

Lynbrook High School Green & Gold Invitational



Date: Friday, May 2, 2014

No Rain Date

Location: Lynbrook South Middle School @ 4:15PM

Cost: \$120.00 per team (Plus 1 Official billed through BOCES)

100/110M HH
100M Final on time (NOVICE) only
100M SEMI (OPEN)
1500/1600M (NOVICE)
1500/1600 (OPEN)
100m Final Open
400M (NOVICE)
400M (OPEN)
400M IH
800M
200M
4 X 100
4 X 400
4 X 800

HIGH JUMP

LONG JUMP Open Pit

4:15-5:15

TRIPLE JUMP

5:15-6:15

SHOTPUT (NOVICE/OPEN)

Disc if time permits

****3 Jumps per athlete**

****3 Throws per athlete**

***** Novice 2 Attempts**

(Long Jump and Shot Put)

These are the events offered not the order
please see the attached sheets for the order.

*****2 event limit per athlete (Including Relays!!) / 1 team in each relay**

*****Limited to 10 Schools/Teams of both girls and boys**

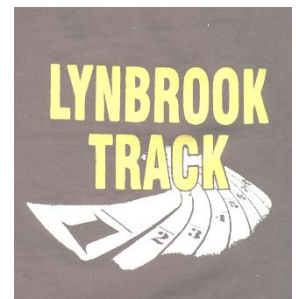
T shirts and refreshments will be available.

•Confirmation of entry EMAILED upon receipt of payment

Deadline for entry is April 26, 2014.

Please remit check only (made payable to Athletic Activities Fund) to:
Athletic Director's Office, Lynbrook High School, 9 Union Avenue,
Lynbrook, New York, 11563. For Information call 887-0238.

Please include school and contact name and fax number with check



Lynbrook High School

Green & Gold

Invitational

FAX CONFIRMATION



SCHOOL NAME

WE WILL BE ATTENDING THE GREEN AND GOLD INVITATIONAL HELD BY LYNBROOK HIGH SCHOOL ON:

Friday, MAY 2, 2014

Payment in the form of a check only made out to Athletic Activities Fund confirms our entry in the Invitational.

Amount of check: \$120

***** The cost of 1 Official will be billed through BOCES**

Contact Name _____ **Fax**
Number _____

Contact

Email _____

Athletic Director's, Lynbrook High School,
9 Union Ave. Lynbrook, New York, 11563
Fax # - (516)887-6575

ORDER OF EVENTS 2014

Coach Rich Hupe 400IH

Cassie Papandrew 1500m

Jon Truitt 1600m

Janna Kaufer 100M Novice (Final on time)

Andy Hescheles 100m Open (Final on Time)

Kristie Lengel 100HH

Coach Tony Sparandara 110HH

Dana Levitt 400m Novice

Rich Bloom 400m Open

Coach Bill Hedgecock 800m

GIRLS *Coach Doreen Combs 200m*

BOYS *Coach Pete McNally 200m*

Coach Eddie Reilly 4x400m

Bill Patterson 4x100m

Jason Lynch 4x800m

Field Events

Jay Gonzalez High Jump

Karl Wildermuth Long Jump
(Open pit 4:15-5:15)

Coach Josh Berlin Triple Jump
(Open Pit 5:15-6:15)

Rob Will Shotput (Open)

Coach Mike Harrison Shotput (Novice)

Disc