

BELLPORT GIRLS TRACK & FIELD DEVELOPMENTAL MEET

Saturday - April 9th, 2011
(Rain Date) Sunday - April 10th, 2011

Time: Clerking begins at 9:00 AM, first event 9:15 AM
Track will be open at 7:30 AM.

Seeding: 3 x5 Index Card

Name
Number
Event
School
Seed

(NO FINALS IN ANY EVENT**)**

Awards: Medals to the top 6 in each event.

Spikes: 1/4 inch spikes and smaller
(STARTING BLOCKS WILL BE PROVIDED**)**

Entries: All Entries are due by Tuesday, April 6, 2011

NOTE: Participants will be allowed to enter 3 running and 1 field event.
A concession stand will be open. T-shirts will be sold.

Any additional questions E-mail Coach Gino Cruz or Coach Beth Zebuth

Coach Cruz: dualgs@optonline.net

Coach Zebuth: heptgold@optonline.net

or call Coach Cruz (631)839-5658 (cell) Coach Zebuth (516)639-8785 (cell)

BELLPORT GIRLS TRACK & FIELD DEVELOPMENTAL MEET

**Saturday - April 9th, 2011
(Rain Date) Sunday - April 10th, 2011**

Location: Bellport High School
205 Beaver Dam Rd.
Brookhaven, NY 11719

E-mail Coach Gino Cruz or Coach Beth Zebuth if you plan on competing
Coach Cruz: dualgs@optonline.net
Coach Zebuth: heptgold@optonline.net
or call Coach Cruz (631)839-5658 (cell) Coach Zebuth (516)639-8785 (cell)

Time: 9:00 AM -
Clerking: 9:00 AM

School: _____ **School Phone:** _____

Address: _____

Coach: _____ **Home/Cell Phone:** _____

<u>Events</u>	<u># of participants</u>	<u>Events</u>	<u># of participants</u>
1500m Run	_____	Modified Sprint Medley (200, 400, 800, 200)	_____
300 Int. Hurdles	_____	4 x 400	_____
100m Dash	_____	4x 800	_____
100 High Hurdles	_____	4 x 100	_____
800m Run	_____	Shot Put	_____
400m Dash	_____	Discus	_____
800m Walk	_____	Triple Jump	_____
200 m Dash	_____	Long Jump	_____
1500m Steeplechase	_____	Pole Vault (opening height 6')	_____
		High Jump (opening height 4')	_____

Number of Individuals: _____ x \$5.00 = _____

Number of relays: _____ x \$20.00 = _____

Blanket Entry (if less) **\$180.00 =** _____

TOTAL _____

Checks payable to: Bellport Girls Track & Field

Mail payment and form to: Bellport Girls Track & Field
C/O Gino Cruz
PO Box 517
Bellport, NY 11713

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ORDER OF EVENTS

(Begin 9:15 AM)

300 Int. Hurdles
1500m Run
100m Dash
100 High Hurdles
800m Run
400m Dash
800m Walk
200 m Dash
1500m Steeplechase
Coaches 4 x 100
Modified Sprint Medley (200, 400, 800, 200)
4 x 400
4x 800
4 x 100 Steven Lewis Relay

FIELD EVENTS

(Begin 9:15 AM)

Shot Put
Discus
Triple Jump
Long Jump
High Jump (opening height 4')
Pole Vault (opening height 6')