

7th ANNUAL
MASSAPEQUA LAST CHANCE MEET



MONDAY-JUNE 2nd, 2014

Please contact: Mike Lisa email: mlisa101@hotmail.com or Rich Degnan email: mbundr8029@aol.com

**Location: Massapequa High School
4925 Merrick Road
Massapequa NY**

**Time: 4:15 PM-8:30 PM
Clerking: Begins at 4:00 pm**

Coaches Instruction Sheet

- Entries** Entry due date is Friday, May 31st, 2014. Our fax number is 516-308-5701.
NO ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.
Just a reminder, that once an entry is accepted, the entry fee **must** follow.
The fee is an entry fee and not a participation fee.
- Eligibility** An athlete may compete in any **three events**.
- Relays** You do not have to seed your relays. Your relays will be seeded the day of the meet. Seeded sprint heats will be run in lane. All others may run off common start.
- Invitational Events** The following events are considered invitational events; Boys' and Girls' 100, 110/100 HH, 400 IH, 800m, 1500/ 1600, 3000/3200.
- All coaches who wish to have athletes considered for invitational events must be pre-seeded by 10am Monday June 2nd. Please send all seeds to Rich Degnan at Mbundr8029@aol.com.**
- All seeded entries must be submitted with athletes full name, school, performance, performance date and meet location. Field sizes are listed below. Meet management reserves the right to adjust the number of competitors in the invitational events.
- | | | | |
|-----------------------------|------------------------------|------------------------|------------------------------|
| 400 IH- | 12 athletes will be accepted | 110/100 HH- | 14 athletes will be accepted |
| 800 Meter Run, | 14 athletes will be accepted | 1500/1600 | 16 athletes will be accepted |
| 3200/3000- meter run | 16 athletes will be accepted | 100 meter dash- | 24 athletes will be accepted |
- Field Events**
- | | | | |
|-----------------------------|-------|------------------------------|-------|
| Boys Opening Heights | | Girls Opening Heights | |
| High Jump | 5' 0" | High Jump | 4' 2" |
| Pole Vault | 8' | Pole Vault | 6' 0" |
- In the shot put, long and triple jump: all the first jumps and throws will be measured. After that only those over a certain distance will be measured.**
- Class events** We will offer Frosh Soph events if the entries warrant it. These events will be verbally seeded
- Awards** Medals will be given to the top five finishers in all invitational events.
Medals will be given to the top three finishers in all relays and the top three finishers in any class events.
- Entry Fees:** **Individuals; \$15.00 per event. Relays \$30.00 per event or use the blanket entry option.**
Section VIII teams: \$170.00 boys, \$170.00 girl's team or \$320.00 combined team, plus the cost one official per team. Officials will be split between Section VIII schools and billed through BOCES.
Non Section VIII teams: \$180 and \$330 for a combined team

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BOYS INDIVIDUAL EVENTS

- _____ INVITATIONAL 400 METER HURDLES
- _____ INVITATIONAL 100 METER DASH**
- _____ INVITATIONAL 1600 METER RUN**
- _____ INVITATIONAL 800 METER RUN**
- _____ INVITATIONAL 3,200 METER RUN
- _____ INVITATIONAL 110 HIGH HURDLES

GIRLS INDIVIDUAL EVENTS

- _____ INVITATIONAL 400 METER HURDLES
- _____ INVITATIONAL 100 METER DASH**
- _____ INVITATIONAL 1500 METER RUN**
- _____ INVITATIONAL 800 METER RUN**
- _____ INVITATIONAL 3,000 METER RUN
- _____ INVITATIONAL 100 HURDLES

BOYS FIELD EVENTS

- _____ HIGH JUMP
- _____ LONG JUMP
- _____ POLE VAULT
- _____ SHOT PUT
- _____ DISCUS
- _____ TRIPLE JUMP

GIRLS FIELD EVENTS

- _____ HIGH JUMP
- _____ LONG JUMP
- _____ POLE VAULT
- _____ SHOT PUT
- _____ DISCUS
- _____ TRIPLE JUMP

BOYS RELAYS EVENTS

- _____ 400 METER RELAY
- _____ 800 METER RELAY
- _____ 1600 METER RELAY
- _____ 3200 METER RELAY
- _____ 4 X 1600 METER RELAY
- _____ TEXAS SPRINT MEDLEY RELAY(1-1-2-4)
- _____ SWEDISH RELAY (1-2-3-4)
- _____ SPRINT MEDLEY (2-2-4-8)
- _____ SHUTTLE HURDLE RELAY (4)

GIRLS RELAYS EVENTS

- _____ 400 METER RELAY
- _____ 800 METER RELAY
- _____ 1600 METER RELAY
- _____ 3200 METER RELAY
- _____ 4 X 1600 METER RELAY
- _____ TEXAS SPRINT MEDLEY RELAY (1-1-2-4)
- _____ SWEDISH RELAY (1-2-3-4)
- _____ SPRINT MEDLEY (2-2-4-8)
- _____ SHUTTLE HURDLE RELAY (4)

ENTRY FEE:

<u>Option A</u> Blanket entry:	<u>Section VIII</u>	<u>Non Section VIII</u>
<u>Team entry fee :</u>	\$170.00	\$180.00
<u>Boys/Girls program blanket entry :</u>	\$320.00	\$330.00

Option B

TOTAL # OF INDIVIDUALS _____ X \$15.00 _____
 TOTAL # OF RELAYS _____ X \$30.00 _____
 TOTAL ENTRY FEE _____

MINIMUM ENTRY FEE IS \$20.00

TOTAL # OF ATHLETES COMPETING _____

- **Each participating Section VIII school will be billed through BOCES for one official**

ENTRIES ARE DUE BY Friday, May 31, 2014. LATE ENTRIES ARE SUBJECT TO REJECTION. NO DAY OF THE MEET ENTRIES! JUST A REMINDER, ONCE AN ENTRY IS ACCEPTED, THE ENTRY FEE MUST FOLLOW.

THE FEE IS AN ENTRY FEE AND NOT A PARTICIPATION FEE.

MAKE CHECKS PAYABLE TO: Massapequa Track Club

MAIL TO: John Piropatto Fax # 516-308-5709
Athletic Director
4925 Merrick Road
Massapequa, NY 11758

SCHOOL NAME _____ COACH'S NAME _____ COACH'S PHONE # _____

SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP _____ SCHOOL PHONE # _____

ATHLETIC DIRECTOR SIGNATURE _____

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ORDER OF EVENTS

Monday, June 2 – Field Events

- 4:30 Girl's and boy's Pole Vault run concurrently
- 4:30 Boy's Long Jump followed by Girls's Long Jump
- 6:00 Boy's Triple Jump followed by Girl's Triple Jump
- 4:30 Girl's Shot followed by Boy's Shot
- 4:30 Girl's and boy's High Jump will be run concurrently
- 4:30 Boy's Discus followed by Girl's Discus

Monday, June 2 - Running Events

- 4:00 Coaches Meeting**
- 4:15** Boys Shuttle Hurdle Relay (4 person relay)
- Girls Shuttle Hurdle Relay (4 person relay)
- Boys 4 x 1600-Run Simultaneously as SHR
- Girls 4 x 1600-Run Simultaneously as SHR
- Boys SMR (2-2-4-8)
- Girls SMR (2-2-4-8)
- Boys 400 Meter Relay – Final on time
- Girls 400 Meter Relay – Final on time
- Boys 3200 meter run
- Girls 3000 meter run
- Boys 400 IH
- Girls 400 IH
- Boys 800 meter run
- Girls 800 Meter Run
- Boys Swedish Relay (1-2-3-4)
- Girls Swedish Relay (1-2-3-4)
- Boys 100 Final
- Girls 100 final
- Boys 1600 meter run
- Girls 1500 meter run
- Boys 800 Meter Relay – Final on time
- Girls 800 Meter Relay – Final on time
- Girls 100 meter hurdles Final on time
- Boys 110 meter hurdles Final on time
- Girls 400 Finals
- Boys 3200 Meter Relay
- Girls 3200 Meter Relay
- Varsity Boys 1600 Meter Relay
- Varsity Girls 1600 Meter Relay
- Boys Texas Sprint Medley (100-100-200-400) Final
- Girls Texas Sprint Medley (100-100-200-400) Final

This meet will move very quickly so please have your athletes ready two events ahead.

