

# **WESTHAMPTON** **BEACH Girls' TRACK**

**15th ANNUAL SPRING TRACK INVITATIONAL**  
**April 24, 2010 1pm start**

Dear Coach,

I would like to invite you to our 15 th annual spring track invitational Saturday, April 24, 2010 at Westhampton Beach High School. Start time 1pm.

This meet gives athletes on your team a chance to participate at three levels: open division, novice division and freshman in limited events ( see schedule ). Open division in relays only.

*Boys Pole Vault only open division*

*Information:*

**Date: Saturday April 24, 2010    Time: 1pm Rain or Shine**

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

**Fee: \$200. payable to Westhampton Beach track club**

**Questions: call john Broich at 288-3800 ext. 222 during the school day or 725-9316 after 7pm. [Broichj1@juno.com](mailto:Broichj1@juno.com) 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: 1pm**

1. Sanctioned by Section XI
2. National Federation rules apply
3. Four event rule
4. **FAT timing**
5. Refreshments on sale
6. Pin spikes 3/16
7. 3 x 5 cards should be filled out for field events and relays; we will use stickers provided by just-in-time-racing for running events.
8. **Open runs last, novice runs first (see event order)**
9. Medals to the top six in the open and top 8 in the novice.
10. ***Just-in-time-racing.com will be timing the race.***
11. *Last year we had 19 teams and the meet was over in four hours*
12. ***If an athlete exceeds the novice standard by a wide margin she will not be eligible for a medal. Coaches should place athletes accordingly.***
13. ***Pole Vault will start at 1pm, 6' starting height***

## **ORDER OF EVENTS**

<b><u>EVENT</u></b>	<b><u>NOVICE STANDARD</u></b>
400M HURDLES	76SEC
1500M	5:40
Freshman 1500M	
100M	13.3
Freshman 100M	
1500M WALK	9:30
800M	2:40
Freshman 800 M	
400M	69
100M HURDLES	19.9
Freshman 100 M Hurdles	
200M	29.5
3000M	12:45
SHOT PUT	30 FEET
DISCUS	80 FEET
LONG JUMP	14 FEET
TRIPLE JUMP	30 FEET
Pole Vault open only Starting Height 6feet	
HIGH JUMP	4'6"
4x100m	
4x400m	
4x800m	

\*\*\*\*NOVICE RUNS FIRST, OPEN RUNS LAST , Freshman run after open.

\*\*\*\* NOVICE THROWS THREE TIMES IN SHOT A DISCUS. OPEN THROWS THREE TIMES.SAME FOR THE TRIPLE AND LONG JUMP.

FIELD EVENTS: 1pm NOVICE SHOT, NOVICE LONG JUMP, NOVICE HIGH JUMP (STARTING AT 3'9") THEN OPEN. NOVICE TRIPLE, NOVICE DISCUS, AND

OPEN HIGH JUMP SHOULD START AT . OPEN TRIPLE  
AND OPEN DISCUS SHOULD START AT.2:30pm

## **REGISTRATION FORM**

Mail completed form to:

John Broich  
Westhampton Beach High School  
49 Lilac road  
Westhampton Beach, N.Y. 11978

Blanket Entry \$ 200.00

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

Name\_\_\_\_\_

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

\_\_\_\_\_

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

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

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