



**MIDDLE COUNTRY CENTRAL SCHOOL DISTRICT  
40<sup>TH</sup> ANNUAL  
MIDDLE COUNTRY RELAYS (Boys only)  
NEWFIELD HIGH SCHOOL  
SATURDAY, APRIL 2, 2011**

TO: Coaches of Public and Catholic High Schools  
Nassau and Suffolk Counties  
FROM: Meet Directors: Michael Berretta – Newfield High School  
RE: Middle Country Relays Information (Boys Only)

Enclosed are the entry blanks for the Middle Country Relays to be held at Newfield High School starting at 9:00am sharp on Saturday, April 2, 2011. A meeting will be held at 8:45am to declare scratches and number of teams entered. One member of your coaching staff should be present to declare teams entered.

**NOTE:** Jumping and throwing relay entry cards must be submitted directly to the individual event judge.

**NOTE:** Running relay cards will be submitted at check-in.

Entry fee and entry blanks must be received by Thursday, March 24, 2011. The boys' blanket entry fee shall be \$150.00 for unlimited entries or \$20.00 per relay team. Unlimited entries. Entries will not be accepted unless accompanied by a check or school voucher. PLEASE!!! You may enter the Day of the Meet, only if accompanied by a check or a school voucher. You will be turned away without one!

Any complications, call:

Michael Berretta: Cell 631-561-5200 E-mail: mberretta@mccsd.net

Mail entries to: **Newfield Track Club  
c/o Michael Berretta, Track Coach  
Newfield High School  
145 Marshall Drive  
Selden, NY 11784**

**ENTRIES DUE: Postmarked by MARCH 24, 2011**

Attention Coaches: Coffee and donuts served from 8:30AM-10:00AM

Contestants will be allowed up to three (3) events.

**MIDDLE COUNTRY RELAYS**  
**APRIL 2, 2011 AT NEWFIELD HIGH SCHOOL (Boys Only)**

1. 1/4" spikes or flats only.
2. No dressing facilities available.
3. Participants will be allowed to enter any two running events and one field OR two field and one running event.
4. Scoring shall be 10-8-6-4-2-1.
5. Team trophies will be given to the three top teams.
6. Individual 4" x 6" plaques will be given to the top five teams.  
    An Olympic size medal for the outstanding performance in a running event.  
    An Olympic size medal for the outstanding performance in a field event.
7. High jump shall start at 4'9" and go up to 5'0", 5'3", 5'6", 5'9", 6'0" and one inch thereafter.
8. Pole vault shall start at 8'0" and go up six inches to 12'; it will go up three inches thereafter. A total of five jumps per participant will be allowed.
9. No starting blocks allowed.
10. Coaches' Relay will not score. Schools can combine coaches to form relay and can consist of male and female coaches. No entry fee. Teams will be made at meeting prior to start of meet.
11. Teams arriving late will be able to enter field events, if they have not been completed. However, the pole vault and high jump bars will not be lowered.
12. A concession stand will be open.

**NOTE: RAIN DATE – SUNDAY, APRIL 3, 2011 @ 9:00AM - SAME PLACE!!**

**Reminders**

**NOTE:** Participants will be allowed to enter any three events.

1. All running event cards (3x5 Index Cards please) to clerk at check in.
2. All field event cards (3x5 Index Cards please) to field event judges when event called.
3. Plan for the meet to run ahead.
4. Attempt to use your own batons. (We will have them available, if necessary.)
5. Coaches only must sign for the 4" x 6" plaques (1<sup>st</sup> – 5<sup>th</sup> places when announced).

**GOOD LUCK!!**

**40<sup>th</sup> ANNUAL MIDDLE COUNTRY RELAYS**  
**Saturday, April 2, 2011**

**ORDER OF EVENTS (APPROXIMATE TIMES)**

<b>EVENT#</b>	<b>TIME</b>	<b>EVENT</b>
	<b>9:00AM</b>	<b>J Galeano High Jump, PoleVault, M. Mastrogiacomo Shot Put, Ed Nook Discus, 3X Long Jump followed by 3X Triple Jump</b>
<b>1</b>	<b>9:00AM</b>	<b>Jason Soricelli Steeplechase (2x2000)</b>
<b>2</b>	<b>9:30AM</b>	<b>Frosh/Soph Modified DMR non-scoring</b>
<b>3</b>	<b>9:50AM</b>	<b>Sophomore 1600 Relay Final on Time (4X400) scoring</b>
<b>4</b>	<b>10:10AM</b>	<b>Harold Schwab 400M Intermediate Hurdles (3X400) Final on Time</b>
<b>5</b>	<b>10:30AM</b>	<b>William Iaia 6400 Relay (4X1600)</b>
<b>6</b>	<b>10:55AM</b>	<b>Sprint Medley (200, 100, 100, 400)</b>
<b>7</b>	<b>11:15PM</b>	<b>Ben Kizer 400 Relay (4X100)</b>
<b>8</b>	<b>11:30PM</b>	<b>Frosh/Soph 400 Relay (4X100) non-scoring</b>
<b>9</b>	<b>11:45PM</b>	<b>Bob Berkley Coaches (4X100) Relay, non-scoring</b>
<b>10</b>	<b>12:00PM</b>	<b>Harry Schneider 330M High Hurdles, Final (3X110)</b>
<b>11</b>	<b>12:15PM</b>	<b>Al Krauser 1600 Relay (4X400) Final on time</b>
<b>12</b>	<b>12:20PM</b>	<b>Freshman 1600 (4X400) non-scoring</b>
<b>13</b>	<b>12:45PM</b>	<b>Nick DeCillis Distance Medley</b>
<b>14</b>	<b>1:00PM</b>	<b>1600 Medley Relay (400, 200, 200, 800)</b>
<b>15</b>	<b>1:15PM</b>	<b>Joseph Muller 800 Relay</b>
<b>16</b>	<b>1:30PM</b>	<b>Anthony Perna 3200 Relay (4X800)</b>

**Award Presentation: Outstanding Field, Outstanding Runner, Team Awards, Sophomore Races are scoring.**

School: \_\_\_\_\_ DEADLINE: March 24, 2011 (postmarked)

**PLEASE WRITE IN NUMBER OF TEAMS TO BE ENTERED**

<b>RUNNING EVENTS</b>	<b># OF TEAMS</b>
Steeplechase (2 X 2000)	
Freshman-Sophomore Modified Distance Medley Relay (N.S.) 1/2, 1/4, 1/8 mile (800, 400, 200, 200)	
Sophomore 1600 Relay	
Harold Schwab 400 Intermediate Hurdle Relay (2X 400)	
William Iaia 6400 (4 X 1600)	
Sprint Medley Relay (1/8, 1/16, 1/16, 1/4) (200, 100, 100, 400)	
Ben Kizer 400 Relay	
Freshman-Sophomore 400 Relay	
Harry Schneider 330 High Hurdle Shuttle Relay	
Al Krauser 1600 Relay	
Freshman 1600 Relay	
Nick DeCillis Distance Medley (1/2, 1/4, 3/4, 1600)	
1600 Meter Medley Relay (1/4, 1/8, 1/8, 1/2)	
Joseph Muller 800 Relay	
Anthony Perna 3200 Relay (4 X 800)	
<b>FIELD EVENTS (3 MAN TEAM)</b>	
Michael Mastrogiacomo Shot Put	
Long Jump (3 man team)	
Triple Jump (3 man team)	
Joe Galeano High Jump (3 man team)	
Pole Vault (2 man team)	
Edward Nook Discus (3 man team)	

**PLEASE MAIL TO:** Newfield Track Club  
 c/o Jackie Long  
 Newfield High School  
 145 Marshall Drive  
 Selden, NY 11784

**AMOUNT ENCLOSED:**  
 Blanket Entry = \$150  
 \_\_\_\_\_ Events x \$20 = \_\_\_\_\_  
**TOTAL AMT ENCLOSED = \_\_\_\_\_**

**\*CHECKS PAYABLE TO: Newfield Track Club. Check or school voucher must accompany entry. \$150 unlimited or \$20.00 each relay team by March 24, 2011 (postmarked).**