

TOWN OF BABYLON AND FRIENDS

TRACK AND FIELD CHAMPIONSHIPS

Friday May 15th, 2009

Dear Coach,

This Spring you are invited to what we hope will become a tradition on your track and field schedule, *The Town of Babylon and Friends Track and Field championships*. This event will be held **Friday May 15th, 2009** at Lindenhurst Middle School. This meet is open to boys teams from in the Town of Babylon as well as our neighbors outside the township.

Lindenhurst has a brand new 6 lane all-weather track as well as new long/triple jump pits, pole vault runway, high jump area and shot and disc facilities. We look forward to hosting many track and field invitational meets in the future.

The top three athletes in each event from within the township will receive medals and will be named to the "*BABYLON ALL-TOWNSHIP TEAM*". In addition the top three athletes in each event from outside the township will also receive medals. There will also be an award for the highest scoring boys from the Town of Babylon as well as for the highest scoring boys from outside the township.

Please read the **Coaches Information Sheet** and the **Entry Form** carefully. If you have any questions please call: (BOYS) John Rossillo (W) 226-6483

We look forward to seeing you on May 15th.

Sincerely,

John Rossillo Meet Director

(The Lindenhurst Middle School dismisses at 2:50, Buses who come early may drop off athletes on East Gates Avenue)

RUNNING EVENTS

4:00pm 110 Meter Hurdles Semis
1600 Meter Run Final
100 Meter Dash Semis
400 Meter Dash Final
110 Meter Hurdles Final
800 Meter Run Final
200 Meter Dash Semis
400 Meter Hurdles Final
100 Meter Dash Final
3200 Meter Run Final
200 Meter Dash Final
4 X 800 Meter Relay
4 X 400 Meter Relay
4 X 100 Meter Relay

FIELD EVENTS

4:00pm Shot
Followed by: Disc

4:00pm Long Jump
Followed by: TripleJump

4:00pm High Jump

4:00pm Pole Vault

T.O.B. ENTRY SHEET

(Due MAY 11, 2009)

<u>EVENT</u>	<u>BOYS</u>
100 Meter Dash	_____
200 Meter Dash	_____
400 Meter Dash	_____
800 Meter Dash	_____
1600 Run	_____
3200 Run	_____
110 Hurdles	_____
400M Hurdles	_____
Long Jump	_____
Triple Jump	_____
High Jump	_____
Pole Vault	_____
Shot Put	_____
Discus	_____

RELAYS

4 X 100	_____
4X400	_____
4 X 800	_____

Total # of individual _____ x \$7.00 = _____

Total # of relays _____ x \$20.00 = _____

OR

A blanket fee of \$175.00 a team _____

THIS IS AN ENTRY FEE, NOT A PARTICIPATION FEE.
(MAKE CHECK TO : LINDY RUNNERS CLUB, LINDENHURST HIGH SCHOOL)

SCHOOL _____

BOYS TEAM: COACH _____

PHONE (H) _____ (W) _____

Mail entries to

(BOYS)
JOHN ROSSILLO
LINDENHURST HIGH SCHOOL
300 CHARLES STREET
LINDENHURST, NY 11757

