

WESTHAMPTON BEACH BOYS TRACK

7th ANNUAL SPRING TRACK INVITATIONAL

April 25 ,2009 8:45am start

Dear Coach,

I would like to invite you to our 7th annual spring track invitational Saturday, April 25, 2009 at Westhampton Beach High School. Start time 8:45am.

This meet gives athletes on your team a chance to participate at two levels: open division and novice division. Pole vault and relays will be open division only.

Timing will be FAT by Just-In-Time-Racing

Date: Saturday April 25, 2009 Time: 8:45am Rain or Shine

Site: Westhampton Beach High School (all Weather 6 lane track)

Fee: \$215.00 blanket entry or \$22 per event, \$32 per Relay,

payable to **Westhampton Beach Track Club C/O Jim**

Ford Westhampton Beach High School 49 Lilac

Rd. Westhampton Beach, NY 11978

Questions: call Jim Ford at 288-3800 ext. 222 during the school day or 653-4819 after 7pm. jpford@optonline.net Check for results and other info.

Entry Deadline: April 20 Call if it's late please call!

MEET INFORMATION

Date: **Saturday, April 25, 2009**

Time: 8:45am

1. Sanctioned by Section XI
2. National Federation rules apply
3. **Three event rule**
4. FAT timing by Just-in-time-racing
5. Refreshments on sale
6. Pin spikes 3/16
7. 3 x 5 cards should be filled out for field events and relays; we will use stickers provided by just-in-time-racing for running events. We will use Section XI assigned numbers for the meet. Teams from outside Section XI will be assigned numbers.
8. Medals to the top six in the open and top 8 in the novice.
10. *Just-in-time-racing.com will be timing the race.*
11. *Last year we had 25 teams and the meet was over in 4 hours*
12. *If an athlete exceeds the novice standard by a wide margin he will not be eligible for a medal. Coaches should place athletes accordingly.*
13. *Pole Vault will start at 8:30am, 8' starting height*

ORDER OF EVENTS

<u>EVENT</u>	<u>NOVICE STANDARD</u>
400M HURDLES	72SEC
1600M	5:05
100M	13.3
800M	2:20
400M	69
110M HURDLES	19.9
200M	28.5
3200M	12:01
SHOT PUT	30 FEET
DISCUS	80 FEET
LONG JUMP	14 FEET
TRIPLE JUMP	30 FEET
Pole Vault open only Starting Height 6feet	
HIGH JUMP	4'10"
4x100m	
4x400m	
4x800m	

****NOVICE RUNS FIRST, OPEN RUNS LAST

**** NOVICE THROWS THREE TIMES IN SHOT AND DISCUS. OPEN THROWS THREE TIMES.SAME FOR THE TRIPLE AND LONG JUMP. **NO FINAL**

FIELD EVENTS: 9AM NOVICE SHOT and OPEN SHOT, NOVICE LONG JUMP, NOVICE HIGH JUMP (STARTING AT 4'5") THEN

OPEN. NOVICE TRIPLE, NOVICE DISCUS, AND OPEN HIGH JUMP SHOULD START AT 5' .

REGISTRATION FORM

Mail completed form to:

Jim Ford
Westhampton Beach High School
49 Lilac Road
Westhampton Beach, N.Y. 11978

Blanket Entry \$ 215.00 or

Individual total; _____x22=_____

Relay total: _____x32=_____

Total fee enclosed _____ Payable to
Westhampton Beach Track Club

Name_____

School address_____

School phone_____

Coaches Name_____

Coaches Phone
number_(w)_____ (H)_____

