

# NASSAU COUNTY TRACK COACHES ASSOCIATION

## 42nd ANNUAL INVITATIONAL

Saturday April 24<sup>th</sup>, 2010, 9 AM @ Westbury H.S.

Jericho Turnpike & Post Ave.

A FAST ALL-WEATHER TRACK –SPACIOUS SETTING  
FAST FORMAT – WATCHES & MEDALS

Sponsored by the NCTCA and Westbury HS., All NYSPHSAA, National Federation and Section VIII rules enforced, including the New York State jewelry and uniform rules. Schools are bound by their own association rules where more stringent. Inhalers require a doctors note for athletes use  
Coaches must complete the grid on page 3 to assist us in meet management. The totals must agree with the billing portion of the entry. All seeding will be day-of-meet. Actual performances only. Seeding will be by 3x5 cards. All cards should list school, athletes first and last name, event, actual performance, and ALL COACHES must include COMPETITORS numbers. Non-Section 8 teams must email roster to Bob Beer for race numbers. See our website [secviiiixctf.com](http://secviiiixctf.com) for forms .Pickup numbers at packet pickup upon arrival See site plan. Coaches receive a free meet souvenir. Use race numbers on your seed cards.

**COMPLETE ALL INFO.. ENTRIES MUST BE RECEIVED BY MONDAY APRIL 19th, 6PM.**

Late entries subject to \$25 late fee! THE MEET IS ON – RAIN OR SHINE -

**AWARDS: Watches to all individual varsity winners. Medals to places 2 through 8.**

Frosh and Soph: Medals 1 to 6.. Gold medal to first place in each unseeded heat of 100m.

**RELAYS:** Medals will be awarded in each section. In the **4x100m** and **4x400m**, medals will be awarded to the top three teams each heat. In the **4x800** relay medals will be awarded to the top 5 teams. Soph and Frosh medals same as varsity awards. A soph is an athlete in 10<sup>th</sup> grade for the first time. A frosh is an athlete in 9<sup>th</sup> grade for the first time. (selection/classification athletes included here). If the relay entry is large enough, schools will compete against some form of big/small school separation.

**A plaque will be awarded to the fastest over-all time from all sections in the open relay events, i.e. 4x100m, 4x400m, 4x800m - not each heat.**

**TIMING:** *In races from the 400 down, more that one section may be running at a time. In unseeded sections of many events, the next section could be started before the previous section is completely finished. **BE READY WITH SEVERAL TIMERS/WATCHES. INSTRUCT YOUR ATHLETES TO RUN IN SEPARATE HEATS.***

**FIELD:** All field events will be open and frosh/soph. Depending on number of entrants, Seeded entrants may get 4 attempts with no final. All the rest will be limited to two or three attempts, including sophs. Minimums will be posted. Arcs will have distance markers. Every athletes will have at least a rough measurement of his field attempts. **Format available upon arrival. Pickup a packet at the designated area.**

**Meet Directors:** Fred DeRuvo & Bob Baratta. Site Coordinator: Donald Ross. Meet referee Walt Brem. Jury of Appeals-NCTCA Board. Decision of the jury is final. Our thanks to Athletic Director- Doric Capsis and the Westbury administration for hosting, all volunteer workers and all the schools entered. Partial proceeds go to the NCTCA scholarship fund – and eventually to our student-athletes.

**PARKING;** We will try to park all buses in the front lot (south side) adjacent to Jericho Turnpike. Traffic will be security controlled. Cars will park off Post Ave on the north side of the school. Overload parking will be moved to the back lot if necessary or an off site area.

**Final parking procedure will be on our website.**

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FAST FORMAT – WATCHES & MEDALS**

<b>ORDER OF EVENTS</b>	<b>BOYS followed by GIRLS</b>	<b>Seeded sections run first</b>
400m IH	final Open only	
1600m/1500m	final Open, Soph, Frosh	(3000, 3200 MUST CHECK IN NOW)
100m	semi Open only	Boys/Girls
110m HH/100m HH	final Open only	Girls/Boys
The 100m Dash semi (on the East straightaway) and the 110m/100m High Hurdles Final (on the West straightaway) will be run simultaneously.		
400m	final Open, Soph, Frosh	
100m	final (on East straightaway)	Boys/Girls -2- section final.
800m	final Open, Soph, Frosh	
3200m/3000m	final Open only, max of one section each – rejected runners can go to the 1500/1600 or other event.	Checkin at clerking of 16/1500m.
200m Boys	final On time – fast timing format in unseeded sections	
3000m SC	Open only – w/water jump – <u>Two Section Limit</u>	
200m Girls	Final on time – same as boys format	
2000m SC	final Open only – w/ water jump – <u>Two sections per event.</u>	

**RELAYS**

4x100m	final Open, Soph, Frosh
4x800m	final Open, Frosh/Soph
4x400m	final Open, Frosh/Soph

**REMINDER:** A 3x5 card is only required for seed requests. One card for each event including field events-collected at clerk in. **DO NOT REQUEST SEEDS FOR YOUR ENTIRE TEAM, JUST THOSE WHO ARE WORTHY OF BEING SEEDED.** Relay cards are required at time of relay clerking. All required info on cards, including competitors numbers and a seed time! Actual performances for seeding. **All athletes must wear their competitors number to compete.** 400 down on the back, rest on the front. TEE SHIRTS WILL BE ON SALE. **THE SNACK BAR OFFERS VARIED, DELICIOUS OFFERINGS-BREAKFAST TO LUNCH ITEMS!.** Mail entry early. INCLUDE PAYMENT WITH ENTRY.(CHECK, PO, VOUCHER) SEE PAGE 3.

HELP KEEP THE SITE CLEAN. USE WASTE PAILS – BRING YOUR OWN WASTE BAG. AWARDS WILL BE AVAILABLE SHORTLY AFTER EACH EVENT IS COMPLETED. PLEASE PICKUP AS WE GO ALONG! WE WILL MOVE THE MEET AS QUICKLY AS POSSIBLE. BE PREPARED! PICKUP TEAM PACKET UPON ARRIVAL. RESULTS WILL BE POSTED. AND ALL CLERKING, RESULTS, FOOD, TEE SHIRT, PORTA-POTTIES, AND AWARDS WILL BE IN THE AREA BETWEEN THE TRACK AND THE SMALL WHITE BUILDINGS. **SPECIAL RECEPTICLES ON SITE FOR PLASTIC BOTTLES – A “GREEN PROJECT”**

**FAST FORMAT: MORE THAN ONE SECTION COULD BE ON THE TRACK AT A TIME IN UNSEEDED SECTIONS. TIME YOUR ATHLETES. MEDALS FOR 1ST IN EACH UNSEEDED HEAT OF OPEN RUNNING EVENTS. YOUR ATHLETES SHOULD RUN IN SEPARATE HEATS.**

**Please Use separate Entry for Boys & Girls Teams**  
**COMPLETE ALL INFORMATION**

School Phone \_\_\_\_\_

Coach \_\_\_\_\_ Phone/Cell preferred! \_\_\_\_\_

Home Email \_\_\_\_\_ BOYS OR GIRLS (NOT BOTH)

INDIVIDUAL ENTRIES - \_\_\_\_\_ @ \$5.00 = \$ \_\_\_\_\_ ENTRIES ARE DUE

RELAYS - \_\_\_\_\_ @ \$20.00 = \$ \_\_\_\_\_ MONDAY APRIL 19th, 6PM

TOTAL DUE TO NCTCA \$ \_\_\_\_\_

Teams that entered the Winter Track Coaches Meet Dec. 5<sup>th</sup> at the Armory can take a 20% discount which you will subtract here - ADJUSTED TOTAL DUE: \$ \_\_\_\_\_

**NCTCA is an IRS Charitable Organization. Tax ID# is 42 170 5038**

Event	Open	Soph	Frosh	XXXXX	Event	Open	Fr/So
400 IH		XXXXX	XXXXX	XXXXX	High Jump		
1600/1500				XXXXX	Pole Vault		
100 Dash		XXXXX	XXXXX	XXXXX	Long Jump		
100/110 HH		XXXXX	XXXXX	XXXXX	Triple Jump		
400 Dash				XXXXX	Shot Put		
800 Run				XXXXX	Discus		
3200/3000		XXXXX	XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
200 Dash		XXXXX	XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
3000/2000 SC		XXXXX	XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
XXXXX	XXXXX	XXXXX	XXXXX	XXXXX	XXXXX	XXXXX	XXXXX
Relays	Open	Soph	Frosh	Fr/So	XXXXX	XXXXX	XXXXX
4x100				XXXXX	XXXXX	XXXXX	XXXXX
4x800		XXXXX	XXXXX		XXXXX	XXXXX	XXXXX
4x400		XXXXX	XXXXX		XXXXX	XXXXX	XXXXX

**ENTER THE NUMBER OF ATHLETES IN EACH EVENT.** Fr/So are combined Freshmen & Sophomore events, while Soph or Frosh are separate events and are NOT combined. Grid helps us judge meet time/format.

A 3x5 card is only required for seed requests. One card for each ATHLETE per event.

DO NOT send any seed cards for any events (they will be collected at clerking – running and field- at site).

**Please makeout seed cards for just those who are deserving of being seeded. The top 24 entries in the dash and the hurdles will be seeded all others will run unseeded.\*\*\* ALL RELAYS REQUIRE A CARD!\*\*\***

**SEEDING WILL TAKE PLACE AT CHECK-IN FOR EACH EVENT**

The meet will move quickly- don't miss clerking calls. Format of relays can differ if the number of entries requires it, and/or time is a factor. MAKE COPIES OF YOUR ENTRY! **A site plan will be on our website.**

**MAIL TO FRED DE RUVO, 730 BOELSEN PLACE, WESTBURY NY 11590. 516-334-5461. [fderuvo@optonline.net](mailto:fderuvo@optonline.net). Cell 516 242 0079. FOR PAYMENT SUBMIT SEPARATE COPY TO YOUR BUSINESS OFFICE. TOTAL ENTRY FEE IS TOTAL ON ENTRY, NOT ON WHO SHOWS UP! ENTER EARLY.**

