

**BOYS FROSH/SOPH CHAMPIONSHIP**  
**WEDNESDAY MAY 18, 2011 - LONGWOOD HIGH SCHOOL**  
**RAIN DATE - MAY 20, 2011**

**TIME: 3:30 CLERKING FOR ALL EVENTS**  
**3:45 START ALL RUNNING EVENTS. SOPH HIGH JUMP, SOPH LONG JUMP, SOPH SHOT PUT,**  
**FROSH DISCUS AND POLEVAULT**  
**AWARDS: MEDALS TO TOP 5 IN EACH RACE**

**TEAM SOPHOMORE DIVISION - TOP THREE TEAMS**  
**AWARDS: FRESHMAN DIVISION - TOP TWO TEAMS**

**SCORING 10 - 8 - 6 - 4 - 2 - 1**

**CLOSING ENTRY DUE DATE IS WEDNESDAY MAY 5, 2010**  
**DATE: ENTRIES MUST BE ACCOMPANIED WITH A CHECK OR PURCHASE ORDER**

<b>ENTRY FEE:</b>	<b>\$25.00 PER INDIVIDUAL EVENT</b>	<b>PAYABLE TO:</b>	<b>LIONS TRACK CLUB</b>
	<b>\$50.00 PER RELAY TEAM</b>	<b>SEND ENTRY TO:</b>	<b>46 LOCUST DRIVE</b>
	<b>\$200.00 UNLIMITED ENTRY OR LATE ENTRY FEE</b>		<b>ROCKY POINT, N.Y. 11778</b>

**\*SCHOOLS WILL ALSO BE ASSESSED AN EQUAL OFFICIALS FEE BY SECTION XI**  
**NO REFUNDS ONCE YOU ARE ENTERED IN MEET**

**TELEPHONE 849-2599(H)                      345-9265(S)**

**PLEASE LIST BELOW THE NUMBER OF ATHLETES YOU ARE ENTERING IN EACH INDIVIDUAL EVENT AND RELAY**

_____ FROSH 100 METER DASH	_____ SOPH 100 METER DASH
_____ FROSH 200 METER DASH	_____ SOPH 200 METER DASH
_____ FROSH 400 METER RUN	_____ SOPH 400 METER RUN
_____ FROSH 800 METER RUN	_____ SOPH 800 METER RUN
_____ FROSH 1600 METER RUN	_____ SOPH 1600 METER RUN
_____ FROSH 3200 METER RUN	_____ SOPH 3200 METER RUN
_____ FROSH 110 HIGH HURDLES	_____ SOPH 110 HIGH HURDLES
_____ FROSH 400 INT. HURDLES	_____ SOPH 400 INT. HURDLES
_____ FROSH 2000M STEEPLECHASE	_____ SOPH 2000 METER STEEPLECHASE
_____ FROSH LONG JUMP	_____ SOPH LONG JUMP
_____ FROSH TRIPLE JUMP	_____ SOPH TRIPLE JUMP
_____ FROSH POLE VAULT	_____ SOPH POLE VAULT
_____ FROSH HIGH JUMP	_____ SOPH HIGH JUMP
_____ FROSH SHOT PUT	_____ SOPH SHOT PUT
_____ FROSH DISCUS	_____ SOPH DISCUS

\_\_\_\_\_ FROSH/SOPH 1600 METER RELAY  
 \_\_\_\_\_ FROSH/SOPH 3200 METER RELAY  
 \_\_\_\_\_ FROSH/SOPH 400 METER RELAY

**FROSH/SOPH EVENTS WILL COUNT AS SOPHOMORE EVENTS**

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<b>SCHOOL:</b> _____	<b>COACH:</b> _____	<b>HOME PHONE:</b> _____
_____	<b>NUMBER OF INDIVIDUALS AT \$25.00 PER EVENT</b>	_____
_____	<b>NUMBER OF RELAYS AT \$50.00</b>	_____
_____	<b>UNLIMITED ENTRY OF \$200</b>	<b>TOTAL</b> _____

**BOYS FRESHMAN SOPHMORE CHAMPIONSHIP**

**3:45 SOPH HIGH JUMP, SOPH LONG JUMP, SOPH SHOT PUT, FROSH DISCUS, POLE VAULT**

3:45 SOPH	400 INTREMEDIMATE HURDLES	FINAL
FROSH	400 INTREMEDIMATE HURDLES	FINAL
3:55 SOPH	1600 METER RUN	FINAL
FROSH	1600 METER RUN	FINAL
4:25 SOPH	110 HIGH HURDLES	SEMI-FINAL
FROSH	110 HIGH HURDLES	SEMI-FINAL
4:40 SOPH	100 METER RUN	SEMI-FINAL
FROSH	100 METER RUN	SEMI-FINAL
5:10 FROSH/SOPH	2000 METER STEEPLECHASE	ONE SECTION FINAL
5:25 SOPH	110 HIGH HURDLES	FINAL
FROSH	110 HIGH HURDLES	FINAL
SOPH	100 METER RUN	FINAL
FROSH	100 METER RUN	FINAL
5:30 SOPH	800 METER RUN	FINAL
FROSH	800 METER RUN	FINAL
5:55 SOPH	400 METER RUN	FINAL
FROSH	400 METER RUN	FINAL
6:10 FROSH/SOPH	3200 METER RUN	ONE SECTION FINAL
6:25 SOPH	200 METER RUN	FINAL
FROSH	200 METER RUN	FINAL
6:40 FROSH/SOPH	3200 METER RELAY	ONE SECTION FINAL
6:50 FROSH/SOPH	1600 METER RELAY	FINAL
7:15 FROSH/SOPH	400 METER RELAY	FINAL

**THE STEEPLECHASE AND 3200 METER RUN WILL BE RUN AS A COMBINED RACE AND SCORED SEPARATELY**

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- \* PLEASE USE 3X5 INDEX CARDS FOR ALL FIELD EVENTS
- \* VERBAL SEEDING WILL BE USED TO SEED ATHLETES
- \* ALL COMPETITORS MUST HAVE A COMPETITORS LABEL INDICATING THEIR NAME AND NUMBER
- \* RELAY CARDS WILL BE TURNED IN ONCE THE EVENT IS CALLED
- \* UNLESS SPECIFIED, ATHLETES MUST COMPETE IN THEIR OWN DIVISION. FRESHMAN MAY COMPETE IN ALL EVENTS THAT ARE DESIGNATED AS FROSH/SOPH. ALL TEAM POINTS WILL BE AWARDED IN THE SOPHOMORE DIVISION
- \* THE STEEPLECHASE AND 3200M RUN WILL BE COMBINED RACE WITH SEPARATE AWARDS AND TEAM POINTS FOR EACH DIVISION.
- \* SEEDED SECTION WILL RUN FIRST
- \* TOP 18 COMPETITORS IN THE 100,200, AND HIGH HURDLES WILL BE SEEDED, ALL OTHERS WILL BE NONSCORERS
- \* NO FINALS IN FIELD EVENTS
- \* HIGH JUMP WILL START AT 5' - 5'3" - 5'6" - 5'8" - 5'10"
- \* POLE VAULT WILL START AT 7'6" - 8' - 8'6" - 9' - 9'6" - 10' - ETC.
- \* CLERKING WILL BE CONDUCTED ON THE NORTH SIDE OF THE TRACK.
- \* ONLY 3/16" SPIKES ARE PERMITTED ON SHOES & BLOCKS
- \* CONCESSION STAND WILL BE OPEN FOR FOOD AND DRINKS.

**ATHLETES MAY ONLY COMPETE IN THREE EVENTS!!!**