

38th SAINT ANTHONY'S INVITATIONAL TRACK & FIELD MEET
Friday, May 1, 2009 to Saturday, May 2, 2009

Please Read

- 1) All paper entries are due by Monday, April 27, 2009
- 2) All entries must be accompanied with a check or purchase order.
- 3) All varsity athletes must be seeded on-line. www.just-in-time-racing.com
- 4) Relays will be seeded day of meet.
- 5) Please note that Boys Shot Put and Discus will be contested on Friday.
We will have a Seeded Division (18) and Unseeded Division. Awards for both
- 6) Please note that Girls Shot Put and Discus will be contested on Saturday.
We will have a Seeded Division (18) and Unseeded Division. Awards for both

Important

Remember to seed your varsity athletes on-line, as they will be wearing competitor numbers. If your athlete has performed the following he/she should be seeded:

Event	Boys	Girls
100	11.4	12.9
200	23.5	26.9
100/110 HH	16.8	17.2
400	52.5	61.5
400 Hurdles	60	70
800	2:07	2:25
1500/1600	4:42	5:05
3200/3000	10:10	11:10
Steeple	10:40	8:10
Walk	8:00	8:30
Field Events	See minimum performances	

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Awards: Medal to top 6 in each event

Team Awards: Top 5 Girl's Teams and Top 5 Boy's Teams

MVP Awards: To be given to top outstanding male & female Track as well as Field athletes as nominated by the coaches and chosen by the meet games committee.

Scoring: 10 – 8 – 6 – 4 – 2 – 1 for all Varsity Events. (Freshmen, Sophomore, and unseeded events do not score)

Sanctions: Have been received for the states of New York, New Jersey, and Connecticut as well as NYSCHSAA and the PSAL of the City of New York.

Of Events: Each competitor may compete in any three events

Seeding: All Varsity athletes must be seeded on line: <http://www.just-in-time-racing.com/>
 Verbal seeding will be used for all other running events.
 All competitors must have a sticker. Please print school name, athlete's full name, and event legibly.
 Relay teams will turn in their relay cards once the event is called. Include athlete's names and seed time.

Field Events: All Field Event athletes will need a Field Event Card. Turn in the Field Event Card to the official once the event is called. Please indicate seed on the back of the card.

Minimum Measurement: In the following jumps and throws the first acceptable effort will be measured. After that, the athlete must jump or throw the following: Top 18 shot putters and discus throwers will be seeded and throw in the varsity seeded section, all others will compete in the unseeded sections.

Boys Long Jump	19'	Boys Triple Jump	40'	Boys Shot Put	40'
Boys unseeded PV	8'	Boys Unseeded Discus	80'	Boys High Jump	5'6"
Boys Pole Vault	10'6"	Boys Discus	120'	Boys Unseeded Shot Put	30'
Boys Javelin Throw	100'	Girls Discus	80'	Girls Shot Put	28'
Girls Triple Jump	31'	Girls Javelin Throw	65'	Girls Unseeded Shot Put	20'
Girls Pole Vault	7'	Girls High Jump	4'6"	Girls Long Jump	15'
Girls Hammer	60'	Boys Hammer	100'	Girls Unseeded Discus	60'

Spikes: Only ¼" pyramid spikes are permitted on shoes and blocks. No needle or pin spikes permitted.

Batons/Blocks: Starting blocks will be provided and only used in finals.

Timing: We will be using Fully Automatic Timing (FAT).

T – Shirts Will be on sale. Short sleeve \$10.00 Long Sleeve \$15.00

Entry Fee: \$5.00 Per Individual Event Payable To: St. Anthony's High School
 \$20.00 Per Relay Team Mr. Donal Buckley, Meet Director
 \$300.00 Blanket Entry St. Anthony's High School
 275 Wolf Hill Road
 \$20.00 Minimum Entry South Huntington, NY 11747 – 1394

Directions: St. Anthony's High School is located at the corner of Pidgeon Hill Road, Old Country Road and Wolf Hill Road. It's about a one-hour drive from the Throgs Neck Bridge.
 Northern State Parkway – ½ mile west from exit 41
 Traveling east on LIE (495) – get off exit 49 north, go about one mile and make a right onto Old Country RD.
 Traveling west on LIE (495) – get off exit 51 north, at second traffic light (Wolf Hill Road) make a left turn.

Further Information: Phone: 631 – 271 – 2020 ex. 209 Fax: 631 – 549 – 0620

Please Note: The parking lot and the building behind the bleachers are not part of St. Anthony's campus and are off limits. Please keep your vehicles and athletes off our neighbors, Saint Elizabeth's Church grounds.

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Friday, May 1, 2009 to Saturday, May 2, 2009

BOYS' ENTRY FORM

Entry Fee:	\$5.00	Per Individual Event	Payable to:
	\$20.00	Per Relay Team	St. Anthony's High School
	\$300.00	Blanket Entry	Mr. Donal Buckley, Meet Director
			St. Anthony's High School
			275 Wolf Hill Road
			South Huntington, NY 11747-1394

Entry Due Date: Monday, April 27, 2009 Entries must be accompanied with a check or purchased order.

TELEPHONE: 631 – 271 – 2020 EX. 209 FAX: 631 – 549 - 0620

Please list below the number of athletes and relays that your team will be competing in.
 All varsity athletes must be seeded on line. www.just-in-time-racing.com

FRIDAY'S EVENTS

Boys' Discus (120') _____
 Boys' Unseeded Discus _____
 Boys' Long Jump _____
 Boys' Seeded Shot Put _____
 Boys' Unseeded Shot Put _____
 Unseeded 200m Dash _____
 Boys' Unseeded 400m _____
 Boys' Unseeded 800m _____
 Boys' Intermediates _____
 Boys' Unseeded PV _____

SATURDAY MORNING

Boys' Unseeded 1600m Run _____
 Boys' Unseeded 2000m Steeple _____

Sunday (10:00 AM)

Hammer _____

SATURDAY AFTERNOON

Boys' Triple Jump _____
 Boys' Pole Vault _____
 Boys' High Jump _____
 Boys' Javelin _____
 Boys' 1600m Walk _____
 Boys' 800m Run _____
 Boys' High Hurdles _____
 Boys 100m Dash _____
 Boys' 3000m Run _____
 Boys' 1600m Run _____
 Boys' 400m Dash _____
 Boys' 200m Dash _____
 Boys' 3000m Steeple. _____

FRIDAY RELAYS

Unseeded 4 x 100m Relay _____
 Unseeded 4 x 400m Relay _____
 Varsity 4 x 1600m Relay _____

SATURDAY MORNING RELAYS

Boys' Frosh 4 x 800m Relay _____
 Boys' Soph 4 x 800m Relay _____
 Boys' Frosh 4 x 100m Relay _____

 Boys' Soph 4 x 100m Relay _____
 Boys' Frosh 4 x 400m Relay _____
 Boys' Soph 4 x 400m Relay _____

SATURDAY AFTERNOON RELAYS

Boys' Varsity 4 x 100m Relay _____
 Boys' Varsity 4 x 400m Relay _____
 Boys' Varsity 4 x 800m Relay _____

School _____ Coach _____ Home Phone _____

School Address _____

School Phone _____ Athletic Director _____

_____ Number of Individuals at \$5.00 per event	_____
_____ Number of Relays at \$20.00	_____
Blanket Entry of \$300.00	Total _____

All varsity athletes must be seeded online. <http://www.just-in-time-racing.com/>

Saint Anthony's Invitational Order of Events

Friday - 4:00 PM

- 1 *Boys' Shot Put (Minimum Measurement is 40') (Top 18)
- 2 *Boys Discus (Minimum Measurement is 120') (Top 18)
- 3 *Boys Unseeded Shot Put (Minimum Measurement 30')
- 4 *Boys Long Jump (Minimum Measurement is 19')
- 5 *Girls Triple Jump (Minimum Measurement is 31')
- 6 Boys Unseeded Pole Vault (Starting Height - 8')
- 7 Girls High Jump (Starting Height - 4'6')
- Boys' Unseeded Discus (80')

* First legal jump or throw will be measured, then all others must meet minimum measurement.

Friday - 4:00 PM

- 8 Boys' Unseeded 400m Relay - Final
- 9 Girls' Unseeded 400m Relay - Final
- 10 Boys' Unseeded 1600m Relay - Final
- 11 Girls' Unseeded 1600m Relay - Final
- 12 Boys' 400m Intermediate Hurdles - Final (under 64 sec.)
- 13 Girls' 400m Intermediate Hurdles - Final (under 70 sec.)
- 14 Boys' Unseeded 200m Dash - Final
- 15 Girls' Unseeded 200m Dash - Final
- 16 Boys' Unseeded 400m Dash - Final
- 17 Girls' Unseeded 400m Dash - Final
- 18 Boys' Unseeded 800m Run - Final
- 19 Girls' Unseeded 800m Run - Final
- 20 Boys' 4 X 1600m Relay - Final
- 21 Girls' 4 X 1600m Relay - Final

Saturday 10:00 AM AM

- 24 Boys' Frosh 4 x 800m Relay - Final
- 25 Girls' Frosh 4 x 800m Relay - Final
- 26 Boys' Soph 4 x 800m Relay - inal
- 27 Girls' Soph 4 x 800m Relay - Final
- 28 Boys' Frosh 4 x 100m Relay - Final
- 29 Girls' Frosh 4 x 100m Relay - Final
- 30 Boys' Soph 4 x 100m Relay - Final
- 31 Girls' Soph 4 x 100m Relay - Final
- 32 Boys' Frosh 4 x 400m Relay - Final
- 33 Girls' Frosh 4 x 400m Relay - Final
- 34 Boys' Soph 4 x 400m Relay - Final
- 35 Girls' Soph 4 x 400m Relay - Final
- 36 Boys' Unseeded 1600m Run (4:50 or slower)
- 37 Girls' Unseeded 1500m Run (5:30 or slower)
- 38 Boys' Unseeded 2000m Steeplechase
- 39 Girls' Unseeded 2000m Steeplechase

Saturday - 2:00 PM

- 40 *Girls Long Jump (Minimum Measurement is 15')
- 41 Boys' Pole Vault (Starting Height - 10' 6")
- 42 Girls' Pole Vault (Starting Height - 7')
- 43 Boys' High Jump (Starting Height - 5' 6")
- 44 *Girls Discus Throw (Minimum Measurement is 80')
- 45 *Girls' Shot Put (Minimum Measurement is 28')
- 46 *Girls Unseeded Shot Put (Minimum Measurement is 20')
- 47 *Boys Triple Jump (Minimum Measurement is 40')
- Girls' Unseeded Discus (60')

Saturday - 2:00 PM

- 48 Girls' 1500m Race Walk - 1 Section
- 49 Boys' 1600m Race Walk - 1 Section - Non-Scoring
- 50 Girls' 800m Run - 2:30 or faster
- 51 Boys' 800 Run - 2:07 or faster
- 52 Boys' 110m High Hurdles - Semi-final
- 53 Girls' 100m High Hurdles - Semi - final
- 54 Girls' 100m Dash - Semi - final
- 55 Boys' 100m Dash - Semi - final
- 56 Girls' 3000m Run - 12:00 minutes or faster
- 57 Boys' 3200m Run - 10:50 or faster
- 58 Girls' 100m Hurdles - Final (12 person final)
- 59 Boys' 110m High Hurdles - Final (12 person final)
- 60 Girls' 100m Dash - Final (12 person final)
- 61 Boys' 100m Dash - Final (12 person final)
- 62 Girls' 1500m Run
- 63 Boys' 1600m Run
- 64 Girls 400m Dash
- 65 Boys' 400m Dash
- 66 Girls' 200m Dash - Final
- 67 Boys' 200m Dash - Final
- 68 Girls 2000m Steeplechase
- 69 Boys 3000m Steeplechase
- 70 Girls' 4 x 100m Relay
- 71 Boys' 4 x 100m Relay
- 72 Girls' 4 x 400m Relay
- 73 Boys' 4 x 400m Relay
- 74 Girls' 4 x 800m Relay
- 75 Boys' 4 x 800m Relay

Saturday - 4:00 PM

- 76 *Girls Javelin Throw (Minimum Measurement is 65')
- 77 *Boys Javelin Throw (Minimum Measurement is 100')

Sunday - 10:00 AM Boys Hammer (minimum 100')
Girls Hammer (minimum 60')