

MASSAPEQUA CHIEF INVITATIONAL
"UNDER THE LIGHTS"



FRIDAY-MAY 7th, 2010

Please contact Mike Lisa email : mlisa101@hotmail.com or call 516-456-2729 (cell) or Rich Degnan email: mbundr8029@aol.com

Location: Massapequa High School
4925 Merrick Road
Massapequa NY

Time: 4:45 PM-9:30 PM
Clerking: Begins at 4:30 pm

Seeding:

- Three-event limit: An athlete may compete in two open events, and one relay, verbal seeding in open running events.
- We will be using the card system for clerking all relays, field events and **Championship Events**.
- All unseeded events will be verbally seeded by the clerks.
- Cards must include Athletes name, School name and seed time, height or throw.
- Please have all cards with the clerks no later than 4:20 pm.

Awards: Medals will be given to the top five finishers in all finals.

Equipment: Spikes $\frac{1}{4}$ in length can be worn on all runways and the track. Please supply your own relay baton and 3x5 cards.

Event Information:

- **The high jump will start at 4'00" for girls and 5'00" for boys.**
- **The pole vault will start at 6' for girls and 8' for boys and run concurrently.**
- **Two pits will be used in the long and triple jump simultaneously.**
- **Depending on the amount of entries in the jumps and throws there may be a minimum measurement standard.**

Food: Will be on sale the day of the meet.

Please support the Massapequa Track & Field Booster Club

Entry Fees:

Section VIII teams: \$170.00 boys, \$170.00 girls team or \$320.00 combined team, plus the cost one official per team. Officials will be split between Section VIII schools and billed through BOCES.

Non Section VIII teams: \$180 and \$330 for a combined team

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 May 1st, 2010

MASSAPEQUA CHIEF INVITATIONAL
FRIDAY MAY 7TH 2010
Massapequa High School



School: _____

School Phone Number: _____

Please circle one:

Section VIII team

BOYS

GIRLS

BOYS & GIRLS

\$170

\$170

\$320

Non Section VIII team

BOYS

GIRLS

BOYS & GIRLS

\$180

\$180

\$330

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: MAY 1st, 2010

**MASSAPEQUA CHIEF INVITATIONAL
FRIDAY MAY 7TH 2010
Massapequa High School**

ORDER OF EVENTS

RUNNING EVENTS START AT 5:00 PM

**BOY'S SHUTTLE HURDLE RELAY (4 HURDLERS)
GIRL'S SHUTTLE HURDLE RELAY (4 HURDLERS)
BOY'S MILE MEDLEY 200-200-400-800
GIRL'S MILE MEDLEY 200-200-400-800
BOY'S UNSEEDED 1600
GIRL'S UNSEEDED 1500
BOY'S 200 METER TRIALS (TOP 18 SEEDED) top two in each heat make it to final
GIRL'S 200 METER TRIALS (TOP 18 SEEDED) top two in each heat make it to final
BOY'S CHAMPIONSHIP 400 IH TOP 18 ENTRIES ACCEPTED
GIRL'S CHAMPIONSHIP 400IH TOP 18 ENTRIES ACCEPTED
BOY'S UNSEEDED 400
GIRL'S UNSEEDED 400
BOY'S UNSEEDED 800
GIRL'S UNSEEDED 800
BOY'S 100 TRIALS (TOP 24 SEEDED) top two in each heat make it to final
GIRL'S 100 TRIALS (TOP 24 SEEDED) top two in each heat make it to final**

**MASCOT RELAY
MASSAPEQUA ELEMENTARY SCHOOL 4X1**

**BOY'S CHAMPIONSHIP 1600 (TOP TWELVE ENTRIES)
GIRL'S CHAMPIONSHIP 1500 (TOP TWELVE ENTRIES)
BOY'S CHAMPIONSHIP 100 METER FINAL
GIRL'S CHAMPIONSHIP 100 METER FINAL
BOY'S CHAMPIONSHIP 400 (TOP TWELVE ENTRIES)
GIRL'S CHAMPIONSHIP 400 (TOP TWELVE ENTRIES)
BOY'S 200 METER FINAL
GIRL'S 200 METER FINAL
BOY'S CHAMPIONSHIP 800 (TOP TWELVE ENTRIES)
GIRL'S CHAMPIONSHIP 800 (TOP TWELVE ENTRIES)
BOY'S TEXAS SPRINT MEDLEY 100-100-200-400
GIRL'S TEXAS SPRINT MEDLEY 100-100-200-400
BOY'S DMR
GIRL'S DMR**

FIELD EVENTS START AT 4:45

**CHAMPIONSHIP BOY'S AND GIRL'S JUMP MEDLEY RELAY
HJ-TJ PV-LJ 4 COMPETITORS 15 TOTAL JUMPS
(THIS EVENT IS DONETOGETHER)**

**4:45 BOY'S SHOT FOLLOWED BY GIRL'S SHOT
4:45 GIRL'S DISCUS FOLLOWED BY BOY'S DISCUS
5:30 GIRL'S LONG JUMP FOLLOWED BY GIRL'S TRIPLE JUMP
5:30 BOY'S LONG JUMP FOLLOWED BY BOY'S TRIPLE JUMP
5:30 BOY'S AND GIRL'S POLE VAULT RUN CONCURRENTLY
5:30 BOY'S HIGH JUMP FOLLOWED BY GIRL'S HIGH JUMP**

