

SUFFOLK COACHES SPRING INVITATIONAL

PLACE: COMMACK HIGH SCHOOL

DATE: April 16TH, 2016

TIME: 9:30 AM START ALL TRACK AND FIELD EVENTS

AWARDS: MEDALS TO TOP "6" IN EACH INDIVIDUAL **EVENT (OPEN AND FROSH/SOPH)**. TOP "3" FOR RELAYS
(OPEN AND FROSH/SOPH)
NO TEAM AWARDS.

ENTRY: EACH ATHLETE IS ALLOWED TO COMPETE IN "2" INDIVIDUAL EVENTS.
A THIRD EVENT IS ALLOWED ONLY IF IT IS A RELAY. EACH TEAM IS ALLOWED A TOTAL OF "8"
RELAYS, TO ENTER AS YOU SEE FIT.

SEEDING: **VERBAL SEEDING FOR ALL INDIVIDUAL RUNNING EVENTS.**
INDEX CARDS ARE NEEDED FOR FIELD EVENTS AND RELAYS.

All athletes in running events must have a (LABEL) indicating school and athlete's name and competitor number. Save time and aggravation and make them prior to arriving to the meet.

FIELD EVENT CARDS
EVENT (OPEN OR FROSH/SOPH)
ATHLETE
SCHOOL
COMPETITOR NUMBER
PLACE SEED ON BACK

RELAY CARDS
EVENT (OPEN OR FROSH/SOPH)
SCHOOL
SEED
ATHLETE'S FIRST & LAST NAME
and competitor numbers

FIELD EVENTS: 9:30 AM START

- | | | |
|----|-----------------------------|--|
| 1. | OPEN LONG JUMP | NO FINALS (3 JUMPS) |
| 2. | * OPEN SHOT PUT (See Below) | *Top "7" Back to Final |
| 3. | FROSH/SOPH DISCUS | NO FINALS (3 THROWS) |
| 4. | FROSH/SOPH HIGH JUMP | (STARTING HT. 4'8", 2" TO 5'6", 1" THEREAFTER) |
| 5. | OPEN POLE VAULT | (STARTING HT. 10', 11', 11' 6", 3" THEREAFTER) |

FOLLOWING THE COMPLETION OF EVENT # 1

- | | | |
|----|----------------------|---------------------|
| 6. | FROSH/SOPH LONG JUMP | NO FINALS (3 JUMPS) |
|----|----------------------|---------------------|

FOLLOWING THE COMPLETION OF EVENTS 2-6

- | | | |
|-----|--------------------------|--|
| 7. | OPEN TRIPLE JUMP | NO FINALS (3 JUMPS) |
| 8. | *OPEN DISCUS (See Below) | *Top "7" Back to Final |
| 9. | FROSH/SOPH SHOT PUT | NO FINALS (3 THROWS) |
| 10. | OPEN HIGH JUMP | (STARTING HT. 5'4", 2" TO 6', 1" THEREAFTER) |
| 11. | NOVICE POLE VAULT | (STARTING HT. 8', 8'6", 3" THEREAFTER) |

FOLLOWING THE COMPLETION OF EVENTS # 7

- | | | |
|-----|-------------------------------------|---------------------|
| 12. | FROSH/SOPH TRIPLE JUMP (After Open) | NO FINALS (3 JUMPS) |
|-----|-------------------------------------|---------------------|

* TOP 30 THROWERS will throw first and will be brought back for finals after their trials (three flights of ten).

RUNNING EVENTS: 9:30 AM START

13. 3000 METER STEEPLECHASE , 2000 M STEEPLECHASE
14. OPEN 110 METER HURDLE TRIALS (TOP 6 FASTEST WILL ADVANCE TO FINAL)
15. FROSH/SOPH 110 METER HURDLES (FINAL ON TIME)
16. OPEN 110 METER HURDLE FINAL
17. 1600 METER RUN (OPEN) AND(FROSH/SOPH)
18. 100 METER DASH TRIALS (OPEN) AND (FROSH/SOPH)
(TOP 6 FASTEST TIMES IN EACH DIVISION WILL ADVANCE TO FINAL)
19. 400 METER DASH (OPEN) AND (FROSH/SOPH) (FINAL ON TIME)
20. 100 METER DASH FINALS (OPEN AND FROSH/SOPH)
21. 400 METER HURDLES (OPEN) AND (FROSH/SOPH) (FINAL ON TIME)
22. 800 METER RUN (OPEN) AND (FROSH/SOPH)
23. 200 METER DASH (OPEN) AND(FROSH/SOPH) (FINAL ON TIME)
24. 3200 METER RUN (OPEN) AND (FROSH/SOPH)
25. 4X800 M RELAY (OPEN) AND (FROSH/SOPH)
26. 4X400 M RELAY (OPEN) AND (FROSH/SOPH)
27. 4X100 M RELAY (OPEN) AND (FROSH/SOPH)
28. "TEXAS" SPRINT MEDLEY RELAY (OPEN Only) (1-1-2-4)

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 Fees @ \$50.00 \$50.00

OR

_____ BLANKET ENTRY (\$250.00) _____

TOTAL _____

SUMMARY FORM:

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

Attach worksheet to this form for entry.

SCHOOL: _____

COACH: _____
NAME AND CELL NUMBER

AD _____
NAME AND PHONE (W)

PLACE: COMMACK HIGH SCHOOL

DATE: April 16, 2016

TIME: 9:30 AM START ALL TRACK AND FIELD EVENTS

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: POSTMARKED BY APRIL 9th, 2016