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 <u>eltorotf@optonline.net</u> to get a password.

Once you get the password

- 1. Go. to <u>www.just-in-time-racing.com</u>
- 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

THIS IS AN ENTRY FEE NOT A PARTICIPATION FEE.

VARSITY 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.

VARSITY ATHLETES WILL JUMP FIRST, THEN FROSH/SOPH

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

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

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

WE WILL ACCEPT ALL ENTRIES IN THE FOLLOWING EVENTS:

100400100/110 HURDLESSTEEPLECHASE3200/3000RELAYS (3 PER SCHOOL)ALL FIELD EVENTS

3 EVENT LIMIT PER ATHLETE

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 MEDALS 1-6 COACH

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]

1/4 "SPIKES ONLY

MEET DIRECTOR: DENNIS KORNFIELD & LEIGH POLLET

QUESTIONS CONTACT: SUE KORNFIELD E MAIL FAX 516-357-0001 <u>SUZIEKORN@AOL.COM</u> 516-357-0002

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

SEND INTENTIONS TO ENTER MEET TO SUZIEKORN@AOL.COM

<u>Girls Frosh</u>	<u>Girls Soph</u> Sprint Medley	<u>Boys Frosh</u>	Sprint Medley	<u>Boys Soph</u>
	100 Meter		100 Meter	
	400 Meter		400 Meter	
	800 Meter		800 Meter	
	High Jump		High Jump	
	Long Jump		Long Jump	
	Triple Jump		Triple Jump	
	Shot Put		Shot Put	
	Discus		Discus	
			Discus	
<u>Varsity Girls</u>		<u>Varsity Boy</u>		
	100		100	
	100 HH		110 HH	
	400		400	
	4X100		4X100	
	4X400		4X400	
	4x800		4x800	
	Sprint Medley		Sprint Medley	
	Shuttle Hurdle [4per]		Shuttle Hurdle	[4 per]
	3000		3200	
	Steeplechase		Steeplechase	
]	Hammer		Hammer	
]	High Jump		High Jump	
]	Long Jump		Long Jump	
, 	Triple Jump		Triple Jump	
	Shot Put		Shot Put	
]	Discus		Discus	
]	Pole Vault		Pole Vault	
Girls Invitatio	nal Events	Boys Invitat	ional Events	
	400 IH	20,0 11,100	400 IH	
	200		200	
	800		800	
	1500		1600	
**TOTAL ATHLETES				
<u>Girls Entry</u>		Boys Entry		
Total # of Indix	vidualsx \$5.00=	Total # of In	dividualsx\$:	5.00 =
Total # of Relaysx $$15.00 =$			laysx \$1	
Total Entry Fee \$			Fee \$X \$1	
MAKE	CHECKS PAYABLE TO UNIO	NDALE TRA	CK CLUB	

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

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SCHOOL:	COACH		
ADDRESS	SCHOOL PHONE:		
CITY:	COACH'S HOME PHONE:		
STATE:	ZIPCOACH'S E-MAILADDRESS		

ORDER OF EVENTS

ALL RUNNING EVENTS WILL BE BOY, GIRL EXCEPT WHERE NOTED IN HURDLES

FIRST EVENT PROMPTLY AT 8:30 A.M. STEEPLECHASE 400 IH FINAL ON TIME [INVITATIONAL] SPRINT MEDLEY 200-100-100-400 FROSH SPRINT MEDLEY SOPH SPRINT MEDLEY VARSITY 4 X 800 4 X 100 VARSITY TRIALS 6 FASTEST TIMES TO FINAL SHUTTLE HURDLE RELAY [4 PERSON TEAM] FINAL ON TIME [INVITATIONAL] 200 800 FINAL ON TIME VARSITY [INVITATIONAL] 800 FINAL ON TIME FROSH 800 FINAL ON TIME SOPH 100 FROSH FINAL ON TIME [OPPOSITE SIDE OF TRACK - NO FAT] 100 SOPH FINAL ON TIME [OPPOSITE SIDE OF TRACK – NO FAT] 100 VARSITY TRIALS 6 FASTEST TO FINAL

Brief Opening Ceremony [National Anthem]

3200 3000 100 HURDLES 110 HURDLES 400 400 400 100 110 HURDLES 100 HURDLES 1600 4 X 100	FINAL ON TIME FINAL ON TIME VARSITY TRIA VARSITY TRIA FINAL ON TIME FINAL ON TIME FINAL FINAL FINAL FINAL FINAL FINAL FINAL	
1500	FINAL ON TIME	[INVITATIONAL]
4 X 400		
HAMMER	BOYS	GIRLS [START TIME 8:30 A.M.]
HIGH JUMP	GIRLS	BOYS VARSITY-FROSH SOPH[COMBINED]
LONG JUMP	BOYS	
		GIRLS VARSITY-FROSH SOPH[COMBINED]
TRIPLE JUMP	GIRLS	BOYS VARSITY-FROSH SOPH[COMBINED]
SHOT PUT	BOYS	GIRLS AFTER HAMMER
		VARSITY-FROSH SOPH[COMBINED]
DISCUS	GIRLS	BOYS VARSITY – FROSH SOPH [COMBINED
POLE VAULT	GIRLS	BOYS VARSITY ONLY

THE FROSH /SOPH FIELD EVENTS WILL BE COMBINED AND THEN MEDALS WILL BE AWARDED ACCORDINGLY FOR EACH DIVISION. IN THE HIGH JUMP ALL LEVELS WILL COMPETE TOGETHER