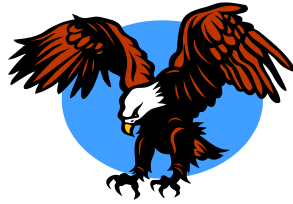


# Copiague High School's



## Urban Memorial Invitational

In honor & memorial of Christopher Urban  
Wednesday, May 18, 2011--- rain date 5/19  
4:00pm-9:00pm

Copiague High School---1100 Dixon Avenue---Copiague, NY

**Clerking:** Begins at 3:30pm

**Seeding:** All teams & athletes must pre-seeded using this entry by May 11<sup>th</sup>

- Seeds may be updated, via [gschroeder@copiague.net](mailto:gschroeder@copiague.net) until Monday, 8:00pm, May 16<sup>th</sup>
- **All events (not including the 100 & 110HH) must be pre-seeded!!!**
  - Only the 100 & 110HH will be seeded day of meet.
- Athletes may compete in any three events.
- Limit of two teams (A & B) in each of the relays.
- There will not be any separate Frosh/Soph events.

**Awards:**

- Medals will be given to the top three finishers in all events, with a distinctive 1<sup>st</sup> place
- Distinctive medals given to "Outstanding Field" & "Outstanding Track" athletes. Coaches will be given a separate index card for nominations.

**Spikes:** ¼ in maximum length can be worn on all runways and the track.

**Event Information:**

- The high jump will start at 5-00, increase to 5-03, 5-06, 5-08, 5-10, 6-00; 1" there after.
- 1<sup>st</sup> legal shot put throw will be measured, then less than 35' will not be measured.
- 1<sup>st</sup> legal discus throw will be measured, then less than 90' will not be measured.
- 1<sup>st</sup> legal LJ will be measured, then less than 17' will not be measured.
- 1<sup>st</sup> legal TJ will be measured, then less than 34' will not be measured.

**Food:** Hot & cold food and drinks will be on sale the day of the meet, as well as Invite T-shirts. Please support the Copiague Booster Club.

**Entry Fees:**

- **Section XI teams:** \$150.00 blanket fee, or \$10.00 per individual & \$20.00 per relay
- **Non-Section XI teams:** \$200.00 blanket fee, or \$10.00 per individual & \$20.00 per relay
- **Blanket Fee:** allows for unlimited individual entries.
- **Meet will be limited to the first 25 teams with paid entry!**

# Copiague High School's



## Urban Memorial Invitational

In honor & memorial of Christopher Urban  
Wednesday, May 18, 2011--- rain date 5/19  
4:00pm-9:00pm

**Entries Due: MAY 11<sup>th</sup>, 2011**

**Meet will be limited to the first 25 teams with paid entry!**

School: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Coaches Email: \_\_\_\_\_

School Phone # (\_\_\_\_) \_\_\_\_\_ Coach's Phone # (\_\_\_\_) \_\_\_\_\_

**I must have your email address to send out seed sheets!!!**

Approximate # of overall athletes attending: \_\_\_\_\_

### **Entry Fees:**

- **Please circle one**  
**If using blanket fee:**

Section XI team	Non-Section XI team
\$150.00	\$200.00
- # of individuals \_\_\_\_\_ X \$10.00 each = \_\_\_\_\_
- # of relays \_\_\_\_\_ X \$20.00 each = \_\_\_\_\_
- **TOTAL AMOUNT DUE = \_\_\_\_\_**

**This is an entry fee not a participation fee & the meet will be capped at 25 teams.**

**Make checks or PO's payable to Copiague High School and send to:**

**COPIAGUE HS  
c/o George Schroeder  
1100 Dixon Avenue  
Copiague, New York 11726**

**Questions---Comments---Concerns**

Contact---George Schroeder email at [gschroeder@copiague.net](mailto:gschroeder@copiague.net) or call 516-672-4086 (cell)

# Copiague High School's Urban Memorial Invite

- All Teams and athletes must be seeded with this entry
- Seeds may be updated, via [gschroeder@copiague.net](mailto:gschroeder@copiague.net) until Monday, 8:00pm, May 16<sup>th</sup>
  - The 100 & 110HH will verbally at the meet.
- **Photocopy this page for additional athletes if necessary.**

EVENTS	Name	Grade	Seed	Name	Grade	Seed
<b>1600</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>400</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>800</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>400IH</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>3000</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>200</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>SHOT</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>DISC</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>LJ</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>TJ</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>
<b>HJ</b>	1	/	/	/2	/	/
	3	/	/	/4	/	/
	5	/	/	/6	/	/
	<b>7</b>	<b>/</b>	<b>/</b>	<b>/8</b>	<b>/</b>	<b>/</b>

\*\*\*Please photocopy this page if plan to seed more than 8 athletes in an event.

Copiapue High School's  Urban Memorial Invite

**RELAYS**

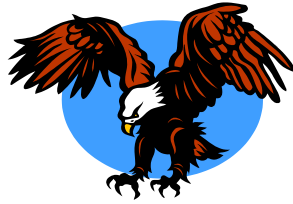
- All relays must be seeded with this entry!
- Seeds may be updated, via [gschroeder@copiapue.net](mailto:gschroeder@copiapue.net) until Monday, 8:00pm, May 16<sup>th</sup>
  - Maximum of two teams (A & B) per relay, per school

	<u><b>A</b></u>	<u><b>B</b></u>
4 X 800	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
	Seed Time _____	Seed Time _____

	<u><b>A</b></u>	<u><b>B</b></u>
4 X 400	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
	Seed Time _____	Seed Time _____

	<u><b>A</b></u>	<u><b>B</b></u>
4 X 100	1 _____	1 _____
	2 _____	2 _____
	3 _____	3 _____
	4 _____	4 _____
	Seed Time _____	Seed Time _____

# Copiague High School's



## Urban Memorial Invitational

In honor & memorial of Christopher Urban  
Wednesday, May 18, 2011  
4:00pm-9:00pm

*"Most people run a race to see who is fastest. I run a race to see who has the most guts."*  
---Steve Prefontaine

### ORDER OF EVENTS

**RUNNING EVENTS START AT 4:00 PM**

- 110 HH (semis)
- 1600
- 110 HH (finals)
- 100 (semis)
- 400
- Copiague Elementary School 4 x 100
- 100 (finals)
- 800
- 400IH
- 3000 Steeplechase
- 200 (finals)
- 4 x 800
- 4 x 400
- 4 x 100

### FIELD EVENTS START AT 4:00PM

- SHOT FOLLOWED BY DISCUS
- LONG JUMP FOLLOWED BY BOY'S TRIPLE JUMP
- HIGH JUMP

*"The will to win means nothing if you haven't the will to prepare"*  
---Juma Ikangaa, 1989 NYC Marathon winner

# Copiague High School's Urban Memorial Invitational



Christopher Urban was in his junior year at Copiague High School when he was suddenly and most unexpectantly taken away from us on October 12, 2010. Unknown to anyone, Chris had a congenital condition known as arteriovenous malformation (AVM) on his brain.

Chris began his running career as a freshman, coming out for the Spring Track team after being cut from baseball. Carrying quite a few extra pounds, Chris was hardly the picture of a “track kid”, let alone a miler. Chris was barely able to break 8 ½ minutes in the mile, running only an 8:18 that freshman season, but to his credit he stuck with it.

Chris came out and ran Cross Country in his sophomore year, still sporting some extra weight but managed to drop time and pounds from the beginning of the season to end, running 27:57 at the beginning and 22:24 at the end. Chris just narrowly missed winning the “MOST IMPROVED” athlete award. He continued running through the winter track season as well, not breaking any records but still working hard every day. Another Spring Track season saw Chris run his best mile yet of 5:45. Sacrifice, dedication, perseverance... these were not just words to Chris, they were a daily ritual.

This past summer, Chris spent many days putting in the mileage for his upcoming junior XC season. Even while on a family vacation to his “family island” in Croatia, Chris ran everyday. He began his XC season right where he left off from his sophomore year, running 22:25. Chris would go on to run a 21:30 for three miles at Sunken Meadow; his best time ever, and just days before his passing. On the morning Chris passed, the team had a XC meet at the Meadow that afternoon. To honor his commitment to the sport and each other, the team decided not to postpone their meet, but instead, race in his name and honor.

That day, Tuesday October 12, 2010, 10 of the 15 varsity runners ran their best time to date, and won, for Chris.

So today, as your athletes compete, remind them of sacrifice, dedication, perseverance, and how each & every one of them can be a winner every single time they compete, through achieving personal bests. That’s what Chris Urban did. Thank you for coming.

**Good Luck!**

*Coach George Schroeder*