

**WESTHAMPTON**  
**BEACH BOYS TRACK**

**8<sup>th</sup> ANNUAL SPRING TRACK**  
**INVITATIONAL**

**April 24 ,2010 8:45am start**

Dear Coach,

I would like to invite you to our 8th annual spring track invitational Saturday, April 24, 2010 at Westhampton Beach High School. Start time 8:45am.

This meet gives athletes on your team a chance to participate at two levels: open division and novice division. Pole vault and relays will be open division only.

Timing will be FAT by Just-In-Time-Racing

Date: Saturday April 24 2010 Time: 8:45am Rain or Shine

Site: Westhampton Beach High School (all Weather 6 lane track)

Fee: \$200.00 blanket entry payable to

**Westhampton Beach Track Club**

**C/O Jim Ford Westhampton Beach High School**

**49 Lilac Rd. Westhampton Beach, NY 11978**

Questions: call Jim Ford at 288-3800 ext. 222 during the school day or 653-4819 after 7pm. [jpford@optonline.net](mailto:jpford@optonline.net) Check for results and other info.

Entry Deadline: April 20 Call if it's late please call!

## **MEET INFORMATION**

Date: **Saturday, April 24, 2010**

**Time: 8:45am**

1. Sanctioned by Section XI
2. National Federation rules apply
3. **Three event rule**
4. FAT timing by Just-in-time-racing
5. Refreshments on sale
6. Pin spikes 3/16
7. 3 x 5 cards should be filled out for field events and relays. Cards should include Section XI number, Athletes name, School Name, Event and Seed. We will use Section XI assigned numbers for the meet. Teams from outside Section XI will be assigned numbers.
8. Medals to the top six in the open and top 8 in the novice.
9. *Last year we had 25 teams and the meet was over in 4 hours*
10. *If an athlete exceeds the novice standard by a wide margin he will not be eligible for a medal. Coaches should place athletes accordingly.*
11. *Pole Vault will start at 8:45am, 9' starting height Then 10', then 11' then 12' . 3 inches after 12'(this is not a novice event)*

## **ORDER OF EVENTS**

<b><u>EVENT</u></b>	<b><u>NOVICE STANDARD</u></b>
400M HURDLES	71SEC
1600M	5:23
100M	13.3
800M	2:29
400M	69
110M HURDLES	19.9
200M	28.5
3200M	12:01
SHOT PUT	30 FEET
DISCUS	80 FEET
LONG JUMP	14 FEET
TRIPLE JUMP	30 FEET
Pole Vault open only Starting Height 9 feet	
HIGH JUMP	5'
4x100m	
4x400m	
4x800m	

\*\*\*\*OPEN RUNS FIRST, NOVICE RUNS LAST

Open and Novice Shot at same time 8:45am 3 throws no final

Open Disc followed by Novice 3 throws no final

Novice Long Jump 8:45am, Open at 9:45am.

Triple Jump Open at 10:45, Novice at 11:45

**REGISTRATION FORM**

Mail completed form to:

Jim Ford  
Westhampton Beach High School  
49 Lilac Road  
Westhampton Beach, N.Y. 11978

Blanket Entry \$ 200.00 or

Total fee enclosed \_\_\_\_\_ Payable to  
**Westhampton Beach Track Club**

Name\_\_\_\_\_

School address\_\_\_\_\_

\_\_\_\_\_

School phone\_\_\_\_\_

Coaches Name\_\_\_\_\_

Coaches Phone  
number\_(w)\_\_\_\_\_ (H)\_\_\_\_\_