

MASSAPEQUA DEVELOPMENTAL TRACK & FIELD MEET SATURDAY-MARCH 19th, 2011



Location: Massapequa High School
Time: 9:30AM-2:00PM
Clerking: 9:15AM

E-mail Coach Mike Lisa if you
plan to come at:
mlisa101@hotmail.com or call
516-456-2729 (cell)

Seeding: Three-event limit: An athlete may compete in two open events, and one relay, verbal seeding in open running events. Cards only needed for field events and relays.

Awards: Medals will be given to the top three finishers in **every** race, flight, and relay.

Equipment: Spikes $\frac{1}{4}$ in length can be worn on all runways and the track. Please supply your own relay baton.

Event Information:

- The high jump will start at 3'6" for girls and 4'6" for boys.
- The pole vault will start at 6' for girls and 8' for boys.
- Two pits will be used in the long and triple jump simultaneously.

Food: Will be on sale the day of the meet.
Please support the Massapequa Track & Field Booster Club

Entry Fees: \$160.00 boys team, \$160.00 girls team or \$280.00 combined teams.
Non Section VIII teams: \$170.00 Boys, \$170 girls, \$330 combined teams.
Officials will be split among Section VIII schools and billed through BOCES.
This is an entry fee not a participation fee.

Entry Due: Please fill out entry information and send to:
Berner Middle School
C/O Mike Lisa
50 Carman Mill Road
Massapequa, NY 11758

Entries Dues by March 12th, 2011

MASSAPEQUA DEVELOPMENTAL TRACK & FIELD MEET
SATURDAY-MARCH 19th, 2011
Massapequa High School

School: _____

School Phone Number: _____

Please circle one:

Section VIII:	BOYS	GIRLS	BOYS & GIRLS
	\$160.00	\$160.00	\$280.00
Non Section VIII	\$180.00	\$180.00	\$330.00

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners_____Jumpers_____Throwers_____

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners_____Jumpers_____Throwers_____

Entry Due: Berner Middle School
C/O Mike Lisa
50 Carman Mill Road
Massapequa, NY 11758

Make checks or PO's payable to: Massapequa Track Club
Please contact Mike Lisa if your district requires a TAX ID#
mlisa101@hotmail.com or call 516-456-2729 (cell)

Entries Due: March 12, 2011

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SATURDAY-MARCH 19th, 2011
Massapequa High School
Order of Events

- 9:30AM 400IH girls
 400IH girls
 1500m girls
 1600m boys
 100m girls
 100m boys
 400m girls
 400m boys
 100m hurdles
 110m hurdles
 800m girls
 800m boys
 200m girls
 200m boys
 3000m girls
 3200 boys
 4 x 400m girls
 4 x 400m boys
 4 x 100m girls
 4 x 100m boys
 4 x 800m girls
 4 x 800m boys
- 9:30AM Long Jump Boys and Girls-Simultaneously
 Followed by Triple Jump Boys and Girls
- 9:30AM Pole Vault Girls Opening Height 6'
 Followed by Pole Vault Boys Opening Height 8'
- 9:30AM High Jump Girls Opening Height 3'6"
 Followed by High Jump Boys Opening Height 4'6"
- 9:30AM Shot Put Girls
 Followed by Shot Put Boys
- Discus Boys
 Followed by Girls Discus