

GIRLS' FROSH/SOPH CHAMPIONSHIPS

Tuesday May 19th 2009- LONGWOOD HIGH SCHOOL

MEET DIRECTOR KRISTIN CASTIGLIONE

TIME: 3:15 PM CLERKING FOR ALL EVENTS AND OPEN STEEPLECHASE
3:30 PM START ALL RUNNING EVENTS. SOPHOMORE LONG JUMP AND SOPHOMORE SHOT PUT. FRESHMAN TRIPLE JUMP AND FRESHMEN DISCUS.

AWARDS: MEDALS TO TOP 5 IN EACH RACE.

TEAM AWARDS: SOPHOMORE DIVISION-TOP TWO TEAMS
FRESHMEN DIVISION-TOP TWO TEAMS
SCORING (10 - 8 - 6 - 4 - 2 - 1)

CLOSING DATE: ENTRY DUE DATE IS Tuesday May12th, 2009.
ENTRIES MUST BE ACCOMPANIED WITH A CHECK OR PURCHASE ORDER.

ENTRY FEE: \$15.00 PER INDIVIDUAL EVENT PAYABLE TO: LONGWOOD LADY LIONS
\$25.00 PER RELAY TEAM Lady Lions Track Club
115 East Bartlett Road
Middle Island NY 11953
\$275.00 BLANKET ENTRY

TELEPHONE: 631- 463-1434 (KRISTIN)
631-878-1835
*krisfos@optonline.net

PLEASE LIST BELOW THE NUMBER OF ATHLETES YOU ARE ENTERING IN EACH INDIVIDUAL EVENT AND THE NUMBER OF TEAMS YOU ARE ENTERING IN EACH RELAY.

- | | | |
|--------------------------------|-----------------------------------|-------------------------|
| _____ FROSH. 100 METER DASH | _____ SOPH. 100 METER DASH | _____ OPEN STEEPLECHASE |
| _____ FROSH 200 METER DASH | _____ SOPH. 200 METER DASH | (NON SCORING) |
| _____ FROSH 400 METER RUN | _____ SOPH 400 METER RUN | |
| _____ FROSH. 800 METER RUN | _____ SOPH 800 METER RUN | |
| _____ FROSH 1500 METER RUN | _____ SOPH 1500 METER RUN | |
| _____ FROSH 100 HIGH HURDLES | _____ SOPH 100 HIGH HURDLES | |
| _____ FROSH 400 INTER. HURDLES | _____ SOPH 400 INTER. HURDLES | |
| _____ FROSH SHOT PUT | _____ *FROSH/SOPH 1500 METER WALK | |
| _____ FROSH DISCUS | _____ *FROSH/SOPH 3000 METER RUN | |
| _____ FROSH LONG JUMP | _____ SOPH POLE VAULT | |
| _____ FROSH TRIPLE JUMP | _____ SOPH SHOT PUT | |
| _____ FROSH HIGH JUMP | _____ SOPH DISCUS | |
| _____ POLE VAULT | _____ SOPH HIGH JUMP | |
| | _____ SOPH TRIPLE JUMP | |
| | _____ SOPH LONG JUMP | |

- _____ *FROSH/SOPH 1600 METER RELAY
 _____ *FROSH/SOPH 3200 METER RELAY
 _____ *FROSH/SOPH 400 METER RELAY

*FRESHMEN MAY COMPETE IN THESE SOPHOMORE EVENTS.

SCHOOL _____ COACH _____ HOME PHONE _____

_____ NUMBER OF INDIVIDUALS AT \$ 15.00 PER EVENT _____

_____ NUMBER OF RELAYS AT \$25.00 _____

BLANKET ENTRY OF \$275.00 TOTAL _____
NO REFUNDS ONCE YOU ARE ENTERED IN THE MEET, UNLESS THE MEET IS CANCELLED.

GIRLS' FROSH/SOPH CHAMPIONSHIPS

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|------|------------|--------------------------|-------------------|
| 3:30 | OPEN | STEEPLECHASE | FINAL |
| 4:00 | SOPH | 400 INTERMEDIATE HURDLES | FINAL |
| | FROSH | 400 INTERMEDIATE HURDLES | FINAL |
| 4:15 | SOPH | 1500 METER RUN | FINAL |
| 4:45 | SOPH | 100 HIGH HURDLES | SEMI - FINAL |
| | FROSH | 100 HIGH HURDLES | SEMI - FINAL |
| 5:05 | SOPH | 100 METER DASH | SEMI - FINAL |
| | FROSH | 100 METER DASH | SEMI - FINAL |
| 5:25 | FROSH | 1500 METER RUN | FINAL |
| 5:35 | SOPH | 100 HIGH HURDLES | FINAL |
| | FROSH | 100 HIGH HURDLES | FINAL |
| 5:45 | SOPH | 100 METER DASH | FINAL |
| | FROSH | 100 METER DASH | FINAL |
| 6:05 | SOPH | 800 METER RUN | FINAL |
| | FROSH | 800 METER RUN | FINAL |
| 6:45 | SOPH | 400 METER RUN | FINAL |
| | FROSH | 400 METER RUN | FINAL |
| 6:25 | SOPH | 200 METER DASH | SEMI - FINAL |
| | FROSH | 200 METER DASH | SEMI - FINAL |
| 6:50 | FROSH/SOPH | 3000 METER RUN | ONE SECTION FINAL |
| 7:15 | FROSH/SOPH | 1500 METER WALK | ONE SECTION FINAL |
| 7:35 | SOPH | 200 METER DASH | FINAL |
| | FROSH | 200 METER DASH | FINAL |
| 7:55 | FROSH/SOPH | 3200 METER RELAY | ONE SECTION FINAL |
| 8:05 | FROSH/SOPH | 1600 METER RELAY | FINAL |
| 8:25 | FROSH/SOPH | 400 METER RELAY | FINAL |

****Time Schedule is approximate****

VERBAL SEEDING WILL BE USED TO SEED ATHLETES. ALL COMPETITORS MUST HAVE A COMPETITORS LABEL WITH ROSTER NUMBERS

RELAY CARDS WILL BE TURNED IN ONCE THE EVENT IS CALLED.

UNLESS SPECIFIED, ATHLETES MUST COMPETE IN THEIR OWN DIVISION. FRESHMEN MAY COMPETE IN ALL EVENTS THAT ARE DESIGNATED AS (FROSH/SOPH). ALL TEAM POINTS WILL BE AWARDED IN THE SOPHOMORE DIVISION.

SEEDED SECTIONS WILL RUN FIRST.

TOP 18 COMPETITORS IN THE 100, 200, AND HIGH HURDLES WILL BE SEEDED. ALL OTHERS WILL RUN AS NON-SCORERS.

FINALS IN SHOT/DISC (SOPH SHOT PUT & FROSH DISCUS WILL BE CONTESTED AT THE SAME TIME.)

HIGH JUMP WILL START AT (4'0"- 4'3" - 4'6"- 4'8"- 4'10" - 5'0"). SOPH - FROSH

POLE VAULT WILL START AT (6'0 - 6'6" - 7'0 - 7'6" - 8'0 - 8'6") ALL AT THE SAME TIME

FROSH/ SOPH WILL COMPETE AT ONE RUNWAY (LONG AND TRIPLE JUMP)

CLERKING WILL BE CONDUCTED ON THE NORTH SIDE OF THE TRACK. **ONLY 3/16" SPIKES ARE PERMITTED ON SHOES & BLOCKS.**

ATHLETES' MAY ONLY COMPETE IN THREE EVENTS!!
IN CASE OF INCLEMENT WEATHER, PLEASE CALL
LONGWOOD SECURITY AT
345-6500