

12th ANNUAL
LAST CHANCE MEET @ MASSAPEQUA HIGH SCHOOL



MONDAY-JUNE 3rd, 2019

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: 4:15 PM-8:30 PM
Clerking: Begins at 4:00 pm
Coaches meeting at 3:50 pm

Coaches Instruction Sheet

Entries Entry due date is Saturday, June 1, 2019. 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.

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' 2" High Jump 4'2"

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: \$15.00 per event.**
 Non Section VIII **Individuals \$20.00 per event**
 Relays: \$40.00 per event or use the blanket entry option.

Section VIII teams: \$170.00 Boys team, \$170.00 Girls team or \$320.00 combined team.
Officials will be split between Section VIII schools and billed through BOCES.
Non-Section VIII teams: \$20 per individual, \$180 per team and \$350 for combined team.

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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>	\$170.00	\$180.00
	<u>Boys/Girls program blanket entry:</u>	\$320.00	\$350.00

Option B

TOTAL # OF INDIVIDUALS _____ X \$15.00 _____
Non-Section VIII teams _____ X \$20.00 _____
TOTAL # OF RELAYS _____ X \$40.00 _____
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 Saturday, June 1, 2019. 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: **John Piropato** Fax # 516-308-5081
Athletic Director
4925 Merrick Road
Massapequa, NY 11758

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

SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP _____ SCHOOL PHONE # _____

ATHLETIC DIRECTOR SIGNATURE _____

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MONDAY-JUNE 3rd, 2019

ORDER OF EVENTS

Monday, June 4 – Field Events

- 4:30 Girls and Boys High Jump will be run concurrently
- 4:30 Boys Discus followed by Girls Discus Fields may be limited
- 4:30 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 4 - Running Events

3:50 Coaches Meeting and event auction

- 4:15** 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.

