

Westhampton Beach Boys Track 14th Annual Spring Track Invitational April 30, 2016 from 8:30-12:30

Dear Coach,

I would like to invite you to our 14th Annual Spring Track Invitational Saturday, April 30, 2016 at Westhampton Beach High School. Start Time is 8:30 a.m.

This meet gives athletes on your team a chance to participate at two levels: open division and notice division. Pole vault and relays will be open division only.

Timing will be FAT by Just-In-Time-Racing

Date: Saturday, April 30, 2016 Time: 8:30 a.m. Rain or Shine Site: Westhampton Beach High School (all weather 6 lane track) Entry Deadline: April 20, 2016 please feel free to call at anytime. Fee: \$200.00 blanket entry plus officials and timer fees, which will be billed evenly between all participating schools by Section XI

Westhampton Beach Track Club C/O Jim Ford Westhampton Beach High School 49 Lilac Rd. Westhampton Beach, NY 11978 Questions: Call Jim Ford at 288-3800 ext. 222 during the school day or 653-4819 after 7 p.m. email jpford@optonline.net Check for results and other information at Just-In-Time-Racing

Jim Ford Westhampton Beach High School 49 Lilac Road Westhampton Beach, N.Y. 11978

Blanket Entry \$200.00 Schools to be billed evenly by Section XI for officials and timer

Total fee enclosed \$_____ Payable to: Westhampton Beach Track Club

School Name: _____

School Address: _____

School Phone: _____ Coaches Name: _____

_____ Coaches Phone Number: _____

(W) _____

(H) _____

ORDER OF EVENT

400M HURDLES

1600M

100M

800M

400M

110M HURDLES

200M

3200M

4X100 open only

4X400 open only

4X800 open only

Field Events

SHOT PUT

DISCUS

LONG JUMP

TRIPLE JUMP

Pole Vault open only Starting height 9'6"

HIGH JUMP open and novice

***OPEN RUNS FIRST, NOVICE RUNS LAST Open and Novice Shot at same time 8:30 a.m.
3 throws no final Open Disc followed by Novice 3 throws no final Novice Long Jump
8:30 a.m., Open 9:45 a.m. Triple Jump Open at 10:45, Novice at 11:45

NOVICE STANDARD

400m :71

1600m 5:23

100m 13.3

800m 2:29

400m 69

110hh 19.9

200m 28.5

3200m 12:01

Shot 30 FEET

Disc 80 FEET

Long Jump 14 FEET

Triple Jump 30 FEET

High Jump Open and Novice

MEET INFORMATION WE WILL CAP THE NUMBER OF TEAMS TO 25 THIS YEAR

Date: Saturday, April 25, 2014 Time: 8:30 a.m. Clerking at 8:15 a.m.

1.Sanctioned by Section XI

2.National Federation rules apply

3.Three event rule

4.FAT timing by Just-In-Time-Racing

5.Refreshments on sale

6.Pin spikes 3/16

7.3 x 5 index cards should be filled out for field events and relays. Cards should include Section XI number, Athletes name, School Name, Event and Seed. We will use Section XI assigned numbers for the meet. Teams from outside Section XI will be assigned numbers.

8.Medals to the top six in the open and top 8 in the novice.

9. Last year we had 25 teams and the meet was over in 4 hours

10. If an athlete exceeds the novice standard by a wide margin he will not be eligible for a medal. Coaches should place athletes accordingly.

11. Pole Vault will start at 8:30 a.m., 9'6" starting height then 10', then 11', then 12'. 3 inches after 12' (this is not a novice event)