

**55<sup>TH</sup> ANNUAL BOYS & GIRLS  
EASTERNS INVITATIONAL**

**THIS IS THE FIFTH YEAR THAT THE BOYS &  
GIRLS MEET WILL BE RUN AT THE SAME SITE  
ON THE SAME DAY – LAST YEAR WAS A GREAT  
SUCCESS - THE MEET WILL BE RUN UNDER THE  
AUSPICES OF THE CATHOLIC HIGH SCHOOL  
ATHLETIC ASSOCIATION**

**SUNDAY JUNE 5<sup>TH</sup> @ IONA PREP SCHOOL, NEW ROCHELLE**

**Meet has been moved to Sunday to avoid SAT Exam conflicts!**

**Be a part of a Historic Meet in High School Track & Field**

Jan Mitchell: 917-837-4042 [ANYTIME] EMAIL [JLM75@IONAPREP.ORG](mailto:JLM75@IONAPREP.ORG)

***Coaches Note! There will be no mailing this year! Use this entry! Deadline May 30<sup>th</sup>***

***Declaration of intent to compete – due SUNDAY MAY 1<sup>st</sup>***

***Due to new regulations from NFHS, each school that  
wants to participate must send an email that indicates  
intention to participate. This email must arrive by  
SUNDAY MAY 1<sup>st</sup>, 2011. This email should state  
“ \_\_\_\_\_ High School” intends to send its men’s  
and/or women’s team to the 2011 Easterns Invitational.***

[JLM75@IONAPREP.ORG](mailto:JLM75@IONAPREP.ORG)

**We must adhere to this date.**

**For teams that meet this time frame, actual  
entries are due on Monday May 30<sup>TH</sup>**

**The worst part of running this meet is collecting the entry fee from schools so the following will be in effect and there will be no exceptions!**

**NO entry blanks will be processed without one of the following:**

a) A school-issued check or a personal check or cash on the day of the meet!

b) The original or a copy of the PO or voucher (so that we know that the process has been started).

**Do not show up with your team on June 5<sup>TH</sup> unless the entry fee has been paid – your athletes will not be allowed to compete under any circumstances!**

Also, we have had several individuals attempt to enter our meet, without representing their schools. Parents may not enter their sons or daughters. Only high school coaches may enter athletes into this meet. To be part of our meet an athlete must be a representative of his or her school and the entry must be signed by your principal! **Please be advised to verify entries, I will call the Athletic Director of any school that I feel is not a bona fide entry from the school itself!**

**I have tightened up the schedule and each event will be a Final on Time [trials have been eliminated in both the 100 and Hurdles – we will be using FAT timing so that you will have accurate times moving ahead for States and Nationals!**

**AN ATHLETE MAY COMPETE IN THREE EVENTS!**

## CONTESTED EVENTS – SCHEDULE – QUALIFYING STANDARDS

### TIME EVENT QUALIFYING STANDARD – GIRLS EVENTS

Boys events will be contested 2<sup>ND</sup> this year – we will rotate each year!

#### GIRLS EVENTS

11:00	JAVELIN	100'0"	
11:00	HAMMER THROW	100'0"	
11:00	HIGH JUMP	5'0"	[OPENING HEIGHT 4'8"]
11:00	TRIPLE JUMP	34'0"	
11:00	POLE VAULT	9'0"	[OPENING HEIGHT 8'0"]
12:00	DISCUS THROW	100'0"	
12:00	LONG JUMP	15'0"	
11:00	SHOT PUT	30'0"	
11:00	400m INTERMEDIATE HURDLES [FINAL]		1:06.0
11:10	4 x 1600m RELAY		21:00.0
11:25	SPRINT MEDLEY [400-200-200-800]		4:20.0
11:35	800m RELAY [FINAL ON TIME]		1:50.0
11:45	800m		2:25.0
11:55	100m HURDLES [FINAL ON TIME – CHANGE!]		17.0
12:05	200m [FINAL ON TIME]		27.0
12:15	2000m STEEPLECHASE		7:45.0
12:20	100m [FINAL ON TIME – CHANGE!]		13.0
12:30	400m [FINAL]		1:02.0
12:40	MILE RUN		5:15.0
12:45	3200m RELAY		9:50.0
12:55	1600m RELAY		4:15.0

***I have tightened up the schedule and each event will be a Final on Time [trials have been eliminated in both the 100 and Hurdles – we will be using FAT timing so that you will have accurate times moving ahead for States and Nationals!]***

**AN ATHLETE MAY COMPETE IN THREE EVENTS!**

## CONTESTED EVENTS – SCHEDULE – QUALIFYING STANDARDS

### TIME EVENT QUALIFYING STANDARD – BOYS EVENTS

**Boys events will be contested 2<sup>ND</sup> this year – we will rotate each year!**

12:00	JAVELIN	160'0"	
1:00	HAMMER THROW	150'0"	
1:00	HIGH JUMP	6'0"	[OPENING HEIGHT 5'8"]
1:00	TRIPLE JUMP	42'0"	
1:00	POLE VAULT	12'0"	[OPENING HEIGHT 11'0"]
2:00	DISCUS THROW	140'0"	
2:00	LONG JUMP	21'0"	
1:00	SHOT PUT	52'0"	
1:00	400m INTERMEDIATE HURDLES [FINAL]		59.0
1:10	4 x 1600m RELAY		18:00.0
1:30	SPRINT MEDLEY		3:40.0
1:40	800m RELAY [FINAL ON TIME]		1:34.0
1:50	800m RUN		1:59.0
2:00	110m HIGH HURDLES [FINAL ON TIME – CHANGE]		15.2
2:10	200m [FINAL ON TIME]		23.0
2:20	3200m RUN		9:50.0
2:30	100m TRIALS [FINAL ON TIME – CHANGE!]		11.4
2:40	400m RUN [FINAL ON TIME]		52.0
2:50	ONE MILE RUN		4:30.0
3:00	2000m STEEPLECHASE		6:45.0
3:10	3200m RELAY		8:10.0
3:20	1600m RELAY [FINAL ON TIME]		3:28.0

**If possible the meet will run ahead of time!**

**ENTRIES CLOSE: Monday May 30<sup>TH</sup>, 2011**

MAIL ENTRIES TO: JAN MITCHELL  
IONA PREP SCHOOL  
255 WILMOT ROAD  
NEW ROCHELLE, N.Y. 10804

YOU MAY ALSO FAX YOUR ENTRY TO ME AT IONA PREP 914-632-9760 OR EMAIL THEM

INFORMATION: JAN MITCHELL AT 917-837-4042 [ANYTIME]  
OR EMAIL [JLM75@IONAPREP.ORG](mailto:JLM75@IONAPREP.ORG)

AWARDS: PLAQUE – FIRST PLACE IN RELAYS FOR THE SCHOOL  
MEDALS – TOP FIVE PLACE IN ALL EVENTS  
SHIRTS – WINNERS IN ALL EVENTS

Directions to Iona: <http://ionaprep.org/directions.jsp?rn=6182243>

**ENTRY FEE: \$20.00 PER INDIVIDUAL PER EVENT!  
\$40.00 PER RELAY TEAM! “CHSAA TRACK”**

**PAYMENT MUST ACCOMPANY THIS ENTRY AND ARE NON-REFUNDABLE! IF YOUR ATHLETE HAS ATTAINED THE ABOVE STANDARD HE/SHE WILL COMPETE!**

**EASTERN STATES TRACK & FIELD MEET SPONSORED BY THE C.H.S.A.A.**

**SANCTIONED BY THE C.H.S.A.A.  
BORDERING STATE SANCTION HAS BEEN APPLIED FOR.**

**NO ONE MAY COMPETE WITHOUT THE ENTRY FEE BEING PAID IN FULL!**

## **ELIGIBILITY RULES**

- 1] ANY STUDENT HAVING REACHED THE AGE OF NINETEEN [19] BEFORE SEPTEMBER 1<sup>st</sup>, 2010 IS INELIGIBLE TO REPRESENT HIS SCHOOL.**
- 2] EVERY PARTICIPANT MUST BE A BONA FIDE STUDENT ACCORDING TO HIS OWN SCHOOL OR DISTRICTS STANDARDS.**
- 3] THE EIGHT [8] CONSECUTIVE SEMESTER RULE WILL BE IN EFFECT.**
- 4] ALL COMPETITORS MUST MEET THE QUALIFYING STANDARDS. IF YOU HAVE MET THE STANDARD YOU WILL BE ALLOWED TO COMPETE!**
- 5] NATIONAL FEDERATION RULES WILL GOVERN THIS MEET. UNIFORM AND JEWELRY RULES WILL BE IN AFFECT! [NO JEWELRY OR WATCHES]**
- 6] SPIKES - [1/8 INCH OR LESS/NO HEX]**
- 7] STARTING BLOCKS ALLOWED [YOU MUST SUPPLY YOUR OWN!]**
- 8] AN ATHLETE MAY COMPETE IN ANY THREE EVENTS!**

**ENTRY FEE: \$20.00 PER INDIVIDUAL PER EVENT!  
\$40.00 PER RELAY TEAM! "CHSAA TRACK"**

**CHECK: SCHOOL OR PERSONAL MUST ACCOMPANY YOUR ENTRY [ALL ENTRIES WITHOUT PAYMENT WILL BE REJECTED!] NO ONE MAY COMPETE WITHOUT PAYMENT OF THE ENTRY FEE!**

**MAKE CHECKS PAYABLE TO "CHSAA TRACK" – NO PAYMENT NO MEET**

**ENTRIES CLOSE ON MONDAY MAY 30<sup>TH</sup>  
[WITH PAYMENT]  
[NO PAYMENT NO COMPETITION]**

