

TOWN OF BABYLON AND FRIENDS

TRACK AND FIELD CHAMPIONSHIPS

Friday May 13th, 2011

Dear Coach,

This Spring you are invited to what we hope will become a tradition on your track and field schedule, *The Town of Babylon and Friends Track and Field Championships*. This event will be held **Friday May 13th, 2011** at Lindenhurst Middle School. This meet is open to boys teams from in the Town of Babylon as well as our neighbors outside the township.

Lindenhurst has a 6 lane all-weather track as well as new long/triple jump pits, pole vault runway, high jump area and shot and disc facilities. We look forward to hosting many track and field invitational meets in the future.

The top six athletes in each event from within the township will receive medals and the top three will be named to the "*BABYLON ALL-TOWNSHIP TEAM*". In addition the top six athletes in each event from outside the township will also receive medals. There will also be an award for the highest scoring boys from the Town of Babylon as well as for the highest scoring boys from outside the township.

Please read the **Coaches Information Sheet** and the **Entry Form** carefully. If you have any questions please call: (BOYS) George Smawley (W) 867-3500 (H) 423-4284

Email- gsmawley@lindenhurstschools.org

We look forward to seeing you on May 13th.

Sincerely,

George Smawley - Meet Director

(The Lindenhurst Middle School dismisses at 2:50, Buses who come early may drop off athletes on East Gates Avenue)

RUNNING EVENTS

4:00pm 110 Meter Hurdles Semis
1600 Meter Run Final
100 Meter Dash Semis
400 Meter Dash Final
110 Meter Hurdles Final
100 Meter Dash Final
800 Meter Run Final
400 Meter Hurdles Final
3200 Meter Run Final
200 Meter Dash Final
4 X 800 Meter Relay
4 X 400 Meter Relay
4 X 100 Meter Relay

FIELD EVENTS

4:00pm Shot
Followed by: Disc

4:00pm Long Jump
Followed by: TripleJump

4:00pm High Jump

4:00pm Pole Vault

Please Note:

SHOT and LONG JUMP: Town of Babylon followed by
“Friends.”

DISCUS and TRIPLE JUMP: “Friends” Followed by Town of
Babylon

INFORMATION SHEET

1. 1/8 SPIKES ARE PERMITTED ON THE TRACK OR RUNWAYS.
2. ALL COMPETITORS IN RUNNING EVENTS NEED TO WEAR LABELS WITH COMPETITOR NUMBERS. ALL RUNNING EVENTS WILL BE SEEDED VERBALLY. ALL ATHLETES NEED THEIR COMPETITOR NUMBER WORN IN FRONT.
3. FIELD EVENT CARDS NEED TO BE FILLED OUT WITH COMPETITOR NUMBERS. ALL FIELD EVENTS WILL BE SEEDED BY ***CLEARLY PRINTED*** INDEX CARDS WITH ATHLETE'S NAME and COMPETITOR NUMBER, EVENT, SCHOOL AND SEED TIME/DIST.

ALL FIELD EVENTS

TOB- USE WHITE INDEX CARDS

FRIENDS- USE GREEN

Green and White cards will be provided the day of the meet.

4. HIGH JUMP OPENING HEIGHT:
BOYS: 5'4" THEN 2" TO 6'0" THEN 1" TO COMPLETION.
POLE VAULT OPENING HEIGHT:
BOYS: 9' THEN 12" TO 12' THEN 6"
5. SHOT AND DISCUS/ LONG JUMP AND TRIPLE JUMP

Please Note:

SHOT and LONG JUMP: Town of Babylon followed by "Friends."

DISCUS and TRIPLE JUMP: "Friends" Followed by Town of Babylon

HAVE A GOOD MEET!