

Amityville Developmental Meet (BOYS)

Saturday March 26th 2011

Amityville High School

250 Merrick Road, Amityville, NY

Time: Clerking begins at 9:30am sharp!!! First event begins at 9:45am

Seeding: Verbal seeding in all running events

Field events: Athletes must have 3x5 index cards with Name/Event/
School/ Expected Performance Mark

Marks will be recorded on each card

(Have your athletes collect their performance cards for your benefit).

NO FINALS IN ANY EVENTS

Awards: Medals to the Top 3 in Every Heats/ Flights of all Running and Field Events

Entry Due: Entry should be postmarked by Tuesday March 23th
Any questions please contact me at one of the below numbers

Equipment: 1/4 inch Spikes- Allowed.

Freshman/Sophomore and Junior/Seniors are combined in all field events

ORDER OF EVENTS

2 Jumps/2Throws per Athlete

Field Events

9:45am

Fr/Soph Discus followed by Jr/Sr

Jr/Sr Shot Put followed by Fr/Soph

(2 Throws)

All remaining field events Frosh/Soph

Will follow by Jr/Sr

High Jump will start at 4'6" and go up 2"

To 5'10"-----1" thereafter

Long/Triple Jumps-----2 Jumps

Running Events

10:00am

400 Meter Hurdles

1600 Meter Run

400 Meter Dash

100 Meter Dash

110 High Hurdles

3200 Meter Run

200 Meter Run

800 Meter Run

RELAYS

Sprint Medley 200-100-100-400 (Open & Frosh/Soph)

4x800 Meter relay (Open & Frosh/Soph)

4x400 Meter relay (Open & Frosh/Soph)

4x200 Meter relay (Open & Frosh/Soph)

Amityville Development Meet

School_____

Coach_____

Home Phone_____

School #_____

Athletic Director_____

Team Blanket entry: \$145.00 (Due to the financial crisis, the blanket cost was reduced to accommodate all school districts)

If you are not using the blanket entry fee, Please fill out entry below and submit with fee.

**Athletes are limited to TWO Events- Remember this is a Developmental Meet
TWO open events or ONE open and ONE relay, or TWO relays**

Two individual events_____ x \$5.00_____

One individual event_____ x \$2.50_____

Number of Relay Teams_____ x \$ 15.00_____

Total Fee:_____

Make Checks or Vouchers Payable to: Amityville Track Club

**Send to Reynolds Hawkins (Boys Track Coach) School # 631-565-6133
Amityville Memorial High School Fax # 631-598-2586
250 Merrick Road Home # 631-234-3820
Amityville, NY 11701**