

# North Shore High School

## Invitational Track & Field Meet

*FAST TRACK! GET QUALIFYING PERFORMANCES FOR CHAMPIONSHIP SEASON*

### Saturday, May 9<sup>th</sup> 2009

North Shore Schools is sponsoring its sixth annual invitational track and field meet. The following information should answer any questions.

- Time:** 8:45 AM: NEW AND IMPROVED-UNSEEDED SECTIONS 3200/3000  
9:30 AM: Field Events  
9:45-Coaches meeting  
10 AM for rest of running events
- Place:** North Shore High School (Glen Head, Nassau County)
- Awards:** Medals to top 6 in each individual event  
Medals to top 4 in each relay
- Order of Events:** See Attached + NEW 3200/3000 entry procedure
- Entry Fee:** \$8.00 Per Individual Event  
\$20.00 Per Relay Team

**OR**

#### **SECTION VIII SCHOOLS:**

\$175.00 Boys Team, \$175.00 Girls Team or \$350.00 Combined Team + the cost of officials.  
Official costs will be split between schools and billed through BOCES.

#### **NON- SECTION VIII SCHOOLS:**

\$200.00 boys, \$200.00 girls or \$400.00 combined team

### **ENTRIES CLOSE MONDAY MAY 4<sup>th</sup> 5PM**

- Make checks payable:** North Shore High School Track and Field  
C/O Neal Levy  
North Shore High School  
450 Glen Cove Ave  
Glen Head NY 11545  
(516) 277-7040 or [levyn@northshoreschools.org](mailto:levyn@northshoreschools.org) or FAX (516) 277-7042
- Bus Parking:** Buses will drop off athletes at end of Parking lot and proceed to the front of the building for parking.
- Directions:** North Shore High School is located on Glen Cove Ave in Glen Head, NY  
**From LIE:** Exit 39 North (Glen Cove Road), Cross over Northern Blvd  
At the 3<sup>rd</sup> light make left at Nissan Dealer (Back Road)  
At the end of Back Rd. make right onto Glen Cove Ave  
Proceed to the 3<sup>rd</sup> light North Shore High School is on right

**LIVE DJ WILL BE PLAYING, AND REFRESHMENTS/T-SHIRTS WILL BE SOLD**

# ENTRY SHEET

SCHOOL

BOYS

GIRLS

COACH

SCHOOL PHONE   
 HOME PHONE

E-MAIL

BOYS EVENTS	#ENTRIES
<b>400 Hurdles</b>	
<b>3200</b> (see attached)	
<b>100</b>	
<b>110H</b>	
<b>800</b>	
<b>400</b>	
<b>1600</b>	
<b>200</b>	
<b>HIGH JUMP</b>	
<b>LONG JUMP</b>	
<b>TRIPLE JUMP</b>	
<b>SHOT PUT</b>	
<b>DISCUS</b>	
<b>4 X 100</b>	
<b>4 X 800</b>	
<b>4 X 400</b>	

GIRLS EVENTS	ENTRIES
<b>400 Hurdles</b>	
<b>3000</b> (see attached)	
<b>100</b>	
<b>100H</b>	
<b>800</b>	
<b>400</b>	
<b>1500</b>	
<b>200</b>	
<b>HIGH JUMP</b>	
<b>LONG JUMP</b>	
<b>TRIPLE JUMP</b>	
<b>SHOT PUT</b>	
<b>DISCUS</b>	
<b>4 X 100</b>	
<b>4 X 800</b>	
<b>4 X 400</b>	

**FEES**

**BLANKET FEE (\$175 OR \$350 both boys and girls) SECTION VIII SCHOOLS**

**(\$200 OR \$400 both boys and girls) NON SECTION VIII SCHOOLS**

**INDIVIDUAL ENTRIES X \$8.00** .....

**RELAY ENTRIES X \$20.00** .....

**TOTAL ENTRY FEE:**

**Payable to: North Shore Track & Field**  
**Mail to: Neal Levy**  
**North Shore High School** or  
**450 Glen Cove Ave**  
**Glen Head NY 11545**

**FAX**  
**attn. Neal Levy**  
**(516) 277-7042**

**\*\* This is an entry fee, not a participation fee. Therefore failure of payment regardless of attendance will result in not being able to participate the following year\*\***

# North Shore High School Invitational Track & Field Meet Meet Records

## Boys

100m	Xavier Brooks	Malverne	10.7	2007
110H	Alex Williams	Baldwin	14.9	2008
200m	Keoto Peterson	South Shore	21.5	2008
400m	Keoto Peterson	South Shore	48.3	2008
400 Hurdles	Brian Barnett	Freeport	55.3	2005
	Austin Archbold	Longwood	55.3	2007
800m	Isaha Mask	Baldwin	1:54.9	2008
1600m	Richard Schmitz	Port Washington	4:17.2	2007
3200	Brian Riley	South Side	9:24.6	2008
Shot Put	Mercado	St. John the Baptist	50'5"	2008
Discus	Roselle	Walt Whitman	139'	2008
Long Jump	Josh Hunter	Middle Country	21'	2007
Triple Jump	A. Solomon	St. John the Baptist	46'6.25"	2008
High Jump	Dewayne Brown	Roosevelt	6'2"	2004
4x100		Baldwin	43.1	2008
4x400	(Rodriguez, Greenidge, Reis, Barnett)	Freeport	3:27.8	2005
4x800		Chaminade	8:16.2	2008

## Girls

100m	Christie Verdier	Baldwin	11.9	2006
100 Hurdles	Ashley Davis	Baldwin	15.0	2007
200m	Samantha Edwards	Floral Park	24.5	2008
400m	Christie Verdier	Baldwin	55.8	2007
400 Hurdles	Latoya Edwards	Clara Barton	65.8	2006
800m	Brianna Welch	North Shore	2:12.9	2008
1500m	Theresa Rush	Valley Stream North	4:38.7	2006
3000m	Emily Lipari	Roslyn	10:09.0	2007
1500 Walk	Jenna Monahan	Sachem East	6:59.8	2007
Shot Put	Betty Williams	Longwood	41'0"	2007
Discus	Nina Renker	Sacred Heart	121'8"	2008
Long Jump	Nwamaka Okobi	Freeport	17'9.5"	2007
Triple Jump	Nwamaka Okobi	Freeport	37'6.75"	2007
High Jump	Buccella	Half Hollow Hills	5'2"	2007
4x100		Baldwin	49.6	2008
4x400		Levittown	4:07.5	2008
4x800		Garden City	9:56.1	2006

**NORTH SHORE HIGH SCHOOL  
INVITATIONAL TRACK & FIELD MEET**

**Saturday, May 9<sup>th</sup>, 2009**

**Order of Events:**

**Each competitor may compete in any three events**

**8:45 AM START**

3200m section 1  
3200m section 2  
3000m section 1  
3000m section 2

BOYS  
BOYS (ALL 3200 + 3000m athletes must be accepted  
GIRLS into the meet. SEE ATTACHED ENTRY  
GIRLS

**COACHES MEETING 9:45 AM**

**10AM START: (BOYS FOLLOWED BY GIRLS IN ALL RUNNING EVENTS)**

**400 Intermediate Hurdles**

3200	BOYS	(SEEDDED SECTION)
3000	GIRLS	(SEEDDED SECTION)
100 meter BOYS and 100 HURDLES	GIRLS	WILL BE RUN SIMULTANEOUSLY
FOLLOWED BY		
100 meter GIRLS and 110 HURDLES	BOYS	WILL BE RUN SIMULTANEOUSLY
(12 qualify to finals in 100m, 6 qualify to finals in hurdles)		
800		
100 meter	Finals	
110 Hurdles	Finals	
100 Hurdles	Finals	
400		
1600	BOYS	
1500	GIRLS	
200	(Final on time)	
1500 RACEWALK	GIRLS	

4x100 BOYS Followed by GIRLS for all relays  
4x800  
4x400

**Field Events (9:30 AM Start)**

High Jump	GIRLS FOLLOWED BY BOYS
Long Jump	Opening heights: 4'4 girls 5'2 boys
Triple Jump	GIRLS/BOYS will run simultaneously (2 runways)
Shot Put	GIRLS/BOYS will follow Long Jump
Discus	GIRLS followed by BOYS (2 shot circles will be used)
	BOYS followed by GIRLS

**Seeding:** Labels and verbal seeding for all individual running events  
Relay teams will need index cards (ANCHOR LEG NEEDS LABEL)  
Supply your own index cards. We will supply the labels.  
**Field Events:** Labels and Verbal seeding at event location.

**Spikes:** Only 3/16" spikes are permitted on shoes and blocks.  
**Batons/Blocks:** You must supply your own starting blocks and batons.

# **North Shore H.S. Track and Field Invitational**

## **3200 and 3000m entry form**

**In order to be considered to run in one of the three sections of the 3200/3000 this form must be filled out entirely.**

**We will accept approximately 50 boys and 50 girls for the 3200 and 3000m races.**

**The list of competitors will be posted on [sectionviiiixctf.com](http://sectionviiiixctf.com) and [armorytrack.com](http://armorytrack.com)**

**By Thursday May 7<sup>th</sup> 2009**

**Any seed not verifiable may be rejected.**

### **BOYS 3200m**

<b><u>Name of athlete(s)</u></b>	<b><u>Seed</u></b>	<b><u>Basis for seed (Meet date/location)</u></b>

### **Girls 3000m**
