

SUFFOLK COACHES MEET

PLACE: COMMACK HIGH SCHOOL

DATE: April 18, 2009

TIME: 9:30 AM START ALL TRACK AND FIELD EVENTS

AWARDS: MEDALS TO TOP "6" IN EACH INDIVIDUAL EVENT (OPEN AND FROSH/SOPH).
TOP "3" FOR RELAYS (OPEN AND FROSH/SOPH)
NO TEAM AWARDS.

ENTRY: EACH ATHLETE IS ALLOWED TO COMPETE IN "2" INDIVIDUAL EVENTS. A
THIRD EVENT IS ALLOWED ONLY IF IT IS A RELAY. EACH TEAM IS
ALLOWED A TOTAL OF "6" RELAYS, TO ENTER AS YOU SEE FIT.

SEEDING: VERBAL SEEDING FOR ALL INDIVIDUAL RUNNING EVENTS.

INDEX CARDS ARE NEEDED FOR FIELD EVENTS AND RELAYS.

All athletes in running events must have a (LABEL) indicating school and athlete's name. Save time and aggravation and make them prior to arriving to the meet. If we have your roster all you'll have to enter is your competitor number. Labels will be available at meet, but time may be a factor.

<p>FIELD EVENT CARDS EVENT (OPEN OR FROSH/SOPH) ATHLETE SCHOOL PLACE SEED ON BACK</p>
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<p>RELAY CARDS EVENT (OPEN OR FROSH/SOPH) SCHOOL SEED ATHLETE'S FIRST & LAST NAME Or competitor numbers</p>

All athletes in running events must have a (LABEL) indicating school and athlete's name. Save time and aggravation and make them prior to arriving to the meet. If we have your roster all you'll have to enter is your competitor number. Labels will be available at meet, but time may be a factor.

FIELD EVENTS: 9:30 AM START

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|----|---|------------------------|
| 1. | FROSH/SOPH LONG JUMP | NO FINALS (3 JUMPS) |
| 2. | OPEN LONG JUMP (After Fr/Soph) | NO FINALS (3 JUMPS) |
| 3. | * OPEN SHOT PUT | *Top "7" Back to Final |
| 4. | FROSH/SOPH DISCUS | NO FINALS (3 THROWS) |
| 5. | FROSH/SOPH HIGH JUMP | Starting Ht 4'6" |
| 6. | OPEN POLE VAULT (ATHLETES OVER 10' → STARTING HT. 9'6") | |

FOLLOWING THE COMPLETION OF EVENTS 1-6

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|-----|---|------------------------|
| 7. | FROSH/SOPH TRIPLE JUMP | NO FINALS (3 JUMPS) |
| 8. | OPEN TRIPLE JUMP (After Fr/Soph) | NO FINALS (3 JUMPS) |
| 9. | *OPEN DISCUS | *Top "7" Back to Final |
| 10. | FROSH/SOPH SHOT PUT | NO FINALS (3 THROWS) |
| 11. | OPEN HIGH JUMP (STARTING HT. 5'4", 2" TO 6', 1" THEREAFTER) | |
| 12. | NOVICE POLE VAULT (STARTING HT. 7'6") | |

* TOP 30 THROWERS will throw first and will be brought back for finals after their trials (three flights of ten).

RUNNING EVENTS: 9:30 AM START

13. 3000 METER STEEPLECHASE , 2000 M STEEPLECHASE
14. 110 METER HURDLE TRIALS (ONLY TOP 18 IN EACH DIVISION WILL BE SEEDED)
(OPEN) AND (FROSH/SOPH)
15. 3200 METER RUN (OPEN) AND (FROSH/SOPH)
16. 110 METER HURDLE FINALS (FROSH/SOPH)
17. 100 METER DASH TRIALS (ONLY TOP 18 IN EACH DIVISION WILL BE SEEDED)
(OPEN) AND (FROSH/SOPH)
18. 400 METER DASH (OPEN) AND (FROSH/SOPH)
19. 100 METER DASH FINALS (FROSH/SOPH)
20. 400 METER HURDLES (OPEN) AND (FROSH/SOPH)
21. 1600 METER RUN (OPEN) AND (FROSH/SOPH)
22. 800 METER RUN (OPEN) AND (FROSH/SOPH)
23. 200 METER DASH (OPEN) AND (FROSH/SOPH)
24. 4X800 M RELAY (OPEN) AND (FROSH/SOPH)
25. SPRINT MEDLEY RELAY (OPEN) AND (FROSH/SOPH) (4-2-2-8)
26. 4X400 M RELAY (OPEN) AND (FROSH/SOPH)
27. 4X100 M RELAY (OPEN) AND (FROSH/SOPH)

ENTRY FORM:

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ENTRY: \$200.00 BLANKET ENTRY (\$5.00 PER INDIVIDUAL/ \$15 PER RELAY)

MAKE CHECKS PAYABLE TO:
SUFFOLK COUNTY COACHES ASSOCIATION, INC.

MAIL TO : SUFFOLK COUNTY COACHES ASSOCIATION
P.O BOX 91
STONY BROOK, NY 11790

DEADLINE: POSTMARKED BY APRIL 10TH, 2009

SCHOOL: _____

COACH: _____
PHONE (H)

AD _____
PHONE (W)

_____ INDIVIDUAL EVENTS @ \$5.00 _____

_____ RELAY TEAMS @ \$15.00 _____

OR

_____ BLANKET ENTRY (\$200.00) _____

_____ Suffolk Coaches dues (\$50.00) _____
(If applicable)

TOTAL _____