

26th Annual Girls Suffolk Coaches Meet
@ Bay Shore High School
Saturday – April 4, 2009 9:30am

Entry fee:	Blanket	\$175.00	_____
	Individuals	\$8.00 per event	_____
	Relays	\$20.00 per relay	_____
	Late fee:	\$25.00	_____
		Total	_____

School: _____ **Coach:** _____

School phone: _____ **Home phone:** _____

E-mail: _____

Check payable to: Suffolk County Track Coaches Association

Send entries to: Jim Christian
P.O. Box 91
Stony Brook, N.Y. 11790

Problems: Call Steve Borbet (516-993-4110 cell)

Deadline: **April 1, 2009**

Important Information

- Each athlete in **all running events** must have a pressure sticker with
 - Name
 - School
 - Event (open/intermediate/frosh-soph)
 - Seed
 - **It would be to your benefit to have the pressure stickers already filled out. We will have some available at the meet.**
 - All relays must have an index card with the names, school, event and seed time.
 - Each athlete in **all field events** must have an index card with
 - Name
 - School
 - Event (open/intermediate/frosh-soph)
 - Seed
1. Medals to the top six in every event (open/intermediate/frosh-soph). No team awards.
 2. Athletes are allowed to participate in any three events.
 3. Food and bathrooms will be available.
 4. ¼” spikes can be worn.

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Order of Events

9:30	400m hurdles	open, intermediate, frosh/soph
9:50	1500 meter run	intermediate – open & frosh/soph
10:50	100 meter dash	trials (open - top 18 seeded – 3 heats pick 2)
	100 meter dash	trials (intermediate – same as above)
	100 meter dash	trials (frosh/soph – same as above)
11:20	400 meter dash	open, intermediate, frosh/soph
11:55	100 meter dash	final open, intermediate, frosh/soph
12:00	100 meter hurdles	trials (open - top 18 seeded – 3 heats pick 2)
	100 meter hurdles	trials (intermediate – 6 fastest times)
	100 meter hurdles	trials (frosh/soph– 6 fastest times)
	100 meter hurdles	open, intermediate & frosh/soph final
12:30	800 meter run	open, intermediate & frosh/soph
12:50	200 meter dash	trials (top 18 seeded – 3 heats pick 2)
	200 meter dash	intermediate final on time
	200 meter dash	frosh/soph final on time
1:30	3000 meter run/1500 meter walk (outside the yellow line between lanes 3 & 4)	
2:30	200 meter dash	final open
2:35	4 x 400 meter relay	open/combined freshmen and sophomores
2:50	4 x 800 meter relay	open/combined freshmen and sophomores
3:15	4 x 100 meter relay	open/combined freshmen and sophomores
3:25	4 x 800 meter walk relay	

- **After the first three heats of the 400 and 200 meter races, we will start the next heat before the previous heat finishes. Every kid will be given a time at the finish line.**
- **Please pick-up your awards before leaving the meet!!! We will have a packet for each team with your medals in them!**
- **Field event cards and relay cards only. In all other events, each athlete will need a sticker with name, school, division/event!!! This will speed up the meet dramatically!**

Field Events

- 9:30 High jump**
(five alive) frosh/soph (3'9"/4'0"/4'3"/4'6") intermediate will follow
frosh/soph.(any three misses)
intermediate (4'0"/4'3"/4'6") (any three misses) open will follow
intermediate.
open (4'6"/4'9" up one inch after 4'9").
- 9:30 Triple jump** open triple jump (three jumps) – first jump will be measured,
none under 29'0" after that; intermediate (three jumps) – first
jump measured, none under 26'0"; frosh/soph (three jumps) –
first jump measured, none under 26'0" after that.
- 9:30 Pole vault** open pole vault (7'0"/7'6"/8'0"/8'6"/9'0") until completed.
frosh/soph & intermediate will go all at once (5'0"/5'6"/6'0"/
6'6"/7'0") until completed.
- 12:30 Long jump** open long jump (three jumps) – first jump will be measured,
none under 14'6" after that; intermediate (three jumps) – first
jump measured, none under 13'0"; frosh/soph (three jumps) –
first jump measured, none under 13'0" after that.

Order of Weight Events

- | | |
|-----------------------------------|-----------------------------------|
| 9:30 Shot put | 9:30 Discus |
| Open | Frosh/Soph |
| Frosh/Soph (follows open) | Intermediate (follows frosh/soph) |
| Intermediate (follows frosh/soph) | Open (follows intermediate) |

Open shot put - nothing measured under 29 ft.
Frosh/Soph shot put - nothing measured under 18 ft.
Intermediate shot put - nothing measured under 24 ft.

Frosh/Soph discus - nothing measured under 45 ft.
Intermediate discus - nothing measured under 60 ft.
Open discus - nothing measured under 80 ft.

*** Everyone's first throw will be measured, then they must throw better than the standard listed above.

Shot circle is located behind the school. Two circles will be used at the same time.

Discus circle is located behind the school.

Cards are needed for all weight events. (name, school, event, performance)