girls) \_\_\_\_\_  
Pole Vault \_\_\_\_\_ High Jump \_\_\_\_\_

\*\*\*\*\*3 athlete limit for Shot, Discus, LJ and TJ \*\*\*\*\*

LJ \_\_\_\_\_ TJ \_\_\_\_\_ Shot \_\_\_\_\_ Discus \_\_\_\_\_

*I understand that by accepting this invitation I am committing to participate in the Seahawk Invitational. Furthermore I understand that this is an entry fee, not a participation fee.*

Coaches Signature: \_\_\_\_\_

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All non Section VIII teams: \$125

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