

**1<sup>st</sup> Annual East Meadow Invitational**  
**Monday, April 21<sup>st</sup>, 2014**  
**East Meadow High School**  
**(101 Carman Avenue, East Meadow, NY 11554)**



- Time: Coaches Meeting at 9:30am  
Clerking Begins at 9:45am; 1<sup>st</sup> Event Goes Off at 10 am
- Seeding: All Individual Events – Verbal Seeding & 3 Event Limit  
Relays and Pentathlon – Cards with Names and Seed
- Awards: Medals to the Top 4 in All Events – Individual and Relay  
Plaques to Winning and Second Place Overall Teams  
(All Events Will Be Scored: 10-8-6-4-2-1)

*Only ¼ Inch Spikes Allowed.*

*Please Provide Your Own Starting Blocks and Relay Batons!*

Notes:

Food will be on sale and provided by the Jets Booster Club.

Blanket Entry: \$150 for Boys or Girls Teams or \$300 combined.  
Plus the cost of one official billed through BOCES.  
This is an **ENTRY FEE** not a Participation Fee!

**We are only accepting the first ten teams who enter!**

Questions: Contact Michael Ringhauser  
Phone – 631-245-1564  
E-mail – [michael.ringhauser@yahoo.com](mailto:michael.ringhauser@yahoo.com)

# **East Meadow Invitational**

## **Order of Events**

### **Running Events – Clerk In / Coaches Meeting at 9:45 am**

**110/100 Hurdles – Open**

**1500/1600 - Open, Fresh/Soph**

**100 – Open Trials, Fresh/Soph Trials**

**400 – Open**

**100 – Open Finals, Fresh/Soph Finals**

**400 Hurdles – Open**

**800 – Open**

**200 – Open**

**DMR (1200, 400, 800, 1600) – Open**

**SMR (400, 200, 200, 800) – Open, Fresh/Soph**

**PENTATHLON (110/100H, LJ, HJ, SP, 1500/800) – MAX TWO PER TEAM**

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### **Field Events:**

**Long Jump – Open, Fresh/Soph      OPEN PIT FROM 10:00-11:30 am**

**Triple Jump – Open                      OPEN PIT FROM 11:30-1:00 pm**

**High Jump – Open                      Girls Check in at 10, Boys to Follow  
Girls Starting Height: 3-8  
Boys Starting Height: 4-8**

**Shot Put – Open                         Boys Check in at 10, Girls to Follow**

**Discus – Open                            Girls Check in at 10, Boys to Follow**

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**Entry Form**

**School:** \_\_\_\_\_

**Circle One:**    **Boys Entry**    **Girls Entry**    **Boys/Girls Entry**  
                         **\$150**            **\$150**            **\$300**

***Plus the cost of one official billed through BOCES!***

**Coach:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Approximate # of Runners: (Running) \_\_\_\_\_ (Field) \_\_\_\_\_**

**Pentathlon Athlete #1:** \_\_\_\_\_

**Pentathlon Athlete #2:** \_\_\_\_\_

***All entries are due by Thurs. April 10<sup>th</sup> or once the ten school limit has been met.***

**Entry Due:**            **East Meadow High School**  
                                 **c/o Michael Ringhauser – Track Coach**  
                                 **101 Carman Avenue**  
                                 **East Meadow, NY 11554**

**Checks Payable: East Meadow High School**