

14th ANNUAL
LAST CHANCE MEET at MASSAPEQUA HIGH SCHOOL



MONDAY-JUNE 5th, 2023

Please contact the following coaches with any questions or concerns:

Rich Degnan: mbundr8029@aol.com
Mike Dellicurti: MDellicurti@msd.k12.ny.us

Location: Massapequa High School
4925 Merrick Road
Massapequa, NY 11758

Time: 4:30 PM-8:30 PM
Clerking: Begins at 4:45 pm
Coaches meeting at 4:30 pm

Coaches Instruction Sheet

Entries Entry due date is Sunday, June 4, 2023. Our fax number is 516-308-5089.
Just a reminder, that once an entry is accepted, the entry fee must follow.
The fee is an entry fee and not a participation fee.
CASH WILL NOT BE ACCEPTED

Eligibility An athlete may compete in any **three events**.

Relays You do not have to seed your relays. Your relays will be seeded the day of the meet.
Seeded sprint heats will be run in lane. All others may run off common start.

Field Events **Boys Opening Heights** **Girls Opening Heights**
High Jump 5' 4" High Jump 4'4"

In the shot put, discus, long and triple jump: all the first jumps and throws will be measured. After that only those over a certain distance will be measured.

Entry Fees: **Section VIII** **Individuals: \$20.00 per event.**
Non-Section VIII **Individuals \$25.00 per event.**
Relays: **\$50.00 per event or use the blanket entry option.**

Section VIII teams: \$180.00 Boys team, \$180.00 Girls team or \$360.00 combined team.
Officials will be split between Section VIII schools and billed through BOCES.
Non-Section VIII teams: \$25 per individual, \$210 per team and \$390 for combined team.

**14th ANNUAL
LAST CHANCE MEET at Massapequa High School
MONDAY-JUNE 5th, 2023**

BOYS INDIVIDUAL EVENTS

_____ 400 METER HURDLES
 _____ 100 METER DASH
 _____ 1600 METER RUN
 _____ 800 METER RUN
 _____ 3,200 METER RUN
 _____ 110 HIGH HURDLES

GIRLS INDIVIDUAL EVENTS

_____ 400 METER HURDLES
 _____ 100 METER DASH
 _____ 1500 METER RUN
 _____ 800 METER RUN
 _____ 3,000 METER RUN
 _____ 100 HURDLES

BOYS FIELD EVENTS

_____ HIGH JUMP
 _____ LONG JUMP
 _____ SHOT PUT
 _____ DISCUS
 _____ TRIPLE JUMP

GIRLS FIELD EVENTS

_____ HIGH JUMP
 _____ LONG JUMP
 _____ SHOT PUT
 _____ DISCUS
 _____ TRIPLE JUMP

BOYS RELAYS EVENTS

_____ 400 METER RELAY
 _____ 800 METER RELAY
 _____ 1600 METER RELAY
 _____ 3200 METER RELAY
 _____ 4 X 1600 METER RELAY
 _____ TEXAS SPRINT MEDLEY RELAY (1-1-2-4)
 _____ SWEDISH RELAY (1-2-3-4)
 _____ SPRINT MEDLEY (2-2-4-8)
 _____ SHUTTLE HURDLE RELAY (4)

GIRLS RELAYS EVENTS

_____ 400 METER RELAY
 _____ 800 METER RELAY
 _____ 1600 METER RELAY
 _____ 3200 METER RELAY
 _____ 4 X 1600 METER RELAY
 _____ TEXAS SPRINT MEDLEY RELAY (1-1-2-4)
 _____ SWEDISH RELAY (1-2-3-4)
 _____ SPRINT MEDLEY (2-2-4-8)
 _____ SHUTTLE HURDLE RELAY (4)

ENTRY FEE:

| <u>Option A</u> | <u>Blanket entry:</u> | <u>Section VIII</u> | <u>Non-Section VIII</u> |
|-----------------|--|---------------------|-------------------------|
| | <u>Team entry fee:</u> | \$180.00 | \$210.00 |
| | <u>Boys/Girls program blanket entry:</u> | \$360.00 | \$390.00 |

Option B

TOTAL # OF INDIVIDUALS _____ X \$20.00 _____
 Non-Section VIII teams _____ X \$25.00 _____
 TOTAL # OF RELAYS _____ X \$50.00 _____
 TOTAL ENTRY FEE _____

MINIMUM ENTRY FEE IS \$20.00

TOTAL # OF ATHLETES COMPETING _____

- **Each participating Section VIII school will be billed through BOCES for one official**

**ENTRIES ARE DUE BY Sunday, June 5, 2022. LATE ENTRIES ARE SUBJECT TO REJECTION.
 JUST A REMINDER, ONCE AN ENTRY IS ACCEPTED, THE ENTRY FEE MUST FOLLOW.
 THE FEE IS AN ENTRY FEE AND NOT A PARTICIPATION FEE.**

MAKE CHECKS PAYABLE TO: Massapequa High School TAX ID NUMBER AVAILABLE UPON REQUEST

**MAIL TO: Massapequa High School **School fax number: 516-308-5089
 C/O Shannon McEntee
 4925 Merrick Road
 Massapequa, NY 11758**

SCHOOL NAME _____ COACH'S NAME _____ COACH'S PHONE # _____

SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP _____ SCHOOL PHONE # _____

ATHLETIC DIRECTOR SIGNATURE _____

14th ANNUAL
LAST CHANCE MEET @ MASSAPEQUA HIGH SCHOOL



MONDAY-JUNE 5th 2023
ORDER OF EVENTS

Monday, June 5 – Field Events

- 4:45 Girls and Boys High Jump will be run concurrently
- 4:45 Pole Vault will run concurrently
- 4:45 Boys Discus followed by Girls Discus Fields may be limited
- 4:45 Boys Long Jump followed by Girls Long Jump
- 6:00 Boys Triple Jump followed by Girls Triple Jump
- 6:30 Girls Shot followed by Boys Shot Fields may be limited

Monday, June 5 - Running Events

- 4:15 Coaches Meeting and event auction**
- 4:30** Boys Shuttle Hurdle Relay (4-person relay)
- Girls Shuttle Hurdle Relay (4-person relay)
- Boys 4 x 1600-Run Simultaneously with the SHR
- Girls 4 x 1600-Run Simultaneously with the SHR
- Boys SMR (2-2-4-8)
- Girls SMR (2-2-4-8)
- Boys 400 Meter Relay – Final on time
- Girls 400 Meter Relay – Final on time
- Boys 3200 Meter Run
- Girls 3000 Meter Run
- Boys 400 IH
- Girls 400 IH
- Boys 800 Meter Run
- Girls 800 Meter Run
- Boys Swedish Relay (1-2-3-4)
- Girls Swedish Relay (1-2-3-4)
- Boys 100 Final
- Girls 100 Final
- Boys 1600 Meter Run
- Girls 1500 Meter Run
- Boys 800 Meter Relay – Final on time
- Girls 800 Meter Relay – Final on time
- Boys 110 Meter Hurdles – Final on time
- Girls 100 Meter Hurdles – Final on time
- Boys 400 Finals
- Girls 400 Finals
- Boys 3200 Meter Relay
- Girls 3200 Meter Relay
- Varsity Boys 1600 Meter Relay
- Varsity Girls 1600 Meter Relay
- Boys Texas Sprint Medley (100-100-200-400) Final
- Girls Texas Sprint Medley (100-100-200-400) Final

This meet will move very quickly so please have your athletes ready two events ahead.

