

THE LINDENHURST TRACK AND FIELD PROGRAM

PROUDLY ANNOUNCES THE

"LINDY RELAYS"

GIRLS ONLY

WHEN: SATURDAY, April 2, 2016 @ 9:30AM

WHERE: **LINDENHURST MIDDLE SCHOOL**
350 SO. WELLWOOD AVE
LINDENHURST, NY 11757
(PARKING IN BACK OF MIDDLE SCHOOL)
(BUS PARKING IN FRONT OF SCHOOL)

CONTACT: ***GIRLS: STEVE GOSLINE (H) (631) 226-1365***
(W) (631) 867-3700

Email: SMG161@MAILCITY.COM

TIMING: **JUST-IN-TIME-RACING.COM**

LINDY RELAYS COACHES INFORMATION SHEET

ENTRIES: Due Monday, March 28, 2016.

CLERKING: 9:15AM

START TIME: 9:30AM All running and field events.

SEEDING: For each relay you must fill out a 3 X 5 card with the following information Printed clearly:

School	Event
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First and last names of each athlete

TOTAL seed times/distance for 2-person relay

Or TOTAL seed time for 4- person relay

ELIGIBILITY: Athletes are limited to three events. *Two running and one field or two field and one running.*

FIELD EVENTS: SHOT AND DISC: 9:30am.

Only your athlete's best effort will be measured. **THREE** attempts, no finals.

Please Note:

Relay teams will be split in half alphabetically by school name the day of the meet.

SHOT: first half of alphabet followed by second half of alphabet.
Ex. Amityville – Lindenhurst followed by Mt. Sinai -West
Babylon

DISCUS: second half of the alphabet followed by first half of alphabet. Ex. Mt. Sinai- West Babylon followed by Amityville – Lindenhurst.

SHOT, DISCUS, LONG AND TRIPLE JUMP: Three attempts, no finals.

OPENING HEIGHTS

HIGH JUMP: 9:30 am

GIRLS: 4' THEN 2" TO 4'6" THEN 1"

POLE VAULT: 9:30am

GIRLS 6'

(ATHLETES NEED SECTION XI CLEARANCE TO VAULT)

EQUIPMENT: **1/8” Maximum spike.**

SCORING: 10 – 8 – 6 – 4 – 2 – 1

AWARDS: MEDALS: Top **six** girls relay in each event.
 PLAQUE: 1ST PLACE GIRLS TEAM.
 2ND PLACE GIRLS TEAM.
 3RD PLACE GIRLS TEAM

FEES: **The fee for the meet is an entry fee, not a participation fee.**

TIMING: JUST-IN-TIME-RACING

The officials fees will be equally divided among all schools who enter the meet and billed accordingly by Section XI

LINDY RELAYS ENTRY FORM
(DUE March 28 , 2016)
ORDER OF EVENTS

<u>EVENT</u>	<u># of TEAMS</u>
2X 400 INTERMEDIATE HURDLES	____ (2 ATHLETES)
4x1600	_____
SPRINT MEDLEY (400-200-200-800)	_____
(FROSH/SOPH) SPRINT MEDLEY (200-100-100-400)	_____ (NON-SCORING)
4 X 200	_____
4 X 800	_____
2X100 HURDLES	_____ (2 ATHLETES)
4 X 400	_____
DISTANCE MEDLEY (1200-400-800-1600)	_____
4 X 100	_____
2 X 1500 meter walk	_____ (2 ATHLETES)
SHOT PUT	_____ (2 ATHLETES)
DISCUS	_____ (2 ATHLETES)
LONG JUMP	_____ (2 ATHLETES)
TRIPLE JUMP	_____ (2 ATHLETES)
HIGH JUMP	_____ (2 ATHLETES)
POLE VAULT	_____ (2 ATHLETES)

Total # of 2-person relays ____ X \$12.00 = ____

Total # of 4-person relays ____ X \$24.00 = ____

A blanket fee of \$195.00 per team: Girls _____

THIS IS AN ENTRY FEE, NOT A PARTICIPATION FEE.

(MAKE CHECK TO : LINDY RUNNERS CLUB, LINDENHURST HIGH SCHOOL)

SCHOOL _____ COACH _____

PHONE (W) _____ (H) _____

Mail to: (GIRLS) STEVE GOSLINE DATE- 4-2-16 @9:30

LINDENHURST H. S.
300 CHARLES STREET
LINDENHURST N.Y. 11757

