

East End Classic 2016

East Hampton Track and Field Invitational

Saturday, MAY 14th, 2016 (rain or shine)

Location: East Hampton High School

Contact: Coach Cuesta

ycuesta@sagharborschools.org or call 516-429-7373 (mobile)

Coaches Meeting: 9:30 AM

Clerking-in: 9:45 AM

Start Time: 10:00 AM

School: _____

School Phone: _____

Address: _____

Coach: _____

Mobile Phone: _____

Athletic Director: _____

AD's Phone: _____

3 Event Rule ∞ Open and Frosh/Soph Heats

Order of Events (Girls → then Boys)

400 Intermediate Hurdles
1500 Meter Run (Girls)
1600 Meter Run (Boys)
100 Meter High Hurdles (Girls)
110 Meter High Hurdles (Boys)
400 Meter Dash
100 Meter Dash
1500 Meter Walk
800 Meter Run
200 Meter Dash
3000 Meter Run (Girls)
3200 Meter Run (Boys)
4x100 Meter Relay
4x400 Meter Relay
4x800 Meter Relay

Field Events (Begin at same time unless noted)

Girls Triple Jump → then Long Jump
Boys Long Jump → then Triple Jump
Girls Shot Put → then Discus
Boys Discus → then Shot Put
High Jump → Girls then Boys
Girls start at 3'6" **Boys start at 4'6"**
Pole Vault → Boys then Girls
Girls start at 6' **Boys start at 8'**

- Athletes must use label for individual running events. Field events and relays must be on a 3x5 index card (athlete name, competitor #, school, event, section/heat, best performance).
- Medals to top 6 in each individual event & top 4 in each relay.
- An athlete may compete in **any** 3 events.
- Hot and cold breakfast and lunch will be sold at the track.
- 1/4 inch pyramid spikes allowed on all runways and track.
- Medals will be bagged and can be picked up by a coach at the end of the meet at the Press Box at the top of the bleachers.

Meet limited to the first 10 paid teams • Entry Due on Monday, May 9, 2016 – 9 PM

Number of athletes _____ x 10 = _____

Number of relays _____ x 25 = _____

Blanket entry per team (if less) \$200 = _____

Boys and Girls combined \$350 = _____

Total Fee _____

This is an entry fee not a participation fee

HELP US ORDER ENOUGH FOOD, MEDALS & SHIRTS

APPROXIMATE NUMBER OF ATHLETES _____

Please make Checks or Purchase Orders (PO) payable to:

East Hampton High School Track
C/O Yanina Cuesta
2 Long Lane
East Hampton, NY 11937

Schools will be billed equally for officials.

East Hampton Bonackers