

North Shore High School Invitational Track & Field Meet Saturday, May 8th 2010

North Shore Schools is sponsoring its 7th annual invitational track and field meet. The following information should answer any questions.

- Time:** 10 AM for all running and field events 9:45-Coaches meeting
- Place:** North Shore High School (Glen Head, Nassau County)
- Awards:** Medals to top 6 in each individual event
Medals to top 4 in each relay
- Order of Events:** See Attached: **POLE VAULT ADDED THIS YEAR**
- Entry Fee:** \$10.00 Per Individual Event
\$25.00 Per Relay Team

OR

SECTION VIII SCHOOLS:

\$175.00 Boys Team, \$175.00 Girls Team or \$350.00 Combined Team + the cost of officials.
Official costs will be split between schools and billed through BOCES.

NON- SECTION VIII SCHOOLS:-NEW: SEE ROSTER PAGE

\$200.00 boys, \$200.00 girls or \$400 combined team

ENTRIES DUE BY TUESDAY MAY 4th

Make checks payable: North Shore High School Track and Field
C/O Neal Levy
North Shore High School
450 Glen Cove Ave
Glen Head NY 11545
(516) 277-7040 or levyn@northshoreschools.org or FAX (516) 277-7042

Bus Parking: Buses will drop off athletes at end of Parking lot and proceed to the front of the building for parking.

Directions: North Shore High School is located on Glen Cove Ave in Glen Head, NY
From LIE: Exit 39 North (Glen Cove Road)
Cross over Northern Blvd
At the 3rd light make left at Nissan Dealer (Back Road)
At the end of Back Rd. make right onto Glen Cove Ave
Proceed to the 3rd light North Shore High School is on right

LIVE DJ WILL BE PLAYING, AND REFRESHMENTS/T-SHIRTS WILL BE SOLD

NEW: SEE ROSTER PAGE FOR INFORMATION

**NORTH SHORE HIGH SCHOOL
INVITATIONAL TRACK & FIELD MEET**

Saturday, May 8th, 2010

Order of Events:	Each competitor may compete in any three events
400 Intermediate Hurdles	BOYS
400 Intermediate Hurdles	GIRLS
3200	BOYS (1 heat only)
3000	GIRLS (1 heat only)
100 meter BOYS and 100 HURDLES	GIRLS WILL BE RUN SIMULTANEOUSLY
FOLLOWED BY	(12 will run in finals in 100m, 6 will run in finals in hurdles)
100 meter GIRLS and 110 HURDLES	BOYS WILL BE RUN SIMULTANEOUSLY
800	BOYS
800	GIRLS
100 meter	BOYS Finals
100 meter	GIRLS Finals
110 Hurdles	BOYS Finals
100 Hurdles	GIRLS Finals
400	BOYS
400	GIRLS
1600	BOYS
1500	GIRLS
200	BOYS (Final on time)
200	GIRLS (Final on time)
1500 RACEWALK	GIRLS

4x100	BOYS Followed by GIRLS for all relays
4x800	
4x400	

Pole Vault	BOYS FOLLOWED BY GIRLS
High Jump	GIRLS FOLLOWED BY BOYS
Long Jump	GIRLS followed by BOYS
Triple Jump	Same Format will follow Long Jump
Shot Put	GIRLS followed by BOYS (2 shot circles will be used)
Discus	BOYS followed by GIRLS

WE WILL HAVE TWO RUNAWAYS FOR LONG AND TRIPLE JUMP (1 RUNWAY FOR SCORERS AND 1 RUNWAY FOR NON-SCORERS)

Seeding: Labels and verbal seeding for all individual running events.
Relay teams will need index cards (ANCHOR LEG NEEDS LABEL)
Supply your own index cards. We will supply the labels.
Field Events: Labels and Verbal seeding at event location.

Spikes: Only 3/16" spikes are permitted on shoes and blocks.
Batons/Blocks: You must supply your own starting blocks and batons.

ENTRY SHEET

SCHOOL

BOYS

GIRLS

COACH

SCHOOL PHONE

E-mail

BOYS EVENTS	#ENTRIES
400 Hurdles	
3200	
100	
110H	
800	
400	
1600	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	
POLE VAULT	

GIRLS EVENTS	ENTRIES
400 Hurdles	
3000	
100	
100H	
800	
400	
1500	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	
POLE VAULT	

FEES

BLANKET FEE (\$175 OR \$350 both boys and girls) SECTION VIII SCHOOLS

(\$200 OR \$400 both boys and girls) NON SECTION VIII SCHOOLS

INDIVIDUAL ENTRIES X \$10.00

RELAY ENTRIES X \$25.00

NEW: SEE ROSTER PAGE FOR INFORMATION

TOTAL ENTRY FEE:

Payable to: North Shore Track & Field
 Mail to: Neal Levy
 North Shore High School
 450 Glen Cove Ave
 Glen Head NY 11545

or

FAX
 attn. Neal Levy
 (516) 277-7042

NEW: SEE ROSTER PAGE FOR INFORMATION

North Shore High School Invitational Track & Field Meet Meet Records

Boys

100m	Xavier Brooks	Malverne	10.7	2007
110H	Joachim	Kellenberg	14.8	2009
200m	Xavier Brooks	Malverne	21.9	2009
400m	Nestor Aguiar	West Hempstead	48.9	2007
400 Hurdles	Brian Barnett	Freeport	55.3	2005
	Austin Archbold	Longwood	55.3	2007
800m	Frank Diogardi	Massapequa	1:56.1	2007
1600m	Richard Schmitz	Port Washington	4:17.2	2007
3200	Windisch	Walt Whitman	9:45.3	2009
Shot Put	Searles	Longwood	48'	2007
Discus	Josh Haghghi	Wheatley	138'	2009
Long Jump	Josh Hunter	Middle Country	21	2007
Triple Jump	Kwesy Plunkett	Thomas Jefferson	42' 1"	2006
High Jump	Justin Wilson	Floral Park	6' 4"	2009
4x100		Roosevelt	42.9	2009
4x400		Longwood	3:25.8	2009
4x800		South Side	8:11.9	2009

Girls

100m	Christie Verdier	Baldwin	11.9	2006
100 Hurdles	Kayla Murphy	Longwood	14.6	2009
200m	Christie Verdier	Baldwin	24.9	2006
400m	Christie Verdier	Baldwin	55.8	2007
400 Hurdles	Latoya Edwards	Clara Barton	65.8	2006
800m	Laura Greene	Sachem East	2:13.4	2007
1500m	Theresa Rush	Valley Stream North	4:38.7	2006
3000m	Emily Lipari	Roslyn	10:09.0	2007
1500 Walk	Jenna Monahan	Sachem East	6:59.8	2007
Shot Put	Betty Williams	Longwood	41' 0"	2007
Discus	Betty Williams	Longwood	121' 0"	2007
Long Jump	Nwamaka Okobi	Freeport	17' 9.5"	2007
Triple Jump	Nwamaka Okobi	Freeport	37' 6.75"	2007
High Jump	Buccella	Half Hollow Hills	5' 2"	2007
4x100	(Brown, Guy, Brown, McDoonald)	Freeport	49.8	2005
4x400		MacArthur	4:09.7	2009
4x800		Garden City	9:56.1	2006

**North Shore High School
Invitational Track & Field Meet
Saturday, May 8th 2010**

NEW ROSTER SUBMISSION PROCEDURE

SECTION 8 PUBLIC SCHOOLS:

**SECTION 8 NUMBERS ARE REQUIRED FOR
PARTICIPATION**

**NON-SECTION 8 PUBLIC SCHOOLS (ex. SUFFOLK,
CHSAA, PSAL)**

Schools must submit rosters using the directions below.

1. Go to www.sectionviiiixctf.com
2. On the right hand side you will see "Roster Forms"
3. Click on the link and follow directions

or go to:

http://www.trackconference.com/athletics/reports/announcement_coach_details.cfm?ID=5

All roster forms must be sent to:
Bob Beer- beercoach@aol.com

