

SOUTH SHORE HIGH SCHOOL

6565 Flatlands Avenue

Brooklyn, NY 11236

Ms. Katherine Kefalas, Principal

**MARTY LEWIS MEMORIAL
Viking Classic.**

Saturday May 1, 2010

A **Frosh-Soph Meet** with limited Varsity Relays sponsored by: **CROWN TROPHY**

South Shore H. S. is located in the Canarsie area of Brooklyn at the intersections of Ralph and Flatlands Avenues. Public transportation from the # 6, 47, 82 Bus Routes.

Our facility is a 6 lane track with an 8 lane straightaway on the backstretch.

PSAL #'s must be worn and noted on all entry cards and tags

First event starts at 9:00am

Long Jump, High Jump, Shot Put check in at 9:00am

Triple Jump to follow Long Jump

4 jump OPEN PIT in the Long and Triple Jumps

There is NO Team Scoring

3 event rule is in effect

¼ " spike or shorter

All finals on time except the 100m dash

Hurdles and 100m run simultaneously on both straightaways

Freshmen CAN NOT compete in Sophomore relays

Fully Automatic Timing in all events except the 100HH and 110HH

NO starting blocks allowed – Thank You for your help

Medals to the top 5 in All Events including Varsity

Cast medal unique to the VIKING CLASSIC

Seeding by card method on race day

Entries Due by Wednesday, April 21st. Please mail before Penn Relays

South Shore is an S.A.T. testing center. Varsity relays will NOT begin before 2:00pm

Entry Fee \$6.00 per individual \$16.00 per relays **payable to: South Shore Track Fund**

This is an entry fee, NOT a starter's fee. Payment is due with your entry.

Questions ??? call daytime at 347 351-9906 evenings after 7:00pm at 718-377-7737

We look forward to seeing you on the 1st of May.

Best of Racing to you and your Team.

South Shore Track & Field

**MARTY LEWIS MEMORIAL
VIKING CLASSIC
South Shore H. S.
May 1, 2010**

ORDER OF EVENTS (9:00am start)

400IH FB SB FG SG

1600m/1500m FB FG SB SG **FIELD EVENTS** (9:00 am start)

110HH FB SB High Jump FG SG FB SB

100m FG SG Long Jump FB SB FG SG

100HH FG SG Shot Put FB FG SB SG

100m FB SB Triple Jump FB SB FG SG

200m FG FB SG SB

2000m Steeplechase FB SB FG SG

800m FB FG SB SG

100m Finals FB FG SB SG

400m FB FG SB SG

4 x 200m FB FG SB SG

4 x 800m FB FG SB SG

4 x 400m FB FG SB SG

4 x 100m Coaches, Parents, Alumni

Varsity Relays (not to begin before 2:00pm)

2000m Steeplechase G

3000m Steeplechase B

4 x 200m G B

4 x 800m G B

4 x 100m G B

4 x 400m G B

MARTY LEWIS MEMORIAL

VIKING CLASSIC
 A Frosh–Soph Meet with Varsity Relays
 May 1, 2010

ENTRY FORM

Girls Frosh – Soph

_____ 400IH
 _____ 100HH
 _____ 100m
 _____ 200m
 _____ 400m
 _____ 800m
 _____ 1500m
 _____ 2000m Steeplechase
 _____ Long Jump
 _____ High Jump
 _____ Shot Put
 _____ Triple Jump
 _____ 4 x 200m
 _____ 4 x 400m
 _____ 4 x 800m

Boys Frosh – Soph

_____ 400IH
 _____ 110HH
 _____ 100m
 _____ 200m
 _____ 400m
 _____ 800m
 _____ 1600m
 _____ 2000m Steeplechase
 _____ Long Jump
 _____ High Jump
 _____ Shot Put
 _____ Triple Jump
 _____ 4 x 200m
 _____ 4 x 400m
 _____ 4 x 800m

Varsity Girls Relays

_____ 2000m Steeplechase
 _____ 4 x 100m
 _____ 4 x 200m
 _____ 4 x 400m
 _____ 4 x 800m

Varsity Boys Relays

_____ 3000m Steeplechase
 _____ 4 x 100m
 _____ 4 x 200m
 _____ 4 x 400m
 _____ 4 x 800m

_____ 4 x 100m Coaches, Parents, Alumni (No Fee)

Girls Entry

Boys Entry

Total # of Individuals _____ x \$6.00 = _____
 Total # of Relays _____ x \$16.00 = _____
 Total Girl's Fee \$ _____

Total # of Individuals _____ x \$6.00 = _____
 Total # of Relays _____ x \$16.00 = _____
 Total Boy's Fee \$ _____

Payable To: South Shore Track Fund

School Name _____
 School Address _____

Coaches Name _____
 Home Phone () _____
 School Phone _____

MAIL ENTRY with ROSTER TO :

South Shore H.S.
 Athletic Department.
 6565 Flatlands Avenue
 Brooklyn, N.Y. 11236

Fax 718 377-6607

Questions ? call 718 377-7737
 evenings after 7:00pm

Attn: Mr. Paul Schneider

MARTY LEWIS MEMORIAL

Viking Classic Girls Meet Records

Frosh	100m	Dalilah Muhammad	Cardozo	12.27	2005
		Lateisha Philson	Cardozo	12.27	2009
Soph	100m	Sheveena Rowe	Tilden	12.45	2007
Frosh	200m	Dalilah Muhammad	Cardozo	25.16	2005
Soph	200m	Ahtyana Johnson	Cardozo	25.26	2009
Frosh	400m	Sherille McFarlane	Tilden	59.52	2006
Soph	400m	Imeisha Wright	Tilden	1:00.08	2006
Frosh	800m	Cody Newman	Cardozo	2:22.30	2005
Soph	800m	Claudia Francis	Cardozo	2:18.43	2009
Frosh	1500m	Sherille McFarlane	Tilden	5:07.00	2006
Soph	1500m	Victoria Stepanova	LaGuardia	5:02.70	2009
Frosh	2000m Steeple	Brigita Bercyte	Sheepshead Bay	8:24.30	2007
Soph	2000m Steeple	Jessica Tobin	Clarkstown South	7:25.53	2008
Frosh	100HH	Rochelle Johnson	Medgar Evers	15.7 (h)	2008
Soph	100HH	Tricia Beckles	South Shore	15.6 (h)	2006
Frosh	400IH	Bryanna Chestnut	Banneker	1:08.01	2009
Soph	400IH	Tricia Beckles	South Shore	1:06.09	2006
Frosh	Long Jump	Jodyann Pitt	HS for Sports Mgt.	16' 7 ¾"	2006
Soph	Long Jump	Kerri Thompson	Boys & Girls	15' 0"	2008
Frosh	High Jump	Nacia Johnson	Robeson	4' 10"	2008
Soph	High Jump	Nacia Johnson	Robeson	5' 0"	2009
Frosh	Triple Jump	Onika Cornwall	Jefferson	32' 7 ½"	2004
Soph	Triple Jump	Anika Lewis	Washington Irving	33' 0"	2005
Frosh	Shot Put (6lb.)	Laniqua Dinkins	Evander Childs	29' 9 ½"	2005
Frosh	Shot Put (4k)	Akilah Edwards	South Shore	30' 6 ½"	2008
Soph	Shot Put (4k)	Akiah Luceus	South Shore	32' 4 ½"	2009
Frosh	4 x 200m		Boys & Girls	1:48.78	2005
Soph	4 x 200m		Cardozo	1:47.62	2009
Frosh	4 x 400m		Tilden	4:14.82	2005
Soph	4 x 400m		Cardozo	4:06.56	2009
Frosh	4 x 800m		Boys & Girls	11:29.03	2004
Soph	4 x 800m		Trenton Central	10:24.36	2009

VARSITY

2000m Steeplechase	Kadian Duncley	Clara Barton	7:21.43	2009
Pole Vault	Leah Dawkins	Brooklyn Tech	7' 6"	2008, 09
4 x 100m		Medgar Evers	48.81	2004
4 x 200m		Medgar Evers	1:41.06	2005
4 x 400m		Truman	4:00.35	2005
4 x 800m		Boys & Girls	9:55.27	2009

Viking Classic Boys Meet Records

Frosh	100m	Wayne Morgan	Erasmus Hall	11.21	2009
Soph	100m	Anthony Cox	Madison	11.31	2005
Frosh	200m	Ayo IsholaIsijo	Sheepshead Bay	23.26	2006
Soph	200m	Andre Clacken	Medgar Evers	22.52	2009
Frosh	400m	Garvey Lewis	Tilden	52.15	2006
Soph	400m	John Thomas	Sheepshead Bay	50.83	2008
Frosh	800m	Abayoni Baptiste	Nazareth	2:03.49	2007
Soph	800m	Christopher Welch	Erasmus Hall	2:01.55	2007
Frosh	1600m	Darryll Oliver	Brooklyn Tech	4:48.52	2004
Soph	1600m	Rafal Ksepka	Grover Cleveland	4:45.57	2006
Frosh	2000m Steeple	Michael Coogan	Brooklyn Tech	7:07.06	2007
Soph	2000m Steeple	Darryll Oliver	Brooklyn Tech	6:25.19	2005
Frosh	110HH	Stephen McLean	Transit Tech	15.0 (h)	2004
Soph	110HH	Naquan Alexander	Sheepshead Bay	15.4 (h)	2008
Frosh	400IH	Andre Hewitt	Transit Tech	1:00.69	2009
Soph	400IH	Richmond Ahadzi	Sheepshead Bay	58.81	2009
Frosh	Long Jump	Nichola Adams	Grady	19' 11"	2006
Soph	Long Jump	Rolyce Boston	Sheepshead Bay	20' 8 ½"	2009
Frosh	High Jump	Joseph Clarke	HS of Sports Mgt	5' 8"	2007
		Shane Green	Erasmus Hall	5' 8"	2008
Soph	High Jump	Nashon Murreld	Sheepshead Bay	5' 8"	2004
		Bryan Mills	LaGuardia	5' 8"	2006
		Shane Green	Erasmus Hall	5' 8"	2009
Frosh	Triple Jump	Lavaugh Harris	Sheepshead Bay	40' 3"	2006
Soph	Triple Jump	Shane Green	Erasmus Hall	42' 5"	2009
Frosh	Shot Put (4K)	Nimrel Grant	Tilden	47' 11"	2007
Soph	Shot Put (12lb)	Antonio Dickens	Jefferson	42' 8 ½"	2005
Frosh	4 x 200m		Tilden	1:36.19	2006
Soph	4 x 200m		Hempstead	1:34.87	2007
Frosh	4 x 400m		South Shore	3:41.94	2004
Soph	4 x 400m		Transit Tech	3:31.35	2004
Frosh	4 x 800m		Erasmus Hall	9:01.90	2006
Soph	4 x 800m		Science Skills	8:52.72	2006

VARSITY

3000m Steeplechase	Taylor Dressman	Grady	9:57.24	2008
Pole Vault	Cardel Clemonds	South Shore	12' 6"	2008
4 x 100M		Uniondale	43.42	2005
4 x 200m		Boys & Girls	1:30.48	2009
4 x 400m		Transit Tech	3:23.15	2005
4 x 800m		Boys & Girls	8:12.26	2004