

ROSS GOLDIN MEMORIAL GIRLS INVITATIONAL

**@ Bay Shore High School
Steve Borbet Track**

**Saturday – March 26, 2016
@9:30am**

Ross Goldin's passed away on March 5, 2010. He was an Assistant Superintendent in the Connetquot School District, an administrator at John Glenn and Islip, and was a terrific track coach and teacher for many years at Bay Shore. His teams won a total of twenty-eight League Championships, nineteen Conference Championships, and five County Championships. Ross was a co-founder of the Bay Shore Developmental Meet back in the early 1980's. When Ross left the coaching ranks after the 1992 school year, we named this Developmental Meet after him. He would come to the meet and help time, hand out medals and do whatever he could to help. He would also bring his children to help as well. He would say that it was nice to have the meet named after him, especially since it was not the Ross Goldin Memorial Invite. We will have a Ross Goldin Scholarship Fund, which will be given to a girl track athlete at Bay Shore High School. If any of you would like to contribute to this scholarship fund, send donations to:

**Bay Shore Girls' Track Scholarship Fund
c/o Andres Borromeo or Steve Borbet
155 Third Ave.
Bay Shore High School
Bay Shore, N.Y, 11706**



Ross Goldin Memorial Developmental Track & Field Meet Saturday – March 26, 2016

Location: Bay Shore High School
Time: 9:30am - 1:00pm
Clerking: 9:30am

E-mail Coach Borbet if you plan to come
steveborbet@yahoo.com
or call **516-993-4110 (cell)**

School: _____

School Phone: _____

Address: _____

Coach: _____

Home Phone: _____

<u>Events</u>	<u># of participants</u>
400m hurdles	_____
1500m run	_____
100m dash	_____
100m hurdles	_____
800m run	_____
400m dash	_____
800m walk	_____
200m dash	_____
Triple jump	_____

<u>Events</u>	<u># of participants</u>
3000m run	_____
4 x 100m relay	_____
4 x 400m relay	_____
4 x 800m relay	_____
Shot put	_____
Discus	_____
High jump	_____
Long jump	_____
4 x 400m walk relay	_____

Number of individuals _____ x \$3.00 = _____

Number of relays _____ x \$15.00 = _____

Blanket entry (if less) \$170.00 = _____

Total = _____

Checks payable to: Bay Shore High School Track
C/O Steve Borbet
155 3rd Ave.
Bay Shore, N.Y. 11706



*** All entries for field events and relays must be on a 3 x 5 index card that will be handed into the clerk or to the official at each event. Information on the card includes name, school, event, and expected performance the day of the meet.

*** Medals will be given to the top third of all finishers in every race, flight and relay.

*** An athlete may compete in two open events, and one relay.

*** Refreshments will be sold at the track.

*** Bathrooms will be available. Please stay out of the school.

*** Spikes ¼”in length can be worn on all runways and the track.

*** Please seed you athletes correctly, to allow fair competition in each race or flight.

*** Coaches will receive a dry-fit shirt

Why bring your team to the Ross Goldin Memorial Bay Shore Developmental Meet?

- **Great alternative to a scrimmage.**
- **Gives athletes who never get a chance to win medals, an opportunity to do so.**
- **Every athlete will compete against athletes of the same ability level.**
- **The meet is slightly longer than a scrimmage, and you don't have to do any of the work.**
- **It is a developmental meet, allowing athletes to compete in a low stress situation.**
- **Dual meets begin the following week!!!**



Bay Shore Ross Goldin Developmental Meet



Order of Events

400 meter hurdles	shot put/ long jump/ high jump	9:30AM
1500 meter run		
100 meter dash		
100 meter hurdles		
800 meter run		
400 meter dash	discus/ triple jump	
800 meter walk		
200 meter dash		
3000 meter run		
4 x 100 meter relay		
4 x 400 meter relay		
4 x 800 meter relay		
4 x 400 meter walk relay		

- Long jump and triple jump are on one runway. We need your cooperation in getting the jumps done as quickly as possible
 - We will start with the better jumpers first.
 - One flight will be jumping, the next flight will be doing run-throughs next to the runway. When the flight is done, the next flight will get one run-through on the runway, and we will start. All the flights in the long jump will end at 11:30, when the triple jump will begin. Same procedure.
- Nine athletes per flight, top three get medals in every flight.
- Shot put and discus will be held simultaneously.
- High jump will have three separate competitions, frosh/soph; junior/senior; new jumpers & under 4'0" jumpers combined. Ten jumpers in each category will get medals.
- Each field event competitor will need an index card with name, school, event and performance (seed).