

Lynbrook High School

Green & Gold

Invitational



Date: Friday, May 1, 2015

No Rain Date

Location: Lynbrook South Middle School @ 4:15PM

Cost: \$120.00 per team (Plus 1 Official billed through BOCES)

100/110M HH
100M Final on time (NOVICE) only
100M SEMI (OPEN)
1500/1600M (NOVICE)
1500/1600 (OPEN)
100m Final Open
400M (NOVICE)
400M (OPEN)
400M IH
800M
200M
4 X 100
4 X 400
4 X 800

HIGH JUMP
LONG JUMP
TRIPLE JUMP
SHOTPUT (NOVICE/OPEN)
Disc
Pole Vault

****3 Jumps per athlete**
****3 Throws per athlete**
***** Novice 2 Attempts**
(Long Jump and Shot Put))

These are the events offered not the order please see the attached sheets for the order.

*****2 event limit per athlete (Including Relays!!) / 1 team in each relay**

*****Limited to 10 Schools/Teams of both girls and boys**

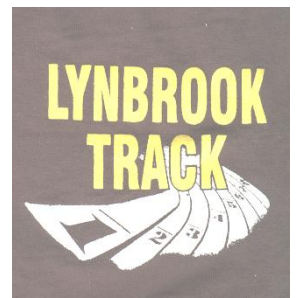
T shirts and refreshments will be available.

•Confirmation of entry EMAILED upon receipt of payment

Deadline for entry is April 24, 2015.

**Please remit check only (made payable to Athletic Activities Fund) to:
Athletic Director's Office, Lynbrook High School, 9 Union Avenue,
Lynbrook, New York, 11563. For Information call 887-0238.**

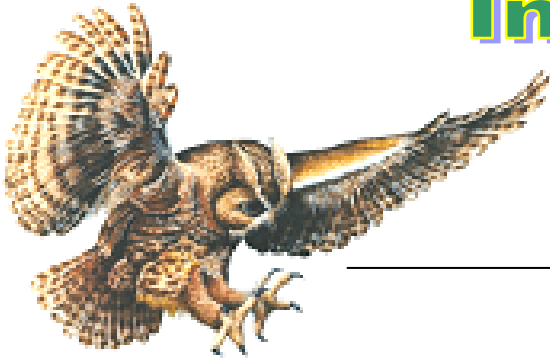
Please include school and contact name and fax number with check



Lynbrook High School

Green & Gold

Invitational



FAX CONFIRMATION

SCHOOL NAME

**WE WILL BE ATTENDING THE GREEN AND
GOLD INVITATIONAL HELD BY LYNBROOK
HIGH SCHOOL ON:**

Friday, MAY 1, 2015

**Payment in the form of a check only made out to
Athletic Activities Fund confirms our entry in the
Invitational.**

Amount of check: \$120

***** The cost of 1 Official will be billed through
BOCES**

Contact Name_____

Fax Number_____

**Contact
Email**_____

**Athletic Director's, Lynbrook High School,
9 Union Ave. Lynbrook, New York, 11563
Fax # - (516)887-6575**

ORDER OF EVENTS 2015

Coach Rich Hupe **400IH**

Cassie Papandrew **1500m**

Jon Truitt **1600m**

Janna Kaufer **100M Novice (Final on time)**

Andy Hescheles **100m Open (Final on Time)**

Kristie Lengel **100HH**

Coach Tony Sparandara **110HH**

Dana Levitt **400m Novice**

Rich Bloom **400m Open**

Coach Bill Hedgecock **800m**

GIRLS *Coach Doreen Combs* **200m**

BOYS *Coach Pete McNally* **200m**

Coach Eddie Reilly **4x400m**

Bill Patterson **4x100m**

Jason Lynch **4x800m**

Field Events

Jay Gonzalez **High Jump**

Girls

Boys

Karl Wildermuth **Long Jump**

Boys Pit- Next to Fence

Girls Pit- On Infield

Coach Josh Berlin **Triple Jump**

Boys Pit- Next to Fence

Girls Pit- On Infield

Rob Will **Shotput (Open)**

Boys- Near Shot Circle

Girls- Far Shot Circle

Coach Mike Harrison **Shotput (Novice)**

Boys- Near Shot Circle

Girls- Far Shot Circle

Disc

Also available for the first time this year is Pole vault