

LONGWOOD TRACK CLASSIC
SATURDAY APRIL 2, 2016
LONGWOOD HIGH SCHOOL

TIME: 9:30AM

AWARDS: MEDALS TO THE TOP 4 IN EACH RACE
NO TEAM SCORING

ENTRY FEE: \$200 PER TEAM
EACH SCHOOL ASSESSED AN EQUAL OFFICIALS FEE BY SECTION XI
*ENTRY FEE NOT A PARTICIPATION FEE

PAYABLE TO: LIONS TRACK CLUB
SEND ENTRY TO: 5 FORDHAM RD
SHOREHAM, NY 11786

QUESTIONS: JOE REILLY 631-697-3303

* ALL EVENTS ARE FINAL

ORDER OF EVENTS

DMR
110 HURDLES
1600 METER RUN
100 METER RUN
400 METER RUN
800 METER RUN
400 INTERMEDIATE HURDLES
200 METER RUN
3200 METER RUN
4X800 METER RELAY
4X100 METER RELAY
4X400 METER RELAY
SPRINT MEDLEY RELAY (400-200-200-800)

FIELD EVENTS

SHOT PUT 43' AND UP
DISCUS 100' AND UNDER
LJ 19 ' AND UP
LJ 19 ' AND UNDER
TJ 40' AND UP
TJ 40' AND UNDER
HJ STARTING AT 5', 2" TO 6' THEN 1"
DISCUS 100' AND OVER
SHOT PUT 43' AND UNDER
PV 9' AND UP

ATHLETES CAN COMPETE IN: 2 TRACK AND A RELAY
2 TRACK , ONE FIELD AND A RELAY
2 FIELD AND A RELAY

* TRACK AND FIELD EVENTS WILL NOT WAIT FOR DOUBLING ATHLETES

* LABELS AND VERBAL SEEDING, BE HONEST!

SCHOOL _____ COACH _____ PHONE _____

BLANKET ENTRY \$200 _____

TOTAL \$200