

Amityville Developmental Meet (BOYS)
Saturday March 26th 2016
Amityville High School
250 Merrick Road, Amityville, NY

Time: Clerking begins at 9:30am sharp!!! First event begins at 9:45am

Seeding: Verbal seeding in all running events

Field events: Athletes must have 3x5 index cards with Name/Event/
School/ Expected Performance Mark
Marks will be recorded on each card
(Have your athletes collect their performance cards for your benefit).
NO FINALS IN ANY EVENTS

Awards: Medals to the Top 3 in Every Heats/ Flights of all Running and Field Events

Entry Due: *Entry should be postmarked by Tuesday March 22 nd*
Any questions please contact me at one of the below numbers

Equipment: *1/4 inch Spikes- Allowed.*

Freshman/Sophomore and Junior/Seniors are combined in all field events

ORDER OF EVENTS
2 Jumps/2Throws per Athlete

Field Events
9:45am
Fr/Soph Discus followed by Jr/Sr
Jr/Sr Shot Put followed by Fr/Soph
(2 Throws)
All remaining field events Frosh/Soph
Will follow by Jr/Sr

High Jump will start at 4'6" and go up 2"
To 5'10"-----1" thereafter
Long/Triple Jumps-----2 Jumps

Running Events
10:00am
400 Meter Hurdles
1600 Meter Run
400 Meter Dash
100 Meter Dash
110 High Hurdles
3200 Meter Run
200 Meter Run
800 Meter Run

RELAYS
Sprint Medley 200-100-100-400 (Frosh/Soph & Open)
4x800 Meter relay (Frosh/Soph & Open)
4x400 Meter relay (Frosh/Soph & Open)
4x200 Meter relay (Frosh/Soph & Open)

Amityville Development Meet

School_____

Coach_____

Home Phone_____

School #_____

Athletic Director_____

Team Blanket entry: \$175.00

If you are not using the blanket entry fee, Please fill out entry below and submit with fee.

Athletes are limited to TWO Events- Remember this is a Developmental Meet
TWO open events or ONE open and ONE relay, or TWO relays

Two individual events_____x \$5.00_____

One individual event_____x \$2.50_____

Number of Relay Teams_____x \$ 15.00_____

Total Fee:_____

Make Checks or Vouchers Payable to: Amityville Track Club

Send to Reynolds Hawkins (Boys Track Coach) School # 631-565-6133
Amityville Memorial High School Fax # 631-598-2586
250 Merrick Road Cell # 631-804-8294
Amityville, NY 11701