

**40<sup>th</sup> SAINT ANTHONY'S INVITATIONAL TRACK & FIELD MEET**  
**Friday, May 6, 2011 to Saturday, May 7, 2011**

**Please Read**

- 1) All paper entries are due by Monday, May 2, 2011
- 2) All entries must be accompanied with a check or purchase order.
- 3) All varsity athletes must be seeded on-line. [www.just-in-time-racing.com](http://www.just-in-time-racing.com)
- 4) Relays will be seeded day of meet.
- 5) Please note that Boys Shot Put and Discus will be contested on Friday.  
We will have a Seeded Division (18) and Unseeded Division. Awards for both
- 6) Please note that Girls Shot Put and Discus will be contested on Saturday.  
We will have a Seeded Division (18) and Unseeded Division. Awards for both
- 7) Boys Frosh/Soph Shot Put (12lb) will be contested on Saturday Morning followed by the Girls Frosh/Soph Shot Put. Three throws no final. One measurement under 20'.
- 8) Boys/Girls Hammer will be contested at 11:00 AM at St. Anthony's High School on Sunday, May 1, 2011 (Non-Scoring).

**Important**

Remember to seed your varsity athletes on-line, as they will be wearing competitor numbers. If your athlete has performed the following he/she should be seeded:

Event	Boys	Girls
100	11.4	12.9
200	23.5	26.9
100/110 HH	16.8	17.2
400	52.5	61.5
400 Hurdles	60	70
800	2:07	2:25
1500/1600	4:42	5:05
3200/3000	10:10	11:10
Steeple	10:40	8:10
Walk		8:30
Field Events	See minimum performances	

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## Friday, May 6, 2011 to Saturday, May 7, 2011

- Awards:** Medal to top 6 in each event
- Team Awards:** Top 5 Girl's Teams and Top 5 Boy's Teams
- MVP Awards:** To be given to top outstanding male & female Track as well as Field athletes as nominated by the coaches and chosen by the meet games committee.
- Scoring:** 10 – 8 – 6 – 4 – 2 – 1 for all Varsity Events. (Freshmen, Sophomore, and unseeded events do not score)
- Sanctions:** Have been received for the states of New York, New Jersey, and Connecticut as well as NYSCHSAA and the PSAL of the City of New York.
- # Of Events:** Each competitor may compete in any three events
- Seeding:** All Varsity athletes must be seeded on line: <http://www.just-in-time-racing.com/>  
Verbal seeding will be used for all other running events.  
All competitors must have a sticker. Please print school name, athlete's full name, and event legibly.  
Relay teams will turn in their relay cards once the event is called. Include athlete's names and seed time.
- Field Events:** All Field Event athletes will need a Field Event Card. Turn in the Field Event Card to the official once the event is called. Please indicate seed on the back of the card.

**Minimum Measurement:** In the following jumps and throws the first acceptable effort will be measured. After that, the athlete must jump or throw the following: Top 18 shot putters and discus throwers will be seeded and throw in the varsity seeded section, all others will compete in the unseeded sections.

Boys Long Jump	19'	Boys Triple Jump	40'	Boys Shot Put	40'
Boys unseeded PV	9'	Boys Unseeded Discus	80'	Boys High Jump	5'6"
Boys Pole Vault	12'	Boys Discus	120'	Boys Unseeded Shot Put	30'
Boys Javelin Throw	100'	Girls Discus	80'	Girls Shot Put	28'
Girls Triple Jump	31'	Girls Javelin Throw	65'	Girls Unseeded Shot Put	20'
Girls Pole Vault	8'	Girls High Jump	4'6"	Girls Long Jump	15'
Girls Hammer	60'	Boys Hammer	100'	Girls Unseeded Discus	60'
Boys Frosh/Soph Shot Put (12)		Girls Frosh/Soph Shot Put		Boys – Girls Frosh/Soph Discus	

- Spikes:** Only ¼" pyramid spikes are permitted on shoes and blocks. No needle or pin spikes permitted.
- Batons/Blocks:** Starting blocks will be provided and only used in finals.
- Timing:** We will be using Fully Automatic Timing (FAT).
- T – Shirts** Will be on sale. Short sleeve \$10.00 Long Sleeve \$15.00
- Entry Fee:** \$5.00 Per Individual Event Payable To: St. Anthony's High School  
\$20.00 Per Relay Team Mr. Donal Buckley, Meet Director  
\$300.00 Blanket Entry St. Anthony's High School  
275 Wolf Hill Road  
\$20.00 Minimum Entry South Huntington, NY 11747 – 1394

**Directions:** St. Anthony's High School is located at the corner of Pidgeon Hill Road, Old Country Road and Wolf Hill Road. It's about a one-hour drive from the Throgs Neck Bridge.  
Northern State Parkway – ½ mile west from exit 41  
Traveling east on LIE (495) – get off exit 49 north, go about one mile and make a right onto Old Country RD.  
Traveling west on LIE (495) – get off exit 51 north, at second traffic light (Wolf Hill Road) make a left turn.

**Further Information:** Phone: 631 – 271 – 2020 ex. 209 Fax: 631 – 549 – 0620

**Please Note:** The parking lot and the building behind the bleachers are not part of St. Anthony's campus and are off limits. Please keep your vehicles and athletes off our neighbors, Saint Elizabeth's Church grounds.

# 40<sup>th</sup> SAINT ANTHONY'S INVITATIONAL TRACK & FIELD MEET

## Friday, May 6, 2011 to Saturday, May 7, 2011

### BOYS' ENTRY FORM

Entry Fee:	\$5.00	Per Individual Event	Payable to:
	\$20.00	Per Relay Team	St. Anthony's High School
	\$300.00	Blanket Entry	Mr. Donal Buckley, Meet Director
			St. Anthony's High School
			275 Wolf Hill Road
			South Huntington, NY 11747-1394

Entry Due Date: Monday, May 2, 2011 Entries must be accompanied with a check or purchased order.

TELEPHONE: 631 – 271 – 2020 EX. 209      FAX: 631 – 549 - 0620

Please list below the number of athletes and relays that your team will be competing in.  
 All varsity athletes must be seeded on line. [www.just-in-time-racing.com](http://www.just-in-time-racing.com)

#### FRIDAY'S EVENTS

Boys' Discus (120') \_\_\_\_\_  
 Boys' Unseeded Discus \_\_\_\_\_  
 Boys' Long Jump \_\_\_\_\_  
 Boys' Seeded Shot Put \_\_\_\_\_  
 Boys' Unseeded Shot Put \_\_\_\_\_  
 Unseeded 200m Dash \_\_\_\_\_  
 Boys' Unseeded 400m \_\_\_\_\_  
 Boys' Unseeded 800m \_\_\_\_\_  
 Boys' Intermediates \_\_\_\_\_

#### SATURDAY MORNING

Boys' Unseeded 1600m Run \_\_\_\_\_  
 Boys' Unseeded 2000m Steeple \_\_\_\_\_  
 Boys Unseeded PV (8') \_\_\_\_\_  
 Boys Frosh/Soph Shot Put (12) \_\_\_\_\_  
 Boys Frosh/Soph Discus \_\_\_\_\_

Hammer May 1, 2011 \_\_\_\_\_  
 Sunday at St. Anthony's (11:00 AM)

#### SATURDAY AFTERNOON

Boys' Triple Jump \_\_\_\_\_  
 Boys' Pole Vault(12') \_\_\_\_\_  
 Boys' High Jump \_\_\_\_\_  
 Boys' Javelin \_\_\_\_\_  
 Boys' 1600m Walk \_\_\_\_\_  
 Boys' 800m Run \_\_\_\_\_  
 Boys' High Hurdles \_\_\_\_\_  
 Boys 100m Dash \_\_\_\_\_  
 Boys' 3000m Run \_\_\_\_\_  
 Boys' 1600m Run \_\_\_\_\_  
 Boys' 400m Dash \_\_\_\_\_  
 Boys' 200m Dash \_\_\_\_\_  
 Boys' 3000m Steeple. \_\_\_\_\_

#### FRIDAY RELAYS

Unseeded 4 x 100m Relay \_\_\_\_\_  
 Unseeded 4 x 400m Relay \_\_\_\_\_  
 Varsity 4 x 1600m Relay \_\_\_\_\_

#### SATURDAY MORNING RELAYS

Boys' Frosh 4 x 800m Relay \_\_\_\_\_  
 Boys' Soph 4 x 800m Relay \_\_\_\_\_  
 Boys' Frosh 4 x 100m Relay \_\_\_\_\_  
  
 Boys' Soph 4 x 100m Relay \_\_\_\_\_  
 Boys' Frosh 4 x 400m Relay \_\_\_\_\_  
 Boys' Soph 4 x 400m Relay \_\_\_\_\_

#### SATURDAY AFTERNOON RELAYS

Boys' Varsity 4 x 100m Relay \_\_\_\_\_  
 Boys' Varsity 4 x 400m Relay \_\_\_\_\_  
 Boys' Varsity 4 x 800m Relay \_\_\_\_\_

School \_\_\_\_\_ Coach \_\_\_\_\_ Home Phone \_\_\_\_\_

School Address \_\_\_\_\_

School Phone \_\_\_\_\_ Athletic Director \_\_\_\_\_

\_\_\_\_\_ Number of Individuals at \$5.00 per event \_\_\_\_\_

\_\_\_\_\_ Number of Relays at \$20.00 \_\_\_\_\_

\_\_\_\_\_ Blanket Entry of \$300.00      Total \_\_\_\_\_

All varsity athletes must be seeded online. <http://www.just-in-time-racing.com/>

# 40<sup>th</sup> SAINT ANTHONY'S INVITATIONAL TRACK & FIELD MEET

## Friday, May 6, 2011 to Saturday, May 7, 2011

### GIRLS' ENTRY FORM

Entry Fee:	\$5.00 \$20.00 \$300.00	Per Individual Event Per Relay Team Blanket Entry	Payable to:	St. Anthony's High School Mr. Donal Buckley, Meet Director St. Anthony's High School 275 Wolf Hill Road South Huntington, NY 11747-1394
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Entry Due Date: Monday, May 2, 2011 Entries must be accompanied with a check or purchased order.

TELEPHONE: 631 - 271 - 2020 EX. 229      FAX: 631 - 549 - 0620

Please list below the number of athletes and relays that your team will be competing in.  
All varsity athletes must be seeded on line. ([www.just-in-time-racing.com](http://www.just-in-time-racing.com))

#### FRIDAY'S EVENTS

Girls Unseeded 400m \_\_\_\_\_  
Girls Unseeded 800m \_\_\_\_\_  
Girls' Triple Jump \_\_\_\_\_  
Girls' High Jump \_\_\_\_\_  
Girls Intermediates \_\_\_\_\_  
Unseeded 200m Dash \_\_\_\_\_  
Girls Pole Vault (8') \_\_\_\_\_

#### SATURDAY MORNING

Girls Unseeded 1500m Run \_\_\_\_\_  
Girls Unseeded 2000m Steeple \_\_\_\_\_  
Girls Frosh/Soph Shot Put \_\_\_\_\_  
Girls Frosh/Soph Discus \_\_\_\_\_  
  
**Hammer - May 1, 2011** \_\_\_\_\_  
**Sunday at St. Anthony's (11:00 AM)**

#### SATURDAY AFTERNOON

Girls' Long Jump \_\_\_\_\_  
Girls Javelin \_\_\_\_\_  
Girls' Discus seeded \_\_\_\_\_  
Girls' Unseeded Discus \_\_\_\_\_  
Girls 1500m Walk \_\_\_\_\_  
Girls' 800m Run \_\_\_\_\_  
Girls' High Hurdles \_\_\_\_\_  
Girls 100m Dash \_\_\_\_\_  
Girls 3000m Run \_\_\_\_\_  
Girls' 1500m Run \_\_\_\_\_  
Girls' 400m Dash \_\_\_\_\_  
Girls' 200m Dash \_\_\_\_\_  
Girls' 2000m Steeple. \_\_\_\_\_  
Girls Shot Put Seeded \_\_\_\_\_  
Girls Shot Put Unseeded \_\_\_\_\_

#### FRIDAY RELAYS

Unseeded 4 x 100m Relay \_\_\_\_\_  
Unseeded 4 x 400m Relay \_\_\_\_\_  
Varsity 4 x 1600m Relay \_\_\_\_\_

#### SATURDAY MORNING RELAYS

Girls' Frosh 4 x 800m Relay \_\_\_\_\_  
Girls' Soph 4 x 800m Relay \_\_\_\_\_  
Girls' Frosh 4 x 100m Relay \_\_\_\_\_  
Girls' Soph 4 x 100m Relay \_\_\_\_\_  
Girls' Frosh 4 x 400m Relay \_\_\_\_\_  
Girls' Soph 4 x 400m Relay \_\_\_\_\_

#### SATURDAY AFTERNOON RELAYS

Girls' Varsity 4 x 100m Relay \_\_\_\_\_  
Girls' Varsity 4 x 400m Relay \_\_\_\_\_  
Girls' Varsity 4 x 800m Relay \_\_\_\_\_

School \_\_\_\_\_ Coach \_\_\_\_\_ Home Phone \_\_\_\_\_

School Address \_\_\_\_\_

School Phone \_\_\_\_\_ Athletic Director \_\_\_\_\_

\_\_\_\_\_ Number of Individuals at \$5.00 per event \_\_\_\_\_

\_\_\_\_\_ Number of Relays at \$20.00 \_\_\_\_\_

Blanket Entry of \$300.00      Total \_\_\_\_\_

All varsity athletes must be seeded online. ([www.just-in-time-racing.com](http://www.just-in-time-racing.com))

## Saint Anthony's Invitational Order Of Events

### Friday – 4:00 PM

1. Boys' Seeded Discus (Top 18) (Minimum Measurement is 120')
2. Boys' Unseeded Shot Put (Minimum Measurement 30')
3. Boys' Seeded Shot Put (Top 18) Follows Seeded Discus
4. Boys' Unseeded Discus (Minimum Measurement 80')
5. Boys' Long Jump (Minimum Measurement 19')
6. Girls' Triple Jump (Minimum Measurement 31')
7. Girls' Pole Vault (Starting Height – 8')
8. Girls' High Jump (Starting Height – 4'6")

Varsity Athletes must be seeded on-line. First legal jump or throw will be measured, then all others must meet minimum measurement.

### Friday – 4:00 PM

9. Boys' Unseeded 400m Relay – Final
10. Girls' Unseeded 400m Relay – Final
11. Boys' Unseeded 1600m Relay – Final
12. Girls' Unseeded 1600m Relay – Final
13. Boys' 400m Intermediate Hurdles – Final (64 sec.)
14. Girls' 400m Intermediate Hurdles – Final (70 sec.)
15. Boys' 4 x 1600m Relay - Final
16. Girls' 4 x 1600m Relay - Final
17. Boys' Unseeded 200m Dash – Final
18. Girls' Unseeded 200m Dash - Final
19. Boys Unseeded 400m Dash – Final
20. Girls' Unseeded 400m Dash – Final
21. Boys' Unseeded 800m Run – Final
22. Girls' Unseeded 800m Run – Final

### SATURDAY 10:00 AM

23. Boys' Unseeded Pole Vault (Starting Height (9')
24. Boys' Frosh/Soph Discus – 10:00 AM
25. Girls' Frosh/Soph Discus – 10:00 AM
26. Boys' Frosh/Soph Shot Put (12LBS)
27. Girls' Frosh/Soph Shot Put follows Boys' Frosh/Soph SP
28. Boys' Frosh 4 x 800m Relay – Final
29. Girls' Frosh 4 x 800m Relay – Final
30. Boys' Soph 4 x 800m Relay – Final
31. Girls' Soph 4 x 800m Relay – Final
32. Boys' Frosh 4 x 100m Relay – Final
33. Girls' Frosh 4 x 100m Relay – Final
34. Boys' Soph 4 x 100m Relay – Final
35. Girls' Soph 4 x 100m Relay – Final
36. Boys' Frosh 4 x 400m Relay – Final
37. Girls' Frosh 4 x 400m Relay – Final
38. Boys' Soph 4 x 400m Relay – Final
39. Girls' Soph 4 x 400m Relay – Final
40. Boys' Unseeded 1600m Run (4:50 or slower)
41. Girls' Unseeded 1500m Run (5:30 or Slower)
42. Boys' Unseeded 2000m Steeplechase
43. Girls' Unseeded 2000m Steeplechase

### Saturday – 2:00 PM

44. Girls Long Jump (Minimum Measurement is 15')
45. Boys Pole Vault (Starting Height 12')
46. Boys' High Jump (Starting at 5'6)
47. Boys' Triple Jump (Minimum Measurement 40')
48. Girls' Seeded Discus (Top 18) (Minimum Measurement is 80')
49. Girls Unseeded Shot Put (Minimum Measurement 20')
50. Girls' Seeded Shot Put (Top 18) (Minimum Measurement 28') Follows Discus
51. Girls' Unseeded Discus (Minimum Measurement 60')

### Saturday – 2:00 PM

52. Girls' 1500m Race Walk – I Section
53. Girls' 800m Run – 2:30 or faster
54. Boys' 800m Run – 2:07 or faster
55. Boys' 110m High Hurdles – 6 Fastest Advance (Must be seeded)
56. Girls' 100m High Hurdles – 6 fastest Advance (Must be seeded)
57. Boys' 100m Dash – 6 fastest Advance (Must be seeded)
58. Girls' 100m Dash – 6 Fastest Advance (Must be seeded)
59. Girls' 3000m Run (12 minutes or faster)
60. Boys' 3200m Run (10:50 or faster)
61. Girls' 100m High Hurdles – Final
62. Boys' 110 High Hurdles – Final
63. Girls' 100m Dash – Final
64. Boys' 100m Dash – Final
65. Girls' 1500m Run
66. Boys' 1600m Run
67. Girls' 400m Dash
68. Boys' 400m Dash
69. Girls' 200m Dash – Final
70. Boys' 200m Dash – Final
71. Girls' 2000m Steeplechase
72. Boys' 3000m Steeplechase
73. Girls' 4 x 100m Relay
74. Boys' 4 x 100m Relay
75. Girls' 4 x 400m Relay
76. Boys' 4 x 400m Relay
77. Girls' 4 x 800m Relay
78. Boys' 4 x 800m Relay

### Saturday 4:00 PM

79. Girls' Javelin Throw (non-scoring) (65' Minimum)
80. Boys' Javelin Throw (non-scoring) (100' Minimum)

### May 1, 2011 (Sunday) – At St. Anthony's 11:00 AM

81. Girls' Hammer (non-scoring) (60' Minimum)
82. Boys' Hammer (non-scoring) (100' Minimum)

# Saint Anthony's Track & Field Invitational

Site will be open from Sunday, April 10 thru Monday, May 2, 2011 (10:00 PM)

Contact Tony Toro for your password [eltoroff@optonline.net](mailto:eltoroff@optonline.net)

- 1) Go to [www.just-in-time-racing.com](http://www.just-in-time-racing.com)
- 2) Go to: **Spring Track & Field Page**
- 3) Go to rosters (your athlete must be listed before you can seed them)
- 4) Top left corner you'll see the following (see below)
- 5) Choose: **Meet entries**

[Roster](#) [Best Performances](#) [Meet Entries](#)

School: Saint Anthony's

Gender: Male

Last Name:	<input type="text"/>	<b>Athlete Count: 1</b> <table><thead><tr><th>Last Name</th><th>First Name</th><th>Year</th><th></th></tr></thead><tbody><tr><td>Antonio</td><td>Bro</td><td>12</td><td><input type="button" value="Delete"/></td></tr></tbody></table>	Last Name	First Name	Year		Antonio	Bro	12	<input type="button" value="Delete"/>
Last Name	First Name		Year							
Antonio	Bro		12	<input type="button" value="Delete"/>						
First Name:	<input type="text"/>									
School	<input type="text"/>									
Year:	<input type="text"/>									
<input type="button" value="Add Athlete --&gt;"/>										

The following will appear once you've chosen (meet entries)

Click on **Saint Anthony's Track & Field Invitational** and start entering your seeds

A reminder that your athlete must be listed on your roster list before you can seed them.

[Roster](#) [Best Performances](#) [Meet Entries](#)

## Eligible Meets

**Saint Anthony's Track & Field Invitational**

- 1) Once you've completed seeding your athletes save all entries (bottom of page)
- 2) Make a copy for your records