

Suffolk Coaches Girls Track & Field Invitational
Sachem High School North Track
APRIL 9th, 2016

Coaches Instructions

Pressure stickers for each athlete in all running events.

Name, School, Event and Division. (Open or Frosh-Soph)

Verbal seeds for all running events.

In both the Open and Frosh-Soph 100 m Dash and Open 100 m Hurdles- Six Fastest back to final.

Frosh-Soph 100m Hurdles are final on time.

Relay Cards (index cards) – **Teams are allowed two relay squads per relay event (A and B Relays only)**

School Name, event, "A" or "B" relay, seed time

Field event cards (index cards)

Name, School, Event, Division and SEED. (Open or Frosh-Soph)

Long Jump and Triple Jump

There are two pits. Long Jump will take place on the infield (on south end of track near starting line). Triple jump will take place at the pit north of the track (near pole vault).

Open long jump followed by Frosh-Soph long jump.

Frosh-Soph Triple Jump followed by Open Long Jump.

3 jumps – no finals

Shotput and Discus

3 throws – no finals; discus circle on upper field near 100 m. starting line

shotput circle outside track near 200 m. start

All relays are Open relays (no Frosh-Soph).

Athlete can compete in any two (2) individual events in this meet. Athletes can compete in a third event ONLY IF IT IS A RELAY!!!

The time schedule is a guideline only.

Top six (6) in every event/category will be awarded medals.

We will have envelopes for all the teams with your medals in them. Please pick the medals up at the end of the meet. Medals will be available at Press Box at top of bleachers.

School is open for bathroom use only.

No food, drinks, smoking, chewing tobacco, gum chewing on the turf infield.

There will be a concession stand. Schwab's 2nd Wind will be at the meet. Invitational T-shirts will be on sale.

Contact Sachem North Coach Alex Young (ajyoung22@aol.com) with facility or event questions.

Section XI/Suffolk County Schools:

Section XI will bill your school separately for your portion of the official fees. This will be calculated by dividing the number of schools into the fees charged by the officials.

Entry Fee Calculator:

_____ INDIVIDUAL EVENTS @ \$5.00 _____

_____ RELAY TEAMS @ \$15.00 _____

OR

_____ BLANKET ENTRY (\$200.00) _____

_____ Suffolk Coaches dues (\$50.00) _____ (If applicable)

TOTAL _____

Non-Section XI Schools:

Entry Fee Calculator:

_____ INDIVIDUAL EVENTS @ \$5.00 _____

_____ RELAY TEAMS @ \$15.00 _____

_____ Officials Fee \$50.00 \$50.00

OR

_____ BLANKET ENTRY (\$250.00) _____

TOTAL _____

Please complete entry worksheet on previous page before entering filling out this form.

Attach worksheet to this form for entry.

SCHOOL: _____

COACH: _____ PHONE (CELL) _____

AD (Name) _____ PHONE (W) _____

PLACE: **Sachem High School North 212 Smith Road, Lake Ronkonkoma, NY 11779**

DATE: Saturday, April 9, 2016

TIME: 2:00 pm start

Total Payment From Previous Page: _____

MAKE CHECKS PAYABLE TO: SUFFOLK COUNTY COACHES ASSOCIATION, INC.

Tax ID # 11-2843457

MAIL TO : SUFFOLK COUNTY COACHES ASSOCIATION
P.O BOX 91
STONY BROOK, NY 11790

DEADLINE: Postmark by April 2, 2016

31st Annual Suffolk Coaches Girls Track & Field Invitational
Sachem High School North
Saturday, April 9, 2016

Meet Begins at 2:00 p.m.

ORDER OF EVENTS

All race times are guidelines only. All running events – Open followed by Frosh-Soph
2 event rule for athletes in open events. Athletes can compete **in a relay** as a 3rd event.

Track Events

2:00 pm	400 m. Hurdles	Open followed by Frosh-Soph	Final on Time
2:20 pm	1500 m.	Open followed by Frosh-Soph	Final on Time
3:00 pm	100 m. Dash	Open	Semis (6 fastest advance)
	100 m. Dash	Frosh-Soph	Semis (6 fastest advance)
3:30 pm	1500 m. Race Walk	Open followed by Frosh-Soph	Final on Time
4:00 pm	100 m. Dash	Open	Finals
		Frosh-Soph	Finals
4:15 pm	400 m. Dash	Open followed by Frosh-Soph	Final on Time
4:45 pm	100 m. Hurdles	Open	Semis (6 fastest advance)
	100 m. Hurdles	Frosh-Soph	Final on Time
5:10 pm	100 m. Hurdles	Open	Finals
5:15 pm	800 m.	Open followed by Frosh-Soph	Final on Time
5:45 pm	200 m.	Open followed by Frosh-Soph	Final on Time
6:30 pm	3000 m.	Open followed by Frosh-Soph	Final on Time

RELAYS – Teams are allowed two relay squads per relay event (A and B Relays only)

7:00 pm	4x800 m. Relay	Open	Final on Time
7:30 pm	4x400 m. Relay	Open	Final on Time
7:45 pm	4x100 m. Relay	Open	Final on Time

FIELD EVENTS

2:00 pm	Pole Vault	Open
		Opening Height 7' 0" (up 6" to completion)
		Followed by Frosh-Soph
2:00 pm	High Jump	Opening Height 6' 0" (up 6" until completion)
		Frosh-Soph
		Opening Height 4' 0" (up 2" to 4' 10" then 1")
		Followed by Open
2:00 pm	Shotput	Opening Height 4' 4" (up 2" to 5' 0" then 1")
		Frosh-Soph
		Followed by Open
2:00 pm	Discus	Open
		Followed by Frosh-Soph
2:00 pm	Long Jump	Open
		Followed by Frosh-Soph
2:00 pm	Triple Jump	Frosh-Soph
		Followed by Open