

**Amityville Developmental Meet (Boys)**

**Saturday, March 28, 2009**

**Amityville High School**

**Time:** Clerking begins at 9:30 AM First event begins at 9:45 AM

**Seeding:** Verbal seeding for all running events. All Field Events competitors will need 3 x 5 index card with Name/Event/School/seed. **No finals in any event**

**Awards:** Medals to top 3 in each heat/flight

**Spikes :** ¼ inch spikes are allowed

**Entry:** All entries are due by Tuesday, March 24, 2009

Payable to: Amityville Track Club  
Reynolds Hawkins  
Amityville Memorial High School  
250 Merrick Road – Amityville – NY 11701

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**Amityville Developmental Meet**

School \_\_\_\_\_ Coach \_\_\_\_\_

School Phone \_\_\_\_\_ Coach Home # \_\_\_\_\_

Athletic Director \_\_\_\_\_

**Blanket Entry: \$145.00**

One Individual Event \_\_\_\_\_ X \$2.50 \_\_\_\_\_

Two Individual Events \_\_\_\_\_ X \$5.00 \_\_\_\_\_

Number of Relay Teams \_\_\_\_\_ X \$15.00 \_\_\_\_\_

**Total Fee:** \_\_\_\_\_

**Athletes may only compete in two events**

## **ORDER OF EVENTS**

**2 Jumps/2 Throws per Athlete**

**9:45 AM** Frosh/Soph Discus followed by Junior/Senior Discus

**9:45 AM** Junior/Senior Shot Put followed by Frosh/Soph Shot Put

**9:45 AM** Frosh/Soph Long Jump followed by Junior/Senior Long Jump

**11:30 AM** Frosh/Soph Triple Jump followed by Junior/Senior Triple Jump

**9:45 AM** High Jump will start at 4'6 and go up to 5'10" and 1" thereafter

  

**10:00 AM** 1600 Meter Run

400 Intermediate Hurdles

400 Meter Dash

100 Meter Dash

110 High Hurdles

3200 Meter Run

200 Meter Dash

800 Meter Run

Sprint Medley Open followed by Frosh/Soph 200-100-100-400

3200 Meter Relay Open followed by Frosh/Soph

1600 Meter Relay Open followed by Frosh/Soph

800 Meter Relay Open followed by Frosh/Soph