

12th Annual Bulldog Invitational

Hewlett High School



May 17, 2014

Coaches' Notes

- 1) Remember that this is an entry fee, not a participation fee. This meet is sponsored by Hewlett High School and enforces all NF, NYSPHAA and Section VIII rules.
- 2) **Entry Fee:** Flat Fee of \$150/team or \$300 for combined B/G entry (not school). Schools will also be billed for one official each through BOCES.

**Make checks payable to "Hewlett Varsity Club" **

Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!

- 3) 3 event limit. (Pentathlon counts as 3 events.)
- 4) Awards: Medals to top 6 in all elite events and top 3 in all open events.
- 5) Field Events: Have restricted numbers. **3 elite and 2 open are allowed.** For time purposes only the long jump and the shot put will have open sections. There will only be elite sections in the disc, pole vault, high jump and triple jump.
- 6) Relays: Relays are elite only!
- 7) Send in your paperwork ASAP! If you have any questions please feel free to contact us.
 - a. Eamon McHugh - emchugh@hewlett-woodmere.net - **Send seeds to this email.**
 - b. Stephen Honerkamp - coachh101@aol.com
- 8) The mascot race is back so get a hold of your suits early!
- 9) Concessions: Once again we have gone out of control this year! The Barbeque Pit will be open for concessions, and will be selling great gear and t-shirts.

Instructions for Elite Seeds

- Based upon coaches input, **elite seeds will only be needed for the pentathlon and field events.**
- Athletes you wish to enter in the elite sections in the running events will be done on meet day.
- If you have an athlete who meets the standards listed below then please enter them in the elite section via email (emchugh@hewlett-woodmere.net) or fax 516-374-4571 - c/o Eamon McHugh.
 - **Seeds are due by 5PM on Sunday, May 11th.**
- Initial seed lists will be emailed on Wednesday, May 14th.
- Updates on the seeds may be sent in by Thursday, May 15th.
- Seed lists will be available on meet day. Coaches must scratch elite athletes upon arrival.
- There is not a guarantee that an athlete will make the elite sections.

Bulldog Invitational

** Pole Vault starts at 8:45!! **

Order of Events (9:30 start - First event called at 9:15 - Boys followed by Girls)

Pentathlon 110HH (limited to 10 - limit to 2 per team)
3 x 110HH Relay (the individual time of all three runners will be added up for placing)
110HH (individual for teams without a multiple of 3 HH kids)
Pentathlon 100HH (limited to 10 - limit to 2 per team)
3 x 100HH Relay (the individual time of all three runners will be added up for placing)
100HH (individual for teams without a multiple of 3 HH kids)
4x100 - semi
Mile/1500
100m - semi
400IH
Fastest Boy/Girl in Hewlett (55m)
100m - final
Hewlett Elementary 4x100
4x100 - final
400m
800m
Mile Medley Relay (200-200-400-800) - (*one heat only*)
Coaches/Alumni 1200m Relay (4 people pick any distance adding up to 1200m)
200m
Throwers 4x100m (Each athlete must have been in either the shot or the disc to be eligible.)
4x200

Field Events -

Pole Vault - Girls / Boys (8:15AM check-in/warm-up & 8:45 start) (**ELITE ONLY - 3 entrants/team**)
Starting Heights - Will be at least 7' & 9' since we want this event to move.
High Jump - Boys & Girls together - 2 mats (**ELITE ONLY** after pent HJ is finished)
Starting Heights - Boys = 5'4" / Girls = 4'4"

The first legal mark will be measured then athletes must meet the minimum to be measured.

Shot Put - Boys / Girls

Minimum Distances - Boys = 36' / Girls = 26'

Discus - Girls / Boys (**ELITE ONLY - 40 entrants maximum**)

Minimum Distances - Boys = 90' / Girls = 70'

Long Jump/Triple Jump - Boys / Girls (Triple Jump is **ELITE ONLY** due to time)

Minimum Distances - Boys = 18' and 36' / Girls = 14' and 28'

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May 17, 2014 - @Hewlett High School

Entry Form

****NEW - Payments must be received by meet day so get your paperwork in early!****

****Schools violating this may not be allowed to attend next year.****

Boys Entry Fee- Flat Fee = \$150 _____

Girls Entry Fee- Flat Fee = \$150 _____

OR

OR

Call for small team entry.

Call for small team entry.

OR

Combined Boys / Girls Entry Fee = \$300 = _____

**** All schools will also be billed for one official through BOCES ****

Information:

School _____

Boys' Coach _____

Email _____

Phone # _____

School _____

Girls' Coach _____

Email _____

Phone # _____

Notes

- Make checks payable to "Hewlett Varsity Club".
- Entry due date is Wednesday, May 7, 2014.
- Fax # - 374-4571 - c/o Eamon McHugh
- Mail entry to: Woodmere Middle School
Eamon McHugh
1170 Peninsula Blvd.
Hewlett, NY 11557