

3<sup>RD</sup> ANNUAL  
MASSAPEQUA LAST CHANCE MEET



MONDAY-JUNE 7th, 2010

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

**Location: Massapequa High School  
4925 Merrick Road  
Massapequa NY**

**Time: 4:15 PM-8:30 PM  
Clerking: Begins at 4:00 pm**

**Coaches Instruction Sheet**

**Entries** Entry due date is Sunday, June 6, 2010. Our fax number is 516-781-4763.  
**NO ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.**  
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.

**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.

**Invitational Events** The following events are considered invitational events; Boys' and Girls' 100, 110/100 HH, 400 IH, 800m, 1500/ 1600, 3000/3200.

**All coaches who wish to have athletes considered for invitational events must pre seed on line by 10am Monday June 7<sup>th</sup>. Please send all seeds to Rich Degnan at [Mbundr8029@aol.com](mailto:Mbundr8029@aol.com).**

All seeded entries must be submitted with athletes full name, school, performance, performance date and Meet location. Field sizes are listed below. Meet management reserves the right to adjust the number of Competitors in the invitational events.

<b>400 IH-</b>	12 athletes will be accepted	<b>110/100 HH-</b>	14 athletes will be accepted
<b>800 Meter Run,</b>	14 athletes will be accepted	<b>1500/1600</b>	16 athletes will be accepted
<b>3200/3000- meter run</b>	16 athletes will be accepted	<b>100 meter dash-</b>	24 athletes will be accepted

**Field Events**

**Boys Opening Heights**

High Jump 5' 0"  
Pole Vault 8'

**Girls Opening Heights**

High Jump 4' 2"  
Pole Vault 6' 0"

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

**Class events** We will offer Frosh Soph events if the entries warrant it. These events will be verbally seeded

**Awards** Medals will be given to the top five finishers in all invitational events.  
Medals will be given to the top three finishers in all relays and the top three finishers in any class events.

**Entry Fees:** **Individuals; \$15.00 per event. Relays \$30.00 per event or use the blanket entry option.**  
**Section VIII teams:** \$170.00 boys, \$170.00 girl's 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

**3<sup>RD</sup> ANNUAL  
 MASSAPEQUA LAST CHANCE MEET  
 MONDAY-JUNE 7th, 2010**

**BOYS INDIVIDUAL EVENTS**

- \_\_\_\_\_ 400 METER HURDLES
- \_\_\_\_\_ INVITATIONAL 100 METER DASH\*\*
- \_\_\_\_\_ INVITATIONAL 1600 METER RUN\*\*
- \_\_\_\_\_ INVITATIONAL 800 METER RUN\*\*
- \_\_\_\_\_ 3,200 METER RUN
- \_\_\_\_\_ 110 HIGH HURDLES

**GIRLS INDIVIDUAL EVENTS**

- \_\_\_\_\_ 400 METER HURDLES
- \_\_\_\_\_ INVITATIONAL 100 METER DASH\*\*
- \_\_\_\_\_ INVITATIONAL 1500 METER RUN\*\*
- \_\_\_\_\_ INVITATIONAL 800 METER RUN\*\*
- \_\_\_\_\_ 3,000 METER RUN
- \_\_\_\_\_ 100 HURDLES

**BOYS FIELD EVENTS**

- \_\_\_\_\_ HIGH JUMP
- \_\_\_\_\_ LONG JUMP
- \_\_\_\_\_ POLE VAULT
- \_\_\_\_\_ SHOT PUT
- \_\_\_\_\_ DISCUS
- \_\_\_\_\_ TRIPLE JUMP

**GIRLS FIELD EVENTS**

- \_\_\_\_\_ HIGH JUMP
- \_\_\_\_\_ LONG JUMP
- \_\_\_\_\_ POLE VAULT
- \_\_\_\_\_ 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)
- \_\_\_\_\_ 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)
- \_\_\_\_\_ SPRINT MEDLEY (2-2-4-8)
- \_\_\_\_\_ SHUTTLE HURDLE RELAY (4)

**ENTRY FEE:**

<u>Option A</u> Blanket entry:	<u>Section VIII</u>	<u>Non Section VIII</u>
<u>Team entry fee :</u>	\$170.00	\$180.00
<u>Boys/Girls program blanket entry :</u>	\$320.00	\$330.00

**Option B**

TOTAL # OF INDIVIDUALS \_\_\_\_\_ X \$15.00 \_\_\_\_\_  
 TOTAL # OF RELAYS \_\_\_\_\_ X \$30.00 \_\_\_\_\_  
 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 6 2010. LATE ENTRIES ARE SUBJECT TO REJECTION. NO DAY OF THE MEET ENTRIES! 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 Track and Field**

**MAIL TO: Berner Middle School Fax # 516-781-4763  
 C/O Mike Lisa/  
 50 Carman Mill Road  
 Massapequa, NY 11758**

SCHOOL NAME \_\_\_\_\_ COACH'S NAME \_\_\_\_\_ COACH'S PHONE # \_\_\_\_\_  
 SCHOOL ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ SCHOOL PHONE # \_\_\_\_\_  
 ATHLETIC DIRECTOR SIGNATURE \_\_\_\_\_

3<sup>RD</sup> ANNUAL  
MASSAPEQUA LAST CHANCE MEET



MONDAY-JUNE 7th, 2010

**ORDER OF EVENTS**

**Monday, June 7 – Field Events**

- 4:30 Girl's and boy's Pole Vault run concurrently
- 4:30 Boy's Long Jump followed by boy's triple jump
- 4:30 Girl's Long Jump followed by girl's triple jump
- 4:30 Girl's Shot followed by boy's Shot
- 4:30 Girl's and boy's High Jump will be run concurrently
- 4:30 Boy's Discus followed by Girl's Discus

**Saturday, June 7 - Running Events**

- 4:00 Coaches Meeting**
- 4:15** Boys Shuttle Hurdle Relay (4 person relay)
- Girls Shuttle Hurdle Relay (4 person relay)
- Boys Sprint Medley Relay (200-200-400-800)
- Girls Sprint Medley Relay (200-200-400-800)
- 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 100 Trials
- Girls 100 Trials
- Boys 1600 meter run
- Girls 1500 meter run
- Boys 800 Meter Relay – Final on time
- Girls 800 Meter Relay – Final on time
- Girls 100 meter hurdles Final on time
- Boys 110 meter hurdles Final on time
- Girls 100 Finals
- Boys 100 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
- Boy's and girl's 4x1600 meter relay

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