

35nd ANNUAL SMITHTOWN INVITATIONAL TRACK AND FIELD MEET

- Place:** **Smithtown West High School**
100 Central Road Smithtown, N.Y. 11787
- Date:** **Saturday, April 30, 2011 (No rain date)**
- Time:** **9:00 AM Track and Field Events**
- Deadline:** **All entries must be received by Tuesday, April 26, 2011**
- Mail Entries to:** **Greg Schepanski**
Smithtown East High School
10 School Street
St. James, New York 11780
- FAX Entries to 631- 382-2724**
- Entry Fee:** **\$200.00 Blanket entry fee for boy's team**
\$200.00 Blanket entry fee for girl's team
- Make check payable to: **SMITHTOWN SPIKED SHOE CLUB**
Entry fee or voucher must be included with entry.
- Number of Events:** **Unlimited entries for individual events per school. One relay team per school per relay event. Each competitor should be listed under the event or events he/she will be competing in. An individual's name cannot appear on the entry more than three (3) times. A competitor may compete in any two (2) individual events and one (1) relay for a total of three (3) events.**
- Seeding:** **Competitors must know their seed times. Athletes will be seeded upon clerking in. Index cards will be used for the relays and field events only.**
- Scratches:** **All scratches must be made prior to the start of the meet.**
- Rules:** **N.Y.S.P.H.S.A.A. rules govern the meet.**
- Equipment:** **1/8" PYRAMID SPIKES ONLY**
SPIKES WILL BE AVAILABLE FOR PURCHASE

Field Events: High Jump:

Girls: Starting Height - 4', increase 2" to 4'10", 1" thereafter

Boys: Starting Height - 5'-2", increase 2" to 5'10", 1" thereafter

Pole Vault:

Girls: Starting Height - 6', increase 6" to 9' 6" then 3"

Boys: Starting Height - 8', increase 6" to 11' 6" then 3"

Awards: Medals to the top six (6) competitors per event. Team trophies to top four (4) Boys and top four (4) Girls Teams

Scoring: 10 - 8 - 6 - 4 - 2 - 1 individual and relay events

Timing: We will have FAT Timing for this meet.

Food and Beverage: Available on school grounds

Meet in Progress: Competitors not participating in specific events must be in the stands.

**Questions: Call Greg Schepanski : School : 382-2703
email: gmal267@aol.com Home : 588-2382**

**ALL PROCEEDS GO TO THE BOB PRATT MEMORIAL SCHOLARSHIP
FUND AT SMITHTOWN HIGH SCHOOL**

Make check payable to: **SMITHTOWN SPIKED SHOE CLUB**
Entry fee or voucher must be included with entry.

School _____

Coach _____

Phone _____

Blanket Entry \$200

Circle one:

BOYS

GIRLS

SMITHTOWN INVITATIONAL

ORDER OF EVENTS

FIELD EVENTS 9:00 AM

Discus (Boys and Girls simultaneously)
Shot Put (Boys and Girls simultaneously) follows Discus
Triple Jump (Boys and Girls simultaneously)
Long Jump (Boys and Girls follows Triple Jump)
High Jump (Girls) followed by High Jump (Boys)
Pole Vault (Boys) followed by Pole Vault (Girls)

TRACK EVENTS 9:00 AM

3200 M Run Boys
3000 M Run Girls
110 M High Hurdles Boys (Semi) *
100 M Hurdles Girls (Semi) *
100 M Dash Boys (Semi) *
100 M Dash Girls (Semi) *
400 M Dash Boys
400 M Dash Girls
800 M Run Boys
800 M Run Girls
100 M Hurdles Girls (Final)
110 M High Hurdles Boys (Final)
100 M Dash Boys (Final)
100 M Dash Girls (Final)
1600 M Boys Frosh/Soph (Non-Scoring)
1500 M Girls Frosh/Soph (Non-Scoring)
1600 M Run Boys
1500 M Run Girls
200 M Dash Boys (Semi)
200 M Dash Girls (Semi)
400 M Intermediate Hurdles Boys
400 M Hurdles Girls
1600 M Walk Boys
1500 M Walk Girls
200 M Dash Boys (Final)
200 M Dash Girls (Final)

4 X 800 Relay Boys
4 X 800 Relay Girls
4 X 400 Relay Boys
4 X 400 Relay Girls
4 X 100 Relay Boys
4 X 100 Relay Girls