

4th Annual
**Christopher Urban
& Brittney Walsh**
Memorial Track & Field Invitational
Tuesday May 13, 2014



Walter G. O'Connell-Coptague HS

Copiague High School's



4th Annual Urban & Walsh Memorial Invitational

In honor & memorial of Christopher Urban & Brittney Walsh

Tuesday, May 13, 2014

Copiague High School---1100 Dixon Avenue---Copiague, NY

Clerking: Begins at 3:30pm

- **This meet is open to all HS boys and girls.**
- Athletes may compete in any three (3) events.
- Limit of two teams per school in each of the relays.
- There will not be any separate Frosh/Soph events.
- Please use stickers for all events (event, name, school, grade)

Awards:

- Medals will be given to the top three finishers in all events, with a distinctive 1st place

Spikes:

- $\frac{1}{4}$ in maximum length can be worn on all runways and the track.

Food:

- Hot BBQ & cold food and drinks will be on sale the day of the meet, as well as Invite T-shirts. Please support the Copiague Booster Club.

Entry Fees:

- **Section XI teams:** \$125.00 blanket fee, or \$10.00 per individual & \$20.00 per relay
 - **Boys & Girls combined:** \$200.00
- **Non-Section XI teams:** \$150.00 blanket fee, or \$10.00 per individual & \$20.00 per relay
 - **Boys & Girls combined:** \$250.00

WE'VE KEPT OUR ENTRY FEE LOW TO REFLECT FISCAL RESTRAINT.

- **Blanket Fee:** allows for unlimited individual entries.
- **Meet will be limited to the first 25 teams with paid entry!**
 - **2013 had 24 teams competing!!!**

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---Steve Prefontaine

ORDER OF EVENTS

RUNNING EVENTS START AT 4:00 PM

- *Girls Events Followed by Boys (except hurdle finals)*
- *Verbal seeds for all running events*
- **ALL ATHLETES MUST HAVE A COMPETITOR NUMBER!!!**

- 2000/3000 Steeplechase
- 100/110 HH (semis)
- 1500/1600-*Chris Urban Memorial Event*
- 110/100 HH (finals)--- boys final 1st
- 100 (semis)
- 400
- Copiague Elementary School 4 x 100
- 100 (finals)
- 800
- 400IH
- 200 (finals on time)
- 4 x 800
- 4 x 400
- TEXAS SPRINT RELAY (100-100-200-400)

FIELD EVENTS START AT 4:00PM

- Seed cards will be used for all field events
- There will be NO triple jump
- **ALL ATHLETES MUST HAVE A COMPETITOR NUMBER!!!**

- GIRLS SHOT FOLLOWED BY BOYS---top 6 to finals
- BOYS DISCUS FOLLOWED BY GIRLS---top 6 to finals
- BOYS LJ FOLLOWED BY GIRLS LJ---top 6 to finals
- GIRLS HIGH JUMP FOLLOWED BY BOYS

Copiague High School's



4th Annual Urban & Walsh Memorial Invitational

In honor & memorial of Christopher Urban & Brittney Walsh
Tuesday, May 13, 2014

Entries Due: May 5th, 2014

Entries received after may be denied entry.

Meet will be limited to the first 25 teams with paid entry!

School: _____ (circle one) **BOYS** **GIRLS**

Coach's Name: _____

Coaches Email: _____

School Phone # (____) _____ Coach's Phone # (____) _____

Approximate # of overall athletes attending: _____

Entry Fees:

- **Please circle one**
If using blanket fee:

Section XI team	<u>OR</u>	Non-Section XI team
\$125.00		\$150.00

- | | | |
|----------------|------------------|----------------|
| Combined Teams | <u>OR</u> | Combined Teams |
| \$200.00 | | \$250.00 |

OR

- # of individuals _____ X \$10.00 each = _____

- # of relays _____ X \$20.00 each = _____

- **TOTAL AMOUNT DUE = _____**

This is an entry fee not a participation fee & the meet will be capped at 25 teams.

Make checks or PO's payable to Copiague High School and send to:

COPIAGUE H.S.---c/o George Schroeder---1100 Dixon Avenue---Copiague, New York 11726

Questions---Comments---Concerns

Contact---George Schroeder email at gschroeder@copiague.net or call 516-672-4086 (cell)

"The will to win means nothing if you haven't the will to prepare"

---Juma Ikangaa, 1989 NYC Marathon winner

Copiague High School's 4th Annual Urban & Walsh Memorial Invitational



Christopher Urban was in his junior year at Copiague High School when he was suddenly and most unexpectedly taken away from us on October 12, 2010. Unknown to anyone, Chris had a congenital condition known as arteriovenous malformation (AVM) on his brain.

Chris began his running career as a freshman, coming out for the Spring Track team after being cut from baseball. Carrying quite a few extra pounds, Chris was hardly the picture of a "track kid", let alone a miler. Chris was barely able to break 8 ½ minutes in the mile, running only an 8:18 that freshman season, but to his credit he stuck with it.

Chris came out and ran Cross Country in his sophomore year, still sporting some extra weight but managed to drop time and pounds from the beginning of the season to end, running 27:57 at the beginning and 22:24 at the end. Chris just narrowly missed winning the "MOST IMPROVED" athlete award. He continued running through the winter track season as well, not breaking any records but still working hard every day. Another Spring Track season saw Chris run his best mile yet of 5:45. Sacrifice, dedication, perseverance... these were not just words to Chris, they were a daily ritual.

The summer of 2010, Chris spent many days putting in the mileage for his upcoming junior XC season. Even while on a family vacation to his "family island" in Croatia, Chris ran everyday. He began his XC season right where he left off from his sophomore year, running 22:25. Chris would go on to run a 21:30 for three miles at Sunken Meadow; his best time ever, and just days before his passing. On the morning Chris passed, the team had a XC meet at the Meadow that afternoon. To honor his commitment to the sport and each other, the team decided not to postpone their meet, but instead, race in his name and honor.

That day, Tuesday October 12, 2010, 10 of the 15 varsity runners ran their best time to date, and won, for Chris.

Brittney Walsh was beautiful young lady, a multi-event track athlete and had just graduated from Copiague High School on June 22, 2012. She had attended her prom the previous Thursday. On Sunday evening, June 24th, Brittney was killed by a drunk driver as she drove home from her part-time job, just blocks away from her home.

Brittney and Christopher Urban were the best of friends.



<http://www.smile14.org/>

Both Brittney and Christopher were my students when they were both juniors. Brittney was an active member and captain on the girls track team, triple jumping and running the 400 and representing her team at the 2012 PENN RELAYS.

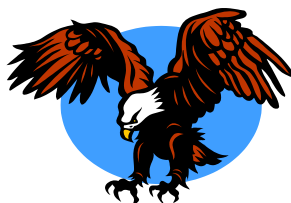
Brittney and Chris had a profound and positive effect upon nearly everyone they came in contact with; I wish you could have met them and known them as I had the pleasure and honor of.

Thanks to a very generous donation from Mr. & Mrs. Walsh, the Copiague Track & Field Program now has our very steeple chase barriers, which will forever honor their daughter.

So today, as your athletes compete, remind them of sacrifice, dedication, perseverance, and how each & every one of them can be a winner every single time they compete, through achieving personal bests. That's what Chris Urban and Brittney Walsh did. Thank you for coming.

Good Luck!

Coach George Schroeder



Chris Urban Memorial Invitational

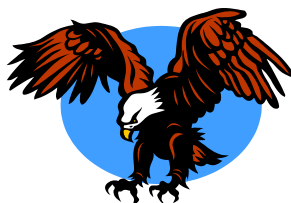
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---Steve Prefontaine

EVENT WINNERS FROM 2011

Boys

Girls

10:35.7--- Wes Merriwether- Cop.	2000/3000 Steeplechase	not contested
4:40.1--- Wes Merriwether- Cop.	1500/1600	
15.80--- Mike Benson- Cop.	110/100 HH	
52.50--- Ernesto Medina- Cop.	400	
10.9--- Jarrick Ambrose- Cop.	100	
2:06--- Rob Prescia- Deer Park	800	
58.30--- Zack LeCat- Rocky Point	400IH	
23.40--- Davine Clinton- Cop.	200	
8:55.2--- Massapequa	4 x 800	
3:40.0--- Copiague "A"	4 x 400	
not contested	TEXAS SPRINT RELAY	
43'09.25" --- Darryl Mitchell- Cop.	SHOT	
168'00"--- Andrew Bylicki- Rocky Point	DISC	
20'09.25"--- Kevin Vasko- Rocky Point	LONG JUMP	
41'10"--- Justin Brown- Copiague	TRIPLE JUMP	
6'04"--- Wade Richardson- Cop.	HIGH JUMP	



Chris Urban Memorial Invitational

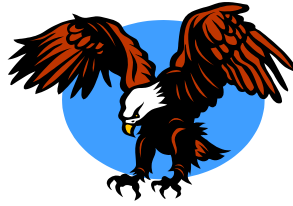
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EVENT WINNERS FROM 2012

Boys

Girls

10:16.7--- Wes Merriwether- Cop.	3000/2000 Steeplechase	8:03---Jen Race---MacArthur
4:41.9--- Corey Slatinitski---Mattituck	1600/1500	not contested
14.2--- Mike Benson- Cop.	110/100 HH	16.8---Small---Amityville
51.5--- Mayan---Center Moriches	400	61.1---Shannon Murphy---MacArthur
11.1---James D'Onofrio---W Babylon	100	12.0---Janel Francis---Copiague
2:03.7---Pat Ducey---MacArthur	800	2:33.8---Weeb---W Babylon
57.4--- Mario Mayen---Center Moriches	400IH	68.3---Destiny MacElroy---Riverhead
22.8--- James D'Onofrio---W Babylon	200	26.0---Ashley Jackson---Copiague
9:42.9---Lindenhurst	4 x 800	not contested
3:33.7--- Copiague "A"	4 x 400	not contested
1:35.4--- Amityville "A"	TEXAS SPRINT RELAY	1:51.3---Copiague "A"
48'04.5"---Anthone Stimpfel---Riverhead	SHOT	31'02.25"---Amanda Seda---MacArthu.
168'00"--- Andrew Bylicki- Deer Park	DISC	98'01"---Kerrysha Pittman---Riv.
21'08.5---Alex Williams---Wyandanch	LONG JUMP	18'05.25"---Janel Francis---Cop.
44'03"--- Justin Brown- Copiague	TRIPLE JUMP	40'02.75"---Meloney Riley---Riv.
6'00"---Dan Geist---Lindenhurst	HIGH JUMP	5'00"---Kelly Grossman---Rocky Pt.



Chris Urban Memorial Invitational

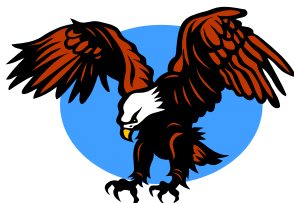
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EVENT WINNERS FROM 2013

Boys

Girls

10:43.09--- Juan Taveras- Copiague	3000/2000 Steeplechase	7:04.17---Victoria Ingram---Smithtown W
4:28.87 ---Alex Fitzgerald---Ward Melville	1600/1500	5:03.16---Mackenzie Coleman---Sachem N
:15.29--- Aaron McFadden---Copiague	110/100 HH	:15.59---Nikki Fogarty---Sachem N
:51.14---Conner Christian--- Ward Melville	400	:59.69---Jessica Gonzales---HHHW
:11.08---Jarried Redwood---HHW	100	:12.62---Alyssa Leto---Sachem N
1:58.87---Jake Burcham---HHHE	800	2:31.19---Kristina Schrepf---Sachem N
:55.10---Tobias Nelson---Brentwood	400IH	:66,82---Kaitlin MacDonald---Rocky Point
:22.56---Maleik Henry--- HHHE	200	:26.63---Kayla Hodge---HHHW
8:49.63---Ward Melville (R. Fan, T. Francisco, J.P. Humpreys, C. Theiss)	4 x 800	10:44.36---HHHW (V. Sacchetti, E. Pabisch, M. Iris, O. Sabatino)
3:27.19--- HHHW “A” (B. Johnson, J. Connor, H. Thaper, J. Blackman)	4 x 400	4:34.93---Sachem North (E. Lin, M. Abrams, T. Buechner, G. Czerw)
1:37.50--- Brentwood “A” (D. Kidd, D. Smith, N. Ortiz, T. Nelson)	TEXAS SPRINT RELAY	1:57.71---Copiague “A” (J. Ruiz, A. Jackson, A. Arquer, N. Austin)
54-02 ---Ben Bonhurst--- Smithtown W	SHOT	37-00.75 ---Tiara Davis---HHHW
164-02 ---Ben Bonhurst--- Smithtown W	DISC	103-01 ---Tiara Davis---HHHW
21’02.75---Zachary Acocella---E Islip	LONG JUMP	16-10.5 ---Sunja Joseph---Sachem N
not contested	TRIPLE JUMP	not contested
6-04 ---Maurice Epps---Copiague	HIGH JUMP	5-02 ---Carly Swinford---Sachem N
14-00 --- Jonah Spaeth--- Riverhead --- Dan Normoyle---Riverhead	Pole Vault	not contested



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EVENT RECORDS

Boys

Girls

10:16.7--- Wes Merriwether- Copiague "12	3000/2000 Steeple	7:04.17---Victoria Ingram---Smithtown W "13
4:28.87 ---Alex Fitzgerald---Ward Melville '13	1600/1500	5:03.16---Mackenzie Coleman---Sachem N "13
:14.24---Mike Benson---Copiague '12	110/100 HH	:15.59---Nikki Fogarty---Sachem N "13
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:11.08---Jarried Redwood---HHW "13	100	:12.24---Janel Francis---Copiague "12
1:58.87---Jake Burcham---HHHE "13	800	2:31.19---Kristina Schrepf---Sachem N "13
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:22.56---Maleik Henry--- HHHE "13	200	:26.24---Ashley Jackson---Copiague "12
8:49.63---Ward Melville "13 (R. Fan, T. Francisco, J.P. Humpreys, C. Theiss)	4 x 800	10:44.36---HHHW "13 (V. Sacchetti, E. Pabisch, M. Iris, O. Sabatino)
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1:35.4--- Amityville "A"- 2012	TEXAS SPRINT RELAY	1:51.54---Copiague "A" "12
54-02 ---Ben Bonhurst--- Smithtown W "13	SHOT	37-00.75 ---Tiara Davis---HHHW "13
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21'08.5---Alex Williams---Wyandanch- "12	LONG JUMP	18-05.25---Janel Francis---Copiague "12
44-03---Justin Brown---Copiague "12	TRIPLE JUMP	40'02.75"---Meloney Riley---Riv. "12
6-04 ---Maurice Epps---Copiague "13 ---Wade Richardson---Copiague "11	HIGH JUMP	5-02 ---Carly Swinford---Sachem N "13
14-00 --- Jonah Spaeth--- Riverhead "13 --- Dan Normoyle---Riverhead "13	Pole Vault	not contested