

# The Don Bohlinger Invitational



*RACE UNDER THE LIGHTS!!!*

Date: Friday, May 10, 2019, 4:30pm

Location: West Babylon Track

West Babylon Junior High School, 200 Old Farmingdale Road, West Babylon, NY 11704

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Dear Coaches,

West Babylon would like to invite you to this year Don Bohlinger Invitational on **Friday, May 10, 2019** at the West Babylon Track. ***You spoke, and we listened!*** ***This year the meet will include individual events, while mixing in some popular relays.*** The meet is open to both Boys' and Girls' teams. The start time will be **4:30pm with a clerking time of 4:15pm.** The rain date for the event will be May 11<sup>th</sup> starting at 10am. The **blanket fee is \$200.00 for each team** plus officials and timer fees, which will be billed evenly between all participating schools by Section XI. For smaller squads, the price per individual event is \$10 and \$25 per relay. ***There will be FAT timing.***

Make checks payable to: ***West Babylon Girls XCTF (VERY IMPORTANT)***

Submit and Mail Entry To: West Babylon High School Athletic Dept.  
500 Great East Neck Rd.  
West Babylon, NY 11704

For questions please E-mail:

- Phil Armato (parmato@wbschools.org) or Joe Rossi (jrossi@wbschools.org)

***PLEASE FILL OUT GOOGLE FORM HERE:***

<https://goo.gl/forms/9IXFBwLLSzkNY6ca2>

***ALONG WITH ENTRY INFORMATION LOCATED ON NEXT PAGE***

**PLEASE FILL OUT ENTRY INFORMATION ACCORDINGLY:**

School & Address: \_\_\_\_\_

School Phone: \_\_\_\_\_

Coaches Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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**GIRLS TEAMS:**

Blanket Girls' Team Entry (\$200) \_\_\_\_\_

**OR**

Individual Girls: \_\_\_\_\_ x \$10      **Total:** \_\_\_\_\_

Girls Relays: \_\_\_\_\_ x \$25      **Total:** \_\_\_\_\_

**Girls Total Individual & Relays:** \_\_\_\_\_

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**BOYS TEAMS:**

Blanket Boys' Team Entry (\$200) \_\_\_\_\_

**OR**

Individual Girls: \_\_\_\_\_ x \$10      **Total:** \_\_\_\_\_

Girls Relays: \_\_\_\_\_ x \$25      **Total:** \_\_\_\_\_

**Boys Total Individual & Relays:** \_\_\_\_\_

**Make checks payable to: *West Babylon Girls XCTF***

# Order of Events

*Girls followed by Boys unless noted*

*Blanket Fee Teams are permitted unlimited entries per event, including relays*

*3 Events Per Athlete Only*

## Track Events

**1600 Medley (200-200-400-800)**

1500m Racewalk (G)

400m Hurdles

100m

1500 meter run (G)

**Don Bohlinger Mile (B)**

**Shuttle Hurdle Relay (4 Person)**

**800 Medley (100-100-200-400)**

**DMR (1200-400-800-1600)**

200m

100m Hurdles (G)

110m Hurdles (B)

400m

3000 meters (G)

3200 meters (B)

**4x100m**

**4x400m**

**4x800m**

## Field Events

**4:30pm-** Long Jump

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Triple Jump (*follows long jump*)

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**4:30pm-** High Jump

Opening Height- **4'3" (G) 5'3" (B)**

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**5:30pm-** Pole Vault

Opening Height- **6' (G) 8' (B)**

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**4:30pm-** Shot Put (*Boys then Girls*)

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**4:30pm-** Discus (*Girls then Boys*)

- Track will be open at 2:30pm for warm ups
- Clerking will begin at 4:15 pm
- Sanctioned by Section XI
- National Federation rules apply
- Please use JUST IN TIME RACING labels for all athletes competing
- Relay cards are needed for all relays, please indicate if they are A,B,C, etc.
- Don't forget to indicate, Event, School, Competitor Number, and Athlete name on all Relay Cards

- ***Three event rule***
- FAT timing
- Refreshments & T-Shirts on Sale
- ¼ inch Pyramid Spikes
- Medals to top 6 individuals
- Medals to top 4 relays
- ***Only coaches permitted on infield, unless athletes are clerked for an event***

