

# Ross Goldin Memorial Developmental Track & Field Meet

## Saturday – March 26, 2011

Location: Bay Shore High School  
 Time: 9:30am - 1:00pm  
 Clerking: 9:30am

E-mail Coach Borbet if you plan to come  
**steveborbet@yahoo.com**  
 or call **516-993-4110 (cell)**

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

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

Address: \_\_\_\_\_

Coach: \_\_\_\_\_

Home Phone: \_\_\_\_\_

<u>Events</u>	<u># of participants</u>	<u>Events</u>	<u># of participants</u>
400m hurdles	_____	3000m run	_____
1500m run	_____	4 x 100m relay	_____
100m dash	_____	4 x 400m relay	_____
100m hurdles	_____	4 x 800m relay	_____
800m run	_____	Shot put	_____
400m dash	_____	Discus	_____
800m walk	_____	High jump	_____
200m dash	_____	Long jump	_____
Triple jump	_____	4 x 400m walk relay	_____

Number of individuals \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Number of relays \_\_\_\_\_ x \$15.00 = \_\_\_\_\_

**Blanket entry (if less) \$170.00 = \_\_\_\_\_**

Total = \_\_\_\_\_

Checks payable to: Bay Shore High School Track  
 C/O Steve Borbet  
 155 3<sup>rd</sup> Ave.  
 Bay Shore, N.Y. 11706

\*\*\* All entries for field events and relays must be on a 3 x 5 index card that will be handed into the clerk or to the official at each event. Information on the card includes name, school, event, and expected performance the day of the meet.

\*\*\* Medals will be given to the top third of all finishers in every race, flight and relay.

\*\*\* An athlete may compete in two open events, and one relay.

\*\*\* Refreshments will be sold at the track.

\*\*\* Bathrooms will be available. Please stay out of the school.

\*\*\* Spikes ¼" in length can be worn on all runways and the track.

\*\*\* Please seed you athletes correctly, to allow fair competition in each race or flight.

## Why bring your team to the Ross Goldin Memorial Bay Shore Developmental Meet?

- Great alternative to a scrimmage.
- Gives athletes who never get a chance to win medals, an opportunity to do so.
- Every athlete will compete against athletes of the same ability level.
- The meet is slightly longer than a scrimmage, and you don't have to do any of the work.
- It is a developmental meet, allowing athletes to compete in a low stress situation.
- Dual meets begin the following week!!!

# Ross Goldin/Bay Shore Developmental Meet

## Coaches Instructions

- Shot and Discus area is located behind the school.
- Please be honest with your seeds, so everyone has an equal chance to win medals. The purpose of the meet is to have ability levels compete against each other!!!
- The medals will be given right at the finish line.
- Every athlete will be given a time from the officials. Ask them to remember that time!
- 100/100hh/200/400/400ih will run six at a time. Top 2 in every heat will get medals.
- High jump will have three separate competitions, frosh/soph; junior/senior; new jumpers & under 4'0" jumpers combined. Ten jumpers in each category will get medals.
- Please stay out of the school. Bathrooms outside at the track.
- We will run two races at a time in the slower heats of the 400m and 200m. Have two watches ready!
- In the 1500m, 3000m and 800m, 800m walk, we may run two races at a time. One race on the inside three lanes, another on the outside three lanes. We will have a cone at the splits. 15-18 per heat, every third athlete will win medals.
- In the long jump, triple jump, shot put, and discus, you need an index card with the athletes name, school event, and expected performance. Nine per flight, the top three get medals
- In these events, the athlete will be given the card with their performances recorded on the card.
- Long jump and triple jump are on one runway. We need your cooperation in getting the jumps done as quickly as possible
  - We will start with the better jumpers first.
  - One flight will be jumping, the next flight will be doing run-throughs next to the runway. When the flight is done, the next flight will get two run-throughs on the runway, and we will start. All the flights in the long jump will end at 11:30, when the triple jump will begin. Same procedure.
- Please watch crossing the track. Coaches and a manager are allowed on the infield.
- Refreshments will be sold throughout the meet.
- *Please read the attached info about the use of the turf field.*

# **Ross Goldin/Bay Shore Girls Developmental Meet**

## **Order of Events**

**400 meter hurdles    Shot put/High jump/Long jump/Discus    9:30am**

**1500 meter run**

**100 meter dash (final on time)**

**100 meter hurdles (final on time)**

**800 meter run**

**400 meter dash        Triple jump will follow Long jump**

**800 meter walk**

**200 meter dash**

**3000 meter run**

**4 x 100 meter relay**

**4 x 400 meter relay**

**4 x 800 meter relay**

**4 x 400 meter walk relay**

**All field events will need an index card with:**

Name

School

Expected performance

**All track events will be a verbal seed!!!**