

28th Annual Girls Suffolk Coaches Meet
Bay Shore High School
Saturday - April 9, 2011 9:30am

Order of Events

9:30	400m hurdles	open, intermediate, frosh/soph
9:50	1500 meter run	intermediate – open & frosh/soph
10:50	100 meter dash	trials (open - top 18 seeded – 3 heats pick 2)
	100 meter dash	trials (intermediate – same as above)
	100 meter dash	trials (frosh/soph – same as above)
11:20	400 meter dash	open, intermediate, frosh/soph
11:55	100 meter dash	final open, intermediate, frosh/soph
12:00	100 meter hurdles	trials (open - top 18 seeded – 3 heats pick 2)
	100 meter hurdles	trials (intermediate – 6 fastest times)
	100 meter hurdles	trials (frosh/soph– 6 fastest times)
	100 meter hurdles	open, intermediate & frosh/soph final
12:30	800 meter run	open, intermediate & frosh/soph
12:50	200 meter dash	trials (top 18 seeded – 3 heats pick 2)
	200 meter dash	intermediate final on time
	200 meter dash	frosh/soph final on time
1:30	3000 meter run/1500 meter walk	(outside the yellow line between lanes 3 & 4)
2:30	200 meter dash	final open
2:35	4 x 800 meter relay	open/combined freshmen and sophomores
3:15	4 x 100 meter relay	open/combined freshmen and sophomores
3:25	4 x 800 meter walk relay	

After the first three heats of the 400 and 200 meter races, we will start the next heat before the previous heat finishes. Every kid will be given a time at the finish line.

Important Information

- **Each athlete in all running events must have a pressure sticker with**
 - **Name**
 - **School**
 - **Event (open/intermediate/frosh-soph)**
 - **Seed**

- **It would be to your benefit to have the pressure stickers already filled out. We will have some available at the meet.**

- **All relays must have an index card with the names, school, event and seed time.**

- 1. **Medals to the top six in every event (open/intermediate/frosh-soph). No team awards. Please pick-up your awards before leaving the meet!!! We will have a packet for each team with your medals in them!**
- 2. **Athletes are allowed to participate in any three events.**
- 3. **Food and bathrooms will be available.**
- 4. **¼” spikes can be worn.**

Field Events

- Open pit in the long & triple jumps. Warm-ups for the entire group, then jump when you are ready. When the pit is closed, we move on to the next category. This allows athletes to compete in other events, and still get their jumps in.
- Each athlete in all field events must have an index card with
 - Name
 - School
 - Event (open/intermediate/frosh-soph)
 - Seed

9:30	High jump (five alive)	frosh/soph (3'9"/4'0"/4'3"/4'6") intermediate will follow frosh/soph.(any three misses) intermediate (4'0"/4'3"/4'6") (any three misses) open will follow intermediate. open (4'6"/4'9" up one inch after 4'9").
9:30	Triple jump	open triple jump (three jumps) – first jump will be measured, none under 29'0" after that; intermediate (three jumps) – first jump measured, none under 26'0"; frosh/soph (three jumps) – first jump measured, none under 26'0" after that.
9:30	Pole vault	open pole vault (7'0"/7'6"/8'0"/8'6"/9'0") until completed. frosh/soph & intermediate will go all at once (5'0"/5'6"/6'0"/ 6'6"/7'0") until completed.
12:30	Long jump	open long jump (three jumps) – first jump will be measured, none under 14'6"" after that; intermediate (three jumps) – first jump measured, none under 13'0"; frosh/soph (three jumps) – first jump measured, none under 13'0" after that.

Order of Weight Events

<p>Shot put</p> <p>9:30 Open Frosh/Soph (follows open) Intermediate (follows frosh/soph)</p>	<p>Discus</p> <p>9:30 Frosh/Soph Intermediate (follows frosh/soph) Open (follows intermediate)</p>
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Open shot put - nothing measured under 29 ft.
Frosh/Soph shot put - nothing measured under 18 ft.
Intermediate shot put - nothing measured under 24 ft.

Frosh/Soph discus - nothing measured under 45 ft.
Intermediate discus - nothing measured under 60 ft.
Open discus - nothing measured under 80 ft.

*** Everyone's first throw will be measured, then they must throw better than the standard listed above.

Shot circle is located behind the school. Two circles will be used at the same time.

Discus circle is located behind the school.

Cards are needed for all weight events. (name, school, event, performance)

Section XI/ Suffolk County Schools:

* Section XI will bill your school separately for your portion of the official fees. This will be calculated by dividing the number of schools into the fees charged by the officials.

Entry Fee Calculator:

_____ INDIVIDUAL EVENTS @ \$7.50 _____

_____ RELAY TEAMS @ \$20.00 _____

OR

_____ BLANKET ENTRY (\$200.00) _____

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

_____ Late Fee (\$25.00) _____

TOTAL _____

Non-Section XI Schools:

Entry Fee Calculator:

_____ INDIVIDUAL EVENTS @ \$7.50 _____

_____ RELAY TEAMS @ \$20.00 _____

_____ Officials Fee \$ 25 _____

OR

_____ BLANKET ENTRY (\$225.00) _____

TOTAL _____

SUMMARY FORM:

Please complete entry worksheet on previous page before entering filling out this form.

Attach worksheet to this form for entry.

SCHOOL: _____

COACH: _____
PHONE (CELL)

AD _____
PHONE (W)

PLACE: BAY SHORE HIGH SCHOOL

DATE: April 9, 2011

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

Total Payment From Previous Page: _____

MAKE CHECKS PAYABLE TO: SUFFOLK COUNTY COACHES ASSOCIATION, INC.
Tax ID # 11-2843457

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

DEADLINE: POSTMARKED BY APRIL 5TH, 2011