

The Cougar Invite

Saturday, April 19th



JFK Bellmore High School
3000 Bellmore Ave
Bellmore, NY 11710
9:15 am rain or shine

- Seeding:** Three-event limit with verbal seeding in running events.
Cards only needed for field events and relays.
Pre-seeding in 3200/3000, 1600/1500 and 400. You **MUST** e-mail seeds.
- Awards:** Medals will be bagged and given to top 6 overall in open and top 6 overall in freshman/sophomore races. Medals will also be awarded to heat winners.
Winners of Cougar 3200/3000 and seeded 100 will receive trophies.
- Equipment:** Spikes are allowed, please supply your own relay baton and starting blocks.
- Event Info:** **NEW: Brand new track was resurfaced summer of 2012 and two jumping pits!**
Frosh/Soph will compete in their own sections.
Food, drinks and T-shirts will be on sale the day of the meet.
There will be four seeded races before the relays starts: the Cougar 3200/3000, 100, 400 and 1600/1500. Relays are unseeded and have unlimited entries.
- The Cougar 3200/3000 will only have 9 runners. After each lap (first 200 for the girls) the last place runner will stop running. The last lap will have only two runners left. No more then two people from the same team.**
- The 2400 meter medley relay will have four people complete six laps. You choose the order and distance per person.**

The Cougar Invite

Saturday April 20th, 2014

JFK Bellmore High School

School: _____
 Athletic Director name and number: _____

Please circle one:

Section VIII:	BOYS	GIRLS	BOYS & GIRLS
	\$160.00	\$160.00	\$320.00

Non Section VIII	\$180.00	\$180.00	\$360.00
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Boys Coach: _____

Phone: _____ e-mail: _____

E-mail will be used for seeding and status verification. You will receive an e-mail from me once I receive your paperwork.

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Girls Coach: _____

Phone: _____ e-mail: _____

E-mail will be used for seeding and status verification. You will receive an e-mail from me once I receive your paperwork.

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Seeded athletes must be e-mailed to moner2000@aol.com, rejected athletes will be in unseeded sections with the exception of the 3200/3000. Seeds will be finalized on April 16th. It is up to you to update seeds to ensure your athlete gets in the seeded heat. **Entries are due April 12th.**

3200/3000

Name _____	Performance _____	Meet _____
Name _____	Performance _____	Meet _____

400

Name _____	Performance _____	Meet _____
Name _____	Performance _____	Meet _____
Name _____	Performance _____	Meet _____

1600/1500

Name _____	Performance _____	Meet _____
Name _____	Performance _____	Meet _____
Name _____	Performance _____	Meet _____

Send entry to: C/O Chris Mammone, JFK Girls Track Coach, 3000 Bellmore Ave, Bellmore NY 11710
 or fax to: (516) 785-7198

Payment should be mailed to the high school NOT the central office.

Make checks or PO's payable to: Bellmore-Merrick Central High School District

If you plan on attending or have any questions regarding the meet contact Coach Chris Mammone at moner2000@aol.com or cell phone (516) 647-1854.

Entries due on April 12th and seeds will be finalized on April 16th.

**The Cougar Invite
Saturday April 19th, 2014
JFK Bellmore High School**

Meet Order - 9:15 am start

Boys will run first for all track events
400 Intermediate Hurdles (open only)
100 Semi-Finals, top 6 to finals (open, frosh/soph)
1600/1500 (non-seeded open, frosh/soph)
400 (non-seeded open, frosh/soph)
110 High Hurdles/100 High Hurdles (open only)
200 (open, frosh/soph)
800 (open, frosh/soph)

Seeded sections

Cougar 3200/3000

100 Finals – one heat

400 Seeded, top 12 entries

1600/1500 Seeded, top 16-20 entries

2400 meter medley relay
4 x 100 meter

Field events will start at 9:15 am

Shot Put (Girls first)
Discus (Boys first)
Long Jump (Boys south pit)
Long Jump (Girls north pit)
Triple Jump will follow long jump
High Jump (Girls and boys will compete at same time)
3-8 starting height, 4-8 starting height boys

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." - Steve Prefontaine

Request for Taxpayer Identification Number and Certification

**Give Form to the
 requester. Do not
 send to the IRS.**

Print or type
See Specific Instructions on page 2.

Name (as shown on your income tax return)
Bellmore-Merrick CHSD

Business name/disregarded entity name, if different from above

Check appropriate box for federal tax classification:
 Individual/sole proprietor C Corporation S Corporation Partnership Trust/estate
 Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=partnership) ▶ _____ Exempt payee
 Other (see instructions) ▶ *School District*

Address (number, street, and apt. or suite no.)
1260 Meadowsbrook Rd.

City, state, and ZIP code
North Merrick, NY 11566

List account number(s) here (optional)

Requester's name and address (optional)

Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on the "Name" line to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN* on page 3.

Social security number

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Employer identification number

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11-6000284

Note. If the account is in more than one name, see the chart on page 4 for guidelines on whose number to enter.

Part II Certification

Under penalties of perjury, I certify that:

- The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and
- I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding, and
- I am a U.S. citizen or other U.S. person (defined below).

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 4.

Sign Here Signature of U.S. person ▶ *Kate Jean* Date ▶ *3/15/12*

General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

Purpose of Form

A person who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) to report, for example, income paid to you, real estate transactions, mortgage interest you paid, acquisition or abandonment of secured property, cancellation of debt, or contributions you made to an IRA.

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN to the person requesting it (the requester) and, when applicable, to:

- Certify that the TIN you are giving is correct (or you are waiting for a number to be issued),
- Certify that you are not subject to backup withholding, or
- Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the withholding tax on foreign partners' share of effectively connected income.

Note. If a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.

Definition of a U.S. person. For federal tax purposes, you are considered a U.S. person if you are:

- An individual who is a U.S. citizen or U.S. resident alien,
- A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States,
- An estate (other than a foreign estate), or
- A domestic trust (as defined in Regulations section 301.7701-7).

Special rules for partnerships. Partnerships that conduct a trade or business in the United States are generally required to pay a withholding tax on any foreign partners' share of income from such business. Further, in certain cases where a Form W-9 has not been received, a partnership is required to presume that a partner is a foreign person, and pay the withholding tax. Therefore, if you are a U.S. person that is a partner in a partnership conducting a trade or business in the United States, provide Form W-9 to the partnership to establish your U.S. status and avoid withholding on your share of partnership income.