

WESTHAMPTON
BEACH Girls' TRACK

15th ANNUAL SPRING TRACK
INVITATIONAL
April 25 ,2009 1pm start

Dear Coach,

I would like to invite you to our 15 th annual spring track invitational Saturday, April 25, 2009 at Westhampton Beach High School. Start time 1pm.

This meet gives athletes on your team a chance to participate at two levels: open division and novice division. Open division in relays only. Freshman run in some events also.

Boys Pole Vault only open division

Information:

Date: Saturday April 25,2009 Time: 1pm Rain or Shine

Site: Westhampton Beach High School (all Weather 6 lane track)

Fee: \$215.00 blanket entry or \$22 per event, \$32 per Relay, payable to Westhampton Beach track club

Questions: call john Broich at 288-3800 ext. 364 during the school day or 725-9316 after 7pm. Broichj1@juno.com Check for results and other info.

Entry Deadline: April 20 Call if it's late please call!

MEET INFORMATION

Date: **Saturday, April 25, 2009**

Time: 1pm

1. Sanctioned by Section XI
2. National Federation rules apply
3. Four event rule
4. **FAT timing**
5. Refreshments on sale
6. Pin spikes 3/16
7. 3 x 5 cards should be filled out for field events and relays; we will use stickers provided by just-in-time-racing for running events.
8. **Open runs last, novice runs first (see event order)**
9. Medals to the top six in the open and top 8 in the novice.
10. ***Just-in-time-racing.com will be timing the race.***
11. *Last year we had 22 teams and the meet was over in four hours*
12. ***If an athlete exceeds the novice standard by a wide margin she will not be eligible for a medal. Coaches should place athletes accordingly.***
13. ***Pole Vault will start at 1pm, 6' starting height***

ORDER OF EVENTS

<u>EVENT</u>	<u>NOVICE STANDARD</u>
1.400M HURDLES	76.00
2.400m Hurdles	<i>Freshmen</i>
3.1500M	5:40
4.1500m	<i>Freshmen</i>
5.100M	13.30
6.100m	<i>Freshmen</i>
7.1500M WALK	9:30
8.800M	2:40
9.800 m	<i>Freshmen</i>
11.10.400M	69
12.100M HURDLES	19.9
13.100 m Hurdles	<i>Freshmen</i>
14.200M	29.50
15.3000M	12:45
16.SHOT PUT	30 FEET
17.DISCUS	80 FEET
18.LONG JUMP	14 FEET
19.TRIPLE JUMP	30 FEET
20.Pole Vault open only Starting Height 6feet	
21.HIGH JUMP	4'6"
22.4x100m	
23.4x400m	
24.4x800m	

****NOVICE RUNS FIRST, OPEN RUNS LAST

**** NOVICE THROWS THREE TIMES IN SHOT then DISCUS. OPEN THROWS THREE TIMES.SAME FOR THE TRIPLE AND LONG JUMP.
FIELD EVENTS:

1pm NOVICE SHOT, NOVICE LONG JUMP, NOVICE HIGH JUMP (STARTING AT 3'9") THEN OPEN. NOVICE TRIPLE, NOVICE DISCUS, AND OPEN HIGH JUMP SHOULD START AT . OPEN TRIPLE AND OPEN DISCUS SHOULD START AT.2:30pm

REGISTRATION FORM

Mail completed form to:

John Broich
Westhampton Beach High School
49 Lilac road
Westhampton Beach, N.Y. 11978

Blanket Entry \$ 215.00 or

Individual total; _____x22=_____

Relay total: _____x32=_____

Total fee enclosed _____ Payable to

Westhampton Beach Track Club

School_____

School address_____

School phone_____

Coaches Name_____

Coaches Phone (w)_____ (H)_____