

**BOYS FROSH/SOPH CHAMPIONSHIP
WEDNESDAY MAY 20, 2009 - LONGWOOD HIGH SCHOOL
RAIN DATE - MAY 21, 2009**

**TIME: 3:30 CLERKING FOR ALL EVENTS
3:45 START ALL RUNNING EVENTS. SOPH HIGH JUMP, SOPH LONG JUMP, SOPH SHOT PUT,
FROSH DISCUS AND POLEVAULT
AWARDS: MEDALS TO TOP 5 IN EACH RACE**

**TEAM SOPHOMORE DIVISION - TOP THREE TEAMS
AWARDS: FRESHMAN DIVISION - TOP TWO TEAMS**

SCORING 10 - 8 - 6 - 4 - 2 - 1

**CLOSING ENTRY DUE DATE IS WEDNESDAY MAY 13, 2007
DATE: ENTRIES MUST BE ACCOMPANIED WITH A CHECK OR PURCHASE ORDER**

ENTRY	\$15.00 PER INDIVIDUAL EVENT	PAYABLE TO:	LIONS TRACK CLUB
FEE:	\$25.00 PER RELAY TEAM	SEND ENTRY TO:	46 LOCUST DRIVE
	\$275.00 BLANKET ENTRY OR LATE ENTRY FEE		ROCKY POINT, N.Y. 11778

NO REFUNDS ONCE YOU ARE ENTERED IN MEET

TELEPHONE 849-2599(H) 345-9265(S)

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

_____ FROSH 100 METER DASH	_____ SOPH 100 METER DASH
_____ FROSH 200 METER DASH	_____ SOPH 200 METER DASH
_____ FROSH 400 METER RUN	_____ SOPH 400 METER RUN
_____ FROSH 800 METER RUN	_____ SOPH 800 METER RUN
_____ FROSH 1600 METER RUN	_____ SOPH 1600 METER RUN
_____ FROSH 3200 METER RUN	_____ SOPH 3200 METER RUN
_____ FROSH 110 HIGH HURDLES	_____ SOPH 110 HIGH HURDLES
_____ FROSH 400 INT. HURDLES	_____ SOPH 400 INT. HURDLES
_____ FROSH 2000M STEEPLECHASE	_____ SOPH 2000 METER STEEPLECHASE
_____ FROSH LONG JUMP	_____ SOPH LONG JUMP
_____ FROSH TRIPLE JUMP	_____ SOPH TRIPLE JUMP
_____ FROSH POLE VAULT	_____ SOPH POLE VAULT
_____ FROSH HIGH JUMP	_____ SOPH HIGH JUMP
_____ FROSH SHOT PUT	_____ SOPH SHOT PUT
_____ FROSH DISCUS	_____ SOPH DISCUS

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

FROSH/SOPH EVENTS WILL COUNT AS 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	_____

BOYS FRESHMAN SOPHMORE CHAMPIONSHIP

3:45 SOPH HIGH JUMP, SOPH LONG JUMP, SOPH SHOT PUT, FROSH DISCUS, POLE VAULT

3:45 SOPH	400 INTREMEDATE HURDLES	FINAL
FROSH	400 INTREMEDATE HURDLES	FINAL
3:55 SOPH	1600 METER RUN	FINAL
FROSH	1600 METER RUN	FINAL
4:25 SOPH	110 HIGH HURDLES	SEMI-FINAL
FROSH	110 HIGH HURDLES	SEMI-FINAL
4:40 SOPH	100 METER RUN	SEMI-FINAL
FROSH	100 METER RUN	SEMI-FINAL
5:10 FROSH/SOPH	2000 METER STEEPLECHASE	ONE SECTION FINAL
5:25 SOPH	110 HIGH HURDLES	FINAL
FROSH	110 HIGH HURDLES	FINAL
SOPH	100 METER RUN	FINAL
FROSH	100 METER RUN	FINAL
5:30 SOPH	800 METER RUN	FINAL
FROSH	800 METER RUN	FINAL
5:55 SOPH	400 METER RUN	FINAL
FROSH	400 METER RUN	FINAL
6:10 FROSH/SOPH	3200 METER RUN	ONE SECTION FINAL
6:25 SOPH	200 METER RUN	FINAL
FROSH	200 METER RUN	FINAL
6:40 FROSH/SOPH	3200 METER RELAY	ONE SECTION FINAL
6:50 FROSH/SOPH	1600 METER RELAY	FINAL
7:15 FROSH/SOPH	400 METER RELAY	FINAL

THE STEEPLECHASE AND 3200 METER RUN WILL BE RUN AS A COMBINED RACE AND SCORED SEPARATELY

- * PLEASE USE 3X5 INDEX CARDS FOR ALL FIELD EVENTS
- * VERBAL SEEDING WILL BE USED TO SEED ATHLETES
- * ALL COMPETITORS MUST HAVE A COMPETITORS LABEL INDICATING THEIR NAME AND NUMBER
- * RELAY CARDS WILL BE TURNED IN ONCE THE EVENT IS CALLED
- * UNLESS SPECIFIED, ATHLETES MUST COMPETE IN THEIR OWN DIVISION. FRESHMAN MAY COMPETE IN ALL EVENTS THAT ARE DESIGNATED AS FROSH/SOPH. ALL TEAM POINTS WILL BE AWARDED IN THE SOPHOMORE DIVISION
- * THE STEEPLECHASE AND 3200M RUN WILL BE COMBINED RACE WITH SEPARATE AWARDS AND TEAM POINTS FOR EACH DIVISION.
- * SEEDED SECTION WILL RUN FIRST
- * TOP 18 COMPETITORS IN THE 100,200, AND HIGH HURDLES WILL BE SEEDED, ALL OTHERS WILL BE NONSCORERS
- * NO FINALS IN FIELD EVENTS
- * HIGH JUMP WILL START AT 5' - 5'3" - 5'6" - 5'8" - 5'10"
- * POLE VAULT WILL START AT 7'6" - 8' - 8'6" - 9' - 9'6" - 10' - ETC.
- * CLERKING WILL BE CONDUCTED ON THE NORTH SIDE OF THE TRACK.
- * ONLY 3/16" SPIKES ARE PERMITTED ON SHOES & BLOCKS
- * CONCESSION STAND WILL BE OPEN FOR FOOD AND DRINKS.

ATHLETES MAY ONLY COMPETE IN THREE EVENTS!!!