

11th ANNUAL
KNIGHT-TIME INVITATIONAL
SATURDAY, APRIL 12TH, 2014
UNIONDALE HIGH SCHOOL

THIS MEET IS OPEN TO ALL SCHOOLS IN NEW YORK, NEW JERSEY, PENNSYLVANIA AND CONNECTICUT. SANCTIONS HAVE BEEN APPLIED FOR.

INVITATIONAL EVENTS WILL BE OPEN TO **TOP 24 IN EACH EVENT**. ENTRIES WILL BE **ACCEPTED UNTIL WEDNESDAY, APRIL 9TH, 2014 AT 6:00 P.M.** AT WHICH POINT THE ENTRIES WILL BE CLOSED. ACCEPTED INDIVIDUALS IN INVITATIONAL EVENTS WILL BE POSTED ON THURSDAY, APRIL 10TH.

ENTRY PROCEDURE:

We are using Just-in-time-racing.com for our FAT. You need to put your full roster on line at that website. If you have never used this website before, you will have to e-mail Tony Toro at eltorotf@optonline.net to get a password.

Once you get the password

1. Go. to www.just-in-time-racing.com
2. Go to Spring track
3. Go to rosters [your athlete must be listed before you can seed them]
4. Chose meet entries.
5. Once you've completed seeding your athletes save all entries at the bottom of page. Seeding is only required for Invitational Events.
6. Make a copy for your records. [Your proof that you entered your athletes]
7. If you have any problems with your entries: 631-928-0991

**MAIL OR FAX YOUR MEET ENTRY WITH PAYMENT OR VOUCHER TO:
UNIONDALE TRACK CLUB
209 PETERS AVENUE
EAST MEADOW, NY 11554
FAX 516-357-0002**

NO ENTRIES THE DAY OF MEET. NO EXCEPTIONS.

RELAYS: YOU DO NOT HAVE TO GIVE SEED TIMES FOR YOUR RELAYS. YOUR RELAYS WILL BE SEEDED THE DAY OF THE MEET

TEAM SCORING:

The top three teams will be awarded plaques. Team Points will be given to the top 6 finishers in all events including Frosh/Soph and field events.

10-8-6-4-2-1

ENTRY FEE: ALL INDIVIDUAL EVENTS ARE \$5.00 PER ATHLETE
ALL RELAYS ARE \$15.00

*****MINIMUM ENTRY \$25.00*****

THIS IS AN ENTRY FEE NOT A PARTICIPATION FEE.

VARSIY STANDARDS:

	GIRLS	BOYS
HIGH JUMP	4'4"	5'
POLE VAULT	6'	8'
SHOT PUT TO BE MEASURED	28'	38'
DISCUS TO BE MEASURED	80'	90'
LONG JUMP TO BE MEASURED	14'	18'
TRIPLE JUMP TO BE MEASURED	30'	38'

THE JUMP PIT WILL BE OPEN FOR 1/1/2 HOURS GIRLS FIRST THEN BOYS IN TRIPLE JUMP. BOYS THEN GIRLS IN THE LONG JUMP. THE TOP 7 VARSITY ATHLETES WILL HAVE 3 MORE JUMPS AFTER THE OPEN PIT TRIAL.

VARSIY ATHLETES WILL JUMP FIRST, THEN FROSH/SOPH

FIRST THROW OR JUMP WILL BE MESURED, THEN ONLY JUMPS AND THROWS MEETING STANDARDS WILL BE MESURED.

SHOT PUT , DISCUS & HIGH JUMP – VARSITY FIRST, THEN COMBINED FROSH/SOPH

INVITATIONAL RUNNING EVENTS: TOP 24 ONLY
1500/1600 800
400 HURDLES 200

WE WILL ACCEPT ALL ENTRIES IN THE FOLLOWING EVENTS:

100 400 100/110 HURDLES STEEPLECHASE 3200/3000
RELAYS (3 PER SCHOOL) ALL FIELD EVENTS

3 EVENT LIMIT PER ATHLETE

AWARDS:	T SHIRT TO ALL VARSITY WINNERS INCLUDING RELAYS	
INVITATIONAL EVENTS	PLAQUE TO WINNER	MEDALS 2-6
INDIVIDUAL OPEN EVENTS	PLAQUE TO WINNER	MEDALS 2-6
RELAYS	PLAQUE TO WINNING COACH	MEDALS 1-6
FROSH-SOPH EVENTS		MEDALS 1-5

MEDALS WILL BE AWARDED TO ALL HEAT WINNERS IN THE 400

INVITATIONAL AWARDS WILL BE AWARDED AFTER EACH EVENT ON THE INFIELD.

ALL OTHER AWARDS WILL BE BAGGED TO BE PICKED UP AT THE END OF THE MEET. INFIELD AREA

MEET T SHIRTS WILL BE ON SALE

FOOD CONCESSION WILL BE AVAILABLE FOR BREAKFAST AND LUNCH

TENTS ARE WELCOME!!

PLEASE NO RADIOS (BOOM BOXES) [PERSONAL MUSIC DEVICES ONLY]

¼ "SPIKES ONLY

MEET DIRECTOR: DENNIS KORNFELD & LEIGH POLLET

QUESTIONS CONTACT: SUE KORNFELD 516-357-0001
 E MAIL SUZIEKORN@AOL.COM
 FAX 516-357-0002

IF YOU HAVE QUESTIONS, PLEASE CALL US OR E-MAIL US.

SEND INTENTIONS TO ENTER MEET TO SUZIEKORN@AOL.COM

Girls Frosh

____ Sprint Medley _____
 ____ 100 Meter _____
 ____ 400 Meter _____
 ____ 800 Meter _____
 ____ High Jump _____
 ____ Long Jump _____
 ____ Triple Jump _____
 ____ Shot Put _____
 ____ Discus _____

Girls Soph**Boys Frosh**

____ Sprint Medley _____
 ____ 100 Meter _____
 ____ 400 Meter _____
 ____ 800 Meter _____
 ____ High Jump _____
 ____ Long Jump _____
 ____ Triple Jump _____
 ____ Shot Put _____
 ____ Discus _____

Boys Soph**Varsity Girls**

____ 100 _____
 ____ 100 HH _____
 ____ 400 _____
 ____ 4X100 _____
 ____ 4X400 _____
 ____ 4x800 _____
 ____ Sprint Medley _____
 ____ Shuttle Hurdle [4per] _____
 ____ 3000 _____
 ____ Steeplechase _____
 ____ Hammer _____
 ____ High Jump _____
 ____ Long Jump _____
 ____ Triple Jump _____
 ____ Shot Put _____
 ____ Discus _____
 ____ Pole Vault _____

Varsity Boys

____ 100 _____
 ____ 110 HH _____
 ____ 400 _____
 ____ 4X100 _____
 ____ 4X400 _____
 ____ 4x800 _____
 ____ Sprint Medley _____
 ____ Shuttle Hurdle [4 per] _____
 ____ 3200 _____
 ____ Steeplechase _____
 ____ Hammer _____
 ____ High Jump _____
 ____ Long Jump _____
 ____ Triple Jump _____
 ____ Shot Put _____
 ____ Discus _____
 ____ Pole Vault _____

Girls Invitational Events

____ 400 IH _____
 ____ 200 _____
 ____ 800 _____
 ____ 1500 _____

Boys Invitational Events

____ 400 IH _____
 ____ 200 _____
 ____ 800 _____
 ____ 1600 _____

****TOTAL ATHLETES****Girls Entry**

Total # of Individuals ____ x \$5.00= _____
 Total # of Relays ____ x \$15.00= _____
 Total Entry Fee \$ _____

Boys Entry

Total # of Individuals ____ x \$5.00 = _____
 Total #of Relays ____ x \$15.00= _____
 Total Entry Fee \$ _____

MAKE CHECKS PAYABLE TO: **UNIONDALE TRACK CLUB**
 209 PETERS AVENUE, EAST MEADOW, NY 11554

SCHOOL: _____ **COACH** _____
ADDRESS _____ **SCHOOL PHONE:** _____
CITY: _____ **COACH'S HOME PHONE:** _____
STATE: _____ **ZIP** _____ **COACH'S E-MAILADDRESS** _____

