

# Cold Spring Harbor H.S.

Seahawk Invite

Thursday April 11<sup>th</sup>, 2013

Time: First event at 5:30pm

Open Events: Verbal Seeding w/labels

Relays: Index cards w/label for anchor

Event Information:

- 3 event limit
- Girls Steeple is 2000m, Boys 3000m
- 1000m Steeple w/ 8 barriers 2 water jumps
- Shot and Discus limited to 3 entries per team
- Long and Triple Jumps limited to 3 entries per team

Entry Fees: Nassau Teams: \$75, plus the cost of officials. Official cost will be split between schools and billed through BOCES.

All non Section VIII teams: \$100

**Payable To: Seahawk Booster Club**

Entry Due: **Friday, April 5th ( Meet will fill, send in early )**

Cold Spring Harbor High School

c/o Nick Aurigemma Girls T&F Coach

82 Turkey Lane

Cold Spring Harbor, NY 11724

Fax: (516) 679-7756

[naurigemma@yahoo.com](mailto:naurigemma@yahoo.com) or cell (516)721-087.

# Cold Spring Harbor H.S.

Seahawk Invite

Thursday April 11<sup>th</sup>, 2013

## **Field Events: 5:30 start**

Pole Vault: Boys (8' start) followed by Girls (6' start)

High Jump: Girls (3'10" start) followed by Boys (4'10" start)

Long Jump: Girls followed by Boys (upper pit, by HJ)

Triple Jump: Boys followed by Girls

Discus: Boys followed by Girls

Shot: Girls followed by Boys

## **Order of Events: 5:30 start**

1000m Steeple boys

3000m Steeple boys

SMR (200-100-100-400) girls

SMR (200-100-100-400) boys

800m Racewalk girls

1000m Steeple girls

2000m Steeple girls

MMR (400-200-200-800) boys

MMR (400-200-200-800) girls

4x1600m boys

4x200m girls

4x200m boys

4x1500m girls

# Cold Spring Harbor H.S.

Seahawk Invite

Thursday April 11<sup>th</sup>, 2013

School: \_\_\_\_\_ Boys or Girls

Coach: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

3000m Steeple (boys) \_\_\_\_\_

2000m Steeple (girls) \_\_\_\_\_

1000m Steeple (boys) \_\_\_\_\_

1000m Steeple (girls) \_\_\_\_\_

SMR (2-1-1-4) \_\_\_\_\_

4x200m \_\_\_\_\_

MMR (4-2-2-8) \_\_\_\_\_

800m RW (girls) \_\_\_\_\_

4x1600m (boys) \_\_\_\_\_

4x1500m (girls) \_\_\_\_\_

Pole Vault \_\_\_\_\_

High Jump \_\_\_\_\_

\*\*\*\*\*3 athlete limit for Shot, Discus, LJ and TJ \*\*\*\*\*

LJ \_\_\_\_\_ TJ \_\_\_\_\_

Shot \_\_\_\_\_ Discus \_\_\_\_\_

*I understand that by accepting this invitation I am committing to participate in the Seahawk Invitational. Furthermore I understand that this is an entry fee, not a participation fee.*

Coaches Signature: \_\_\_\_\_

Entry Fees: Nassau Team: \$75, plus the cost of officials. Official cost will be split between schools and billed through BOCES.

All non Section VIII teams: \$100

**Payable To: Seahawk Booster Club**

Cold Spring Harbor High School

c/o Nick Aurigemma Girls T&F Coach

82 Turkey Lane

Cold Spring Harbor, NY 11724

Fax: (516)679-7756

