

BOYS FROSH/SOPH CHAMPIONSHIP
TUESDAY, MAY 17, 2016- LONGWOOD HIGH SCHOOL
RAIN DATE - MAY 19, 2016

TIME 3:45: START ALL RUNNING EVENTS. SOPH HIGH JUMP, SOPH LONG JUMP, SOPH SHOT PUT,
FROSH DISCUS AND POLEVAULT

AWARDS: MEDALS TO TOP 5 IN EACH RACE

TEAM SOPHOMORE DIVISION - TOP TWO TEAMS

AWARDS: FRESHMAN DIVISION - TOP TWO TEAMS

SCORING 10 - 8 - 6 - 4 - 2 - 1

CLOSING ENTRY DUE DATE IS WEDNESDAY MAY 11, 2016

DATE: ENTRIES MUST BE ACCOMPANIED WITH A CHECK OR PURCHASE ORDER

ENTRY	\$15.00	PER INDIVIDUAL EVENT	PAYABLE TO:	LIONS TRACK CLUB
FEE:	\$25.00	PER RELAY TEAM	SEND ENTRY TO:	5 FORDHAM RD
	\$200.00	UNLIMITED ENTRY OR LATE ENTRY FEE		SHOREHAM, NY 11786

*SCHOOLS WILL ALSO BE ASSESSED AN EQUAL OFFICIALS FEE BY SECTION XI
AND FAT TIMING FEE
NO REFUNDS ONCE YOU ARE ENTERED IN MEET

TELEPHONE 849-2599(H)

345-9265(S)

PLEASE LIST BELOW THE NUMBER OF ATHLETES YOU ARE ENTERING IN EACH INDIVIDUAL EVENT AND RELAY

_____ FROSH 100 METER DASH	_____ SOPH 100 METER DASH
_____ FROSH 200 METER DASH	_____ SOPH 200 METER DASH
_____ FROSH 400 METER RUN	_____ SOPH 400 METER RUN
_____ FROSH 800 METER RUN	_____ SOPH 800 METER RUN
_____ FROSH 1600 METER RUN	_____ SOPH 1600 METER RUN
_____ FROSH 3200 METER RUN	_____ SOPH 3200 METER RUN
_____ FROSH 110 HIGH HURDLES	_____ SOPH 110 HIGH HURDLES
_____ FROSH 400 INT. HURDLES	_____ SOPH 400 INT. HURDLES
_____ FROSH 2000M STEEPLECHASE	_____ SOPH 2000 METER STEEPLECHASE
_____ FROSH LONG JUMP	_____ SOPH LONG JUMP
_____ FROSH TRIPLE JUMP	_____ SOPH TRIPLE JUMP
_____ FROSH POLE VAULT	_____ SOPH POLE VAULT
_____ FROSH HIGH JUMP	_____ SOPH HIGH JUMP
_____ FROSH SHOT PUT	_____ SOPH SHOT PUT
_____ FROSH DISCUS	_____ SOPH DISCUS
_____ FROSH/SOPH 1600 METER RELAY	
_____ FROSH/SOPH 3200 METER RELAY	
_____ FROSH/SOPH 400 METER RELAY	

FROSH/SOPH EVENTS WILL COUNT AS SOPHOMORE EVENTS

SCHOOL: _____	COACH: _____	HOME PHONE: _____
_____	NUMBER OF INDIVIDUALS AT \$15.00 PER EVENT	_____
_____	NUMBER OF RELAYS AT \$25.00	_____
_____	UNLIMITED ENTRY OF \$200	TOTAL _____

BOYS FRESHMAN SOPHMORE CHAMPIONSHIP

3:30 SOPH HIGH JUMP, SOPH LONG JUMP, SOPH SHOT PUT, FROSH DISCUS, POLE VAULT

3:45 SOPH	110 HIGH HURDLES	FINAL
FROSH	110 HIGH HURDLES	FINAL
3:55 SOPH	1600 METER RUN	FINAL
FROSH	1600 METER RUN	FINAL
4:40 SOPH	100 METER RUN	SEMI-FINAL
FROSH	100 METER RUN	SEMI-FINAL
5:00 FROSH/SOPH	2000 METER STEEPLECHASE	ONE SECTION FINAL
5:10 SOPH	400 INTREMEDATE HURDLES	FINAL
FROSH	400 INTREMEDATE HURDLES	FINAL
5:25 SOPH	100 METER RUN	FINAL
FROSH	100 METER RUN	FINAL
5:30 SOPH	800 METER RUN	FINAL
FROSH	800 METER RUN	FINAL
5:55 SOPH	400 METER RUN	FINAL
FROSH	400 METER RUN	FINAL
6:10 FROSH/SOPH	3200 METER RUN	ONE SECTION FINAL
6:25 SOPH	200 METER RUN	FINAL
FROSH	200 METER RUN	FINAL
6:40 FROSH/SOPH	3200 METER RELAY	ONE SECTION FINAL
6:50 FROSH/SOPH	1600 METER RELAY	FINAL
7:15 FROSH/SOPH	400 METER RELAY	FINAL

THE STEEPLECHASE AND 3200 METER RUN WILL BE RUN AS A COMBINED RACE AND SCORED SEPARATELY

- * PLEASE USE 3X5 INDEX CARDS FOR ALL FIELD EVENTS**
- * VERBAL SEEDING WILL BE USED TO SEED ATHLETES**
- * ALL COMPETITORS MUST HAVE A COMPETITORS LABEL INDICATING THEIR NAME AND NUMBER**
- * RELAY CARDS WILL BE TURNED IN ONCE THE EVENT IS CALLED**
- * UNLESS SPECIFIED, ATHLETES MUST COMPETE IN THEIR OWN DIVISION. FRESHMAN MAY COMPETE IN ALL EVENTS THAT ARE DESIGNATED AS FROSH/SOPH. ALL TEAM POINTS WILL BE AWARDED IN THE SOPHOMORE DIVISION**
- * THE STEEPLECHASE AND 3200M RUN WILL BE COMBINED RACE WITH SEPARATE AWARDS AND TEAM POINTS FOR EACH DIVISION.**
- * SEEDED SECTION WILL RUN FIRST**
- * TOP 18 COMPETITORS IN THE 100,200, AND HIGH HURDLES WILL BE SEEDED, ALL OTHERS WILL BE NONSCORERS**
- * NO FINALS IN FIELD EVENTS**
- * HIGH JUMP WILL START AT 5' - 5'3" - 5'6" - 5'8" - 5'10"**
- * POLE VAULT WILL START AT 7'6" - 8' - 8'6" - 9' - 9'6" - 10' - ETC.**
- * CLERKING WILL BE CONDUCTED ON THE NORTH SIDE OF THE TRACK.**
- * ONLY 3/16" SPIKES ARE PERMITTED ON SHOES & BLOCKS**
- * CONCESSION STAND WILL BE OPEN FOR FOOD AND DRINKS.**

ATHLETES MAY ONLY COMPETE IN THREE EVENTS!!!