

MASSAPEQUA DEVELOPMENTAL TRACK & FIELD MEET

SATURDAY-MARCH 26th, 2016



Location: Massapequa High School
Time: 9:30AM-2:00PM
Clerking: 9:15AM

Please e-mail Coach Mike Lisa if you plan to come at:
mlisa@msd.k12.ny.us

Seeding: Three-event limit: An athlete may compete in two open events, and one relay, verbal seeding in open running events. Cards only needed for field events and relays.

Awards: Medals will be given to the top three finishers in **every** race, flight, and relay.

Equipment: Spikes $\frac{1}{4}$ in length can be worn on all runways and the track. Please supply your own relay baton.

Event Information:

- The high jump will start at 3'6" for girls and 4'6" for boys.
- The pole vault will start at 6' for girls and 8' for boys.
- Two pits will be used in the long and triple jump simultaneously.

Food: Will be on sale the day of the meet.
Please support the Massapequa Track & Field Booster Club

Entry Fees: \$160.00 boys team, \$160.00 girls team or \$280.00 combined teams.
Non Section VIII teams: \$170.00 Boys, \$170 girls, \$330 combined teams.
Officials will be split among Section VIII schools and billed through BOCES.
This is an entry fee not a participation fee.

Entry Due: Please fill out entry information and send to:
John Piropato
Athletic Director
4925 Merrick Road
Massapequa, NY 11758

Entries Dues by Monday March 21st, 2016

MASSAPEQUA DEVELOPMENTAL TRACK & FIELD MEET
SATURDAY-MARCH 26th, 2016
Massapequa High School

School: _____

School Phone Number: _____

Please circle one:

Section VIII:	BOYS	GIRLS	BOYS & GIRLS
	\$160.00	\$160.00	\$280.00
Non Section VIII	\$170.00	\$170.00	\$330.00

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners_____Jumpers_____Throwers_____

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners_____Jumpers_____Throwers_____

Entry Due: John Piropato
Athletic Director
4925 Merrick Road
Massapequa, NY 11758

Make checks or PO's payable to: Massapequa Track Club
Please contact Mike Lisa if your district requires a TAX ID# @
mlisa@msd.k12.ny.us

Entries Due: Monday March 21st, 2016

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SATURDAY-MARCH 26th, 2016
Massapequa High School
Order of Events

9:30AM:	400IH girls 400IH boys 1500m girls 1600m boys 100m girls 100m boys 400m girls 400m boys 100m hurdles 110m hurdles 800m girls 800m boys 200m girls 200m boys 3000m girls 3200 boys 4 x 400m girls 4 x 400m boys 4 x 100m girls 4 x 100m boys 4 x 800m girls 4 x 800m boys
9:30AM	Long Jump Boys and Girls-Simultaneously Followed by Triple Jump Boys and Girls
9:30AM	Pole Vault Girls Opening Height 6' Followed by Pole Vault Boys Opening Height 8'
9:30AM	High Jump Girls Opening Height 3'6" Followed by High Jump Boys Opening Height 4'6"
9:30AM	Shot Put Girls Followed by Shot Put Boys Discus Boys Followed by Girls Discus

