

# Ross Goldin

## Bay Shore Developmental Track & Field Meet

### Saturday – March 21, 2009

Location: Bay Shore High School  
 Time: 9:30am - 1:00pm  
 Clerking: 9:30am

E-mail Coach Borbet if you plan to come  
**steveborbet@yahoo.com**  
 or call **516-993-4110 (cell)**

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

Address: \_\_\_\_\_

Coach: \_\_\_\_\_ Home Phone: \_\_\_\_\_

<u>Events</u>	<u># of participants</u>	<u>Events</u>	<u># of participants</u>
400m hurdles	_____	3000m run	_____
1500m run	_____	4 x 100m relay	_____
100m dash	_____	4 x 400m relay	_____
100m hurdles	_____	4 x 800m relay	_____
800m run	_____	Shot put	_____
400m dash	_____	Discus	_____
800m walk	_____	High jump	_____
200m dash	_____	Long jump	_____
Triple jump	_____	4 x 400m walk relay	_____

Number of individuals \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Number of relays \_\_\_\_\_ x \$12.00 = \_\_\_\_\_

**Blanket entry (if less) \$170.00 = \_\_\_\_\_**

Total = \_\_\_\_\_

Checks payable to: Bay Shore High School Track  
 C/O Steve Borbet  
 155 3<sup>rd</sup> Ave.  
 Bay Shore, N.Y. 11706

\*\*\* All entries for field events and relays must be on a 3 x 5 index card that will be handed into the clerk or to the official at each event. Information on the card includes name, school, event, and expected performance the day of the meet.

\*\*\* Medals will be given to the top third of all finishers in every race, flight and relay.

\*\*\* An athlete may compete in two open events, and one relay.

\*\*\* Refreshments will be sold at the track.

\*\*\* Bathrooms will be available.

\*\*\* Spikes ¼" in length can be worn on all runways and the track.

\*\*\* Please seed you athletes correctly, to allow fair competition in each race or flight.

## Why bring your team to the Ross Goldin/Bay Shore Developmental Meet?

- Great alternative to a scrimmage.
- Gives athletes who never get a chance to win medals, an opportunity to do so.
- Every athlete will compete against athletes of the same ability level.
- The meet is slightly longer than a scrimmage, and you don't have to do any of the work.
- It is a developmental meet, allowing athletes to compete in a low stress situation.
- Dual meets begin the following week!!!

# **Bay Shore Ross Goldin Developmental Meet**

## **Order of Events**

<b>400 meter hurdles</b>	<b>shot put</b>	<b>long jump</b>	<b>high jump</b>
<b>1500 meter run</b>			
<b>100 meter dash</b>			
<b>100 meter hurdles</b>			
<b>800 meter run</b>			
<b>400 meter dash</b>	<b>discus</b>	<b>triple jump</b>	
<b>800 meter walk</b>			
<b>200 meter dash</b>			
<b>3000 meter run</b>			
<b>4 x 100 meter relay</b>			
<b>4 x 400 meter relay</b>			
<b>4 x 800 meter relay</b>			
<b>4 x 400 meter walk relay</b>			



- **Long jump and triple jump are on one runway. We need your cooperation in getting the jumps done as quickly as possible**
  - We will start with the better jumpers first.
  - One flight will be jumping, the next flight will be doing run-throughs next to the runway. When the flight is done, the next flight will get one run-through on the runway, and we will start. All the flights in the long jump will end at 11:30, when the triple jump will begin. Same procedure.
- **Nine athletes per flight, top three get medals in every flight.**
- **Shot put and discus will be held simultaneously.**
- **High jump will have three separate competitions, frosh/soph; junior/senior; new jumpers & under 4'0" jumpers combined. Ten jumpers in each category will get medals.**
- **Each field event competitor will need an index card with name, school, event and performance (seed).**