

SUFFOLK COUNTY SPRING INVITATIONAL

PLACE: COMMACK HIGH SCHOOL

DATE: April 16th, 2011

TIME: 9:30 AM START ALL TRACK AND FIELD EVENTS

AWARDS: MEDALS TO TOP "6" IN EACH INDIVIDUAL EVENT (OPEN AND FROSH/SOPH).
TOP "3" FOR RELAYS (OPEN AND FROSH/SOPH)
NO TEAM AWARDS.

ENTRY: EACH ATHLETE IS ALLOWED TO COMPETE IN "2" INDIVIDUAL EVENTS. A THIRD EVENT IS ALLOWED ONLY IF IT IS A RELAY. EACH TEAM IS ALLOWED A TOTAL OF "6" RELAYS, TO ENTER AS YOU SEE FIT.

SEEDING: VERBAL SEEDING FOR ALL INDIVIDUAL RUNNING EVENTS.

INDEX CARDS ARE NEEDED FOR FIELD EVENTS AND RELAYS.

All athletes in running events must have a (LABEL) indicating school and athlete's name and competitor number. Save time and aggravation and make them prior to arriving to the meet. If Labels will be available at meet, but time may be a factor.

FIELD EVENT CARDS
EVENT (OPEN OR FROSH/SOPH)
ATHLETE
SCHOOL
COMPETITOR NUMBER
PLACE SEED ON BACK

RELAY CARDS
EVENT (OPEN OR FROSH/SOPH)
SCHOOL
SEED
ATHLETE'S FIRST & LAST NAME
and competitor numbers

All athletes in running events must have a (LABEL) indicating the athlete's name, competitor number and school. Save time and aggravation and make them prior to arriving to the meet. Labels will be available at meet, but time may be a factor.

FIELD EVENTS: 9:30 AM START

- | | | |
|----|---|------------------------|
| 1. | FROSH/SOPH LONG JUMP | NO FINALS (3 JUMPS) |
| 2. | OPEN LONG JUMP (After Fr/Soph) | NO FINALS (3 JUMPS) |
| 3. | * OPEN SHOT PUT | *Top "7" Back to Final |
| 4. | FROSH/SOPH DISCUS | NO FINALS (3 THROWS) |
| 5. | FROSH/SOPH HIGH JUMP | Starting Ht 4'6" |
| 6. | OPEN POLE VAULT (ATHLETES OVER 10' → STARTING HT. 9'6") | |

FOLLOWING THE COMPLETION OF EVENTS 1-6

- | | | |
|-----|---|------------------------|
| 7. | FROSH/SOPH TRIPLE JUMP | NO FINALS (3 JUMPS) |
| 8. | OPEN TRIPLE JUMP (After Fr/Soph) | NO FINALS (3 JUMPS) |
| 9. | *OPEN DISCUS | *Top "7" Back to Final |
| 10. | FROSH/SOPH SHOT PUT | NO FINALS (3 THROWS) |
| 11. | OPEN HIGH JUMP (STARTING HT. 5'4", 2" TO 6', 1" THEREAFTER) | |
| 12. | NOVICE POLE VAULT (STARTING HT. 7'6") | |

* TOP 30 THROWERS will throw first and will be brought back for finals after their trials (three flights of ten).

RUNNING EVENTS: 9:30 AM START

- 3000 METER STEEPLECHASE , 2000 M STEEPLECHASE
- 110 METER HURDLE TRIALS (ONLY TOP 18 IN EACH DIVISION WILL BE SEEDED) (OPEN) AND (FROSH/SOPH)
- 3200 METER RUN (OPEN) AND (FROSH/SOPH)
- 110 METER HURDLE FINALS (FROSH/SOPH)
- 100 METER DASH TRIALS (ONLY TOP 18 IN EACH DIVISION WILL BE SEEDED) (OPEN) AND (FROSH/SOPH)
- 400 METER DASH (OPEN) AND (FROSH/SOPH)
- 100 METER DASH FINALS (FROSH/SOPH)
- 400 METER HURDLES (OPEN) AND (FROSH/SOPH)
- 1600 METER RUN (OPEN) AND (FROSH/SOPH)
- 800 METER RUN (OPEN) AND (FROSH/SOPH)
- 200 METER DASH (OPEN) AND (FROSH/SOPH)
- 4X800 M RELAY (OPEN) AND (FROSH/SOPH)
- SPRINT MEDLEY RELAY (OPEN) AND (FROSH/SOPH) (4-2-2-8)
- 4X400 M RELAY (OPEN) AND (FROSH/SOPH)
- 4X100 M RELAY (OPEN) AND (FROSH/SOPH)

Section XI/ Suffolk County Schools:

* Section XI will bill your school separately for your portion of the official fees. This will be calculated by dividing the number of schools into the fees charged by the officials.

Entry Fee Calculator:

_____ INDIVIDUAL EVENTS @ \$5.00 _____

_____ RELAY TEAMS @ \$15.00 _____

OR

_____ BLANKET ENTRY (\$200.00) _____

_____ Suffolk Coaches dues (\$50.00) _____ (If applicable)

TOTAL _____

Non-Section XI Schools:

Entry Fee Calculator:

_____ INDIVIDUAL EVENTS @ \$5.00 _____

_____ RELAY TEAMS @ \$15.00 _____

_____ Officials Fee \$ 25 _____

OR

_____ BLANKET ENTRY (\$225.00) _____

TOTAL _____

SUMMARY FORM:

Please complete entry worksheet on previous page before entering filling out this form.

Attach worksheet to this form for entry.

SCHOOL: _____

COACH: _____
PHONE (CELL)

AD _____
PHONE (W)

PLACE: COMMACK HIGH SCHOOL

DATE: April 16, 2011

TIME: 9:30 AM START ALL TRACK AND FIELD EVENTS

Total Payment From Previous Page: _____

MAKE CHECKS PAYABLE TO: SUFFOLK COUNTY COACHES ASSOCIATION, INC.
Tax ID # 11-2843457

MAIL TO : SUFFOLK COUNTY COACHES ASSOCIATION
P.O BOX 91
STONY BROOK, NY 11790

DEADLINE: POSTMARKED BY APRIL 11TH, 2011