

HAMPTON INVITATIONAL

Saturday May 7, 2011
Hampton Bays High School 9:00 am

Order of Events:

Running Events:

100 Meter Hurdles Semis
1500 Meter Run
100 Meter Semis
100 Meter Hurdles Final
400 Meter
100 Meter Final
800 Meter
200 Meter Semis
1500 Meter Walk
400 Meter Hurdles
200 Meter Final
2000 Meter Steeplechase
4 x 100
4 x 400
4 x 800

Field Events:

Shot Put
Discus
Triple Jump
Long Jump
High Jump
Pole Vault

3-event rule

Medals to the top 3 individuals in each event!!!!!!

Blanket entry of: \$175.00 per team or \$10 per Individual, \$20 per Relay

Things You Should Know

1. Every relay needs to have a **relay card**. Bring it to the clerk or to the event when it is called.
Please include: **Event, School**, (A, B, C ... ect. if necessary), **Last Names**, and **Seed Time**.
2. **3 events rule**. Schools may enter as many athletes as desired in all events, but athletes can only compete in 3 events.
3. **High Jump**: Girls Starts at 4' up 2"
Pole Vault: Girls starts at 5'0" up 6"
4. Keep your athletes out of the infield.
5. ¼ inch spikes.
6. Please try the concession stand. The volunteers have worked very hard.

HAMPTONS INVITATIONAL

Make Checks payable to: Hampton Bays High School **Due by:** Friday April 30, 2010

Send entry to: Drew Walker Athletic Office Email: dwalker@hbschools.us
Hampton Bays High School fax: 631-723-2120
88 E Argonne Rd.
Hampton Bays, NY 11946

	Number of Athletes
100 Meter Hurdles	_____
1500 Meter Run	_____
100 Meter Run	_____
400 Meter	_____
800 Meter	_____
200 Meter	_____
1500 Walk	_____
400 Meter Hurdles	_____
2000 Meter Steeplechase	_____
4 x 100	_____
4 x 400	_____
4 x 800	_____
Shot Put	_____
Discus	_____
Triple Jump	_____
Long Jump	_____
High Jump	_____
Pole Vault	_____
Total	_____

of Individual Athletes ___ x \$10.00 + **# of Relays** ___ x \$20.00 = **Total** _____

OR

Blanket Fee = \$175.00 per team

School: _____ Coach: _____

Phone: Home: _____ Cell: _____ School: _____

Email: _____