

MASSAPEQUA DEVELOPMENTAL TRACK & FIELD MEET
SATURDAY-MARCH 20th, 2010



Location: Massapequa High School
Time: 9:30AM-2:00PM
Clerking: 9:15AM

E-mail Coach Mike Lisa if you
plan to come at:
mlisa101@hotmail.com or call
516-456-2729 (cell)

Seeding: Three-event limit: An athlete may compete in two open events, and one relay, verbal seeding in open running events. Cards only needed for field events and relays.

Awards: Medals will be given to the top three finishers in **every** race, flight, and relay.

Equipment: Spikes $\frac{1}{4}$ in length can be worn on all runways and the track. Please supply your own relay baton.

Event Information:

- **The high jump will start at 3'6" for girls and 4'6" for boys.**
- **The pole vault will start at 6' for girls and 8' for boys.**
- **Two pits will be used in the long and triple jump simultaneously.**

Food: Will be on sale the day of the meet.
Please support the Massapequa Track & Field Booster Club

Entry Fees: \$160.00 boys, \$160.00 girls team or \$280.00 combined team, plus the cost one official. Officials will be split between Section VIII schools and billed through BOCES.
This is an entry fee not a participation fee.

Entry Due: Please fill out entry information and send to:
Berner Middle School
C/O Mike Lisa
50 Carman Mill Road
Massapequa, NY 11758

Entries Dues by March 13th, 2010

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Massapequa High School

School: _____

School Phone Number: _____

Please circle one:

BOYS
\$160

GIRLS
\$160

BOYS & GIRLS
\$280

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Entry Due: Berner Middle School
C/O Mike Lisa
50 Carman Mill Road
Massapequa, NY 11758

Make checks or PO's payable to: Massapequa Track Club

Entries Due: March 13, 2010

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Massapequa High School

9:30AM	400IH girls 400IH girls 1500m girls 1600m boys 100m girls 100m boys 400m girls 400m boys 100m hurdles 110m hurdles 800m girls 800m boys 200m girls 200m boys 3000m girls 3200 boys 4 x 400m girls 4 x 400m boys 4 x 100m girls 4 x 100m boys 4 x 800m girls 4 x 800m boys
9:30AM	Long Jump Boys and Girls-Simultaneously Followed by Triple Jump Boys and Girls
9:30AM	Pole Vault Girls Opening Height 6' Followed by Pole Vault Boys Opening Height 8'
9:30AM	High Jump Girls Opening Height 3'6" Followed by High Jump Boys Opening Height 4'6"
9:30AM	Shot Put Girls Followed by Shot Put Boys Discus Boys Followed by Girls Discus