

The 46<sup>th</sup> Annual  
Nassau Coaches  
Invitational  
Saturday, April 26<sup>th</sup>,  
2014  
MacArthur High School –  
9 am



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Mike Lisa (Massapequa)

We would like to offer a special thank-you to the MacArthur School District and Staff for allowing us to use this terrific facility for our invitational.

The MacArthur School District has provided us with an outstanding site, tremendous cooperation, and generous support of this event. We should all express our appreciation for their role in this event, and treat the site and personnel with the utmost respect. We ask

that you leave the site as clean as you found it. We thank the MacArthur Track Coaches and student athletes for their cooperation and assistance.

**Meet Directors: Michael Ringhauser and Fred DeRuvo**  
**Site Coordinator: Jamie San Filippo**

**Nassau County Track Coaches Association**  
**46'th Track and Field Invitational (2014)**



Coaches Information

1. **BACK THIS YEAR:** You must send in seeds for your Open and Fresh/Soph Field Events (Long Jump, Triple Jump, Shot Put, and Discus) to Michael Ringhauser at [michael.ringhauser@yahoo.com](mailto:michael.ringhauser@yahoo.com) by Sunday, April 20'th at 6pm or they will compete with the unseeded athletes. Seeded athletes should meet the minimum measurement mark listed in this entry for their event. Submission of a seed is **not** a guarantee that your athlete will get into the seeded flights.
2. 3x5 Index Cards are only needed for the High Jump, Pole Vault, and Relays. All other running events will be seeded verbally at the site. REMEMBER TO E-MAIL THE FIELD EVENT SEEDS TO MICHAEL RINGHAUSER BY THE DUE DATE!
3. During the meet no one is permitted on the track or at the competition areas except the athletes in their active events.
4. Check-in will occur on the football field and done verbally for running events and with an index card for relays.
5. Results will be posted at the snack shack in a timely fashion after each event.
6. We thank all teams that are participating and hope that everyone has a successful day of competition.

**The NCTCA is dedicated to helping out all teams and athletes, but especially those who are in need. If your school would like to make this meet one of the highlights of your season and need our assistance with the entry, please contact the meet**

**directors so we can work together to make this happen for you program and athletes.**

**Nassau County Track Coaches Association**  
**46'th Annual Track and Field Invitational**

Saturday, April 26<sup>th</sup>, 2014  
9am at MacArthur High School

*ATHLETES ARE LIMITED TO ANY **TWO** EVENTS*

**Meet Directors:** Michael Ringhauser and Fred DeRuvo

- The meet is co-sponsored by NCTCA and MacArthur High School
- All NYSPHSAA, National Federation, and Section VIII rules are enforced
- Medical staff is on site
- Certified NYS Officials
- Site Coordinator: Jamie San Filippo
- Decision of the jury is **final** on all appeals

*Once again, our thanks goes to the MacArthur School District for hosting this annual invitational to showcase our athletes. Thank-you also to all the volunteer workers for helping to make this meet run efficiently and to all participating schools!*

**Non Long Island Schools:** You must enter your roster on the Just-In-Time Website. ([www.just-in-time-racing.com](http://www.just-in-time-racing.com)). Pick-up your entry packet upon arrival.

**Open Events:** Seeded and Unseeded

**Fresh/Soph Events:** Limited to runners in 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> grade.

**Relays:** 4x100 (Open, Soph, Frosh), 4x400 (Open, Frosh/Soph), 4x800 (Open, Frosh/Soph)

**Awards:**

- Medals to the Top 6 finishers in ALL events.
- Plaques will be awarded to the faster OVERALL time from all sections in the open relay events. There is **not** an award for each heat.

**Day of the Meet Seeding:**

- 3x5 Index Cards are ONLY required for the UNSEEDED field events and ALL RELAYS. Verbal seeding will be done for all other events on-site, besides the field events needing to be e-mailed by Sunday, April 20'th.

**Order:**

- Open, Soph, Frosh
- Boys, then Girls
- Seeded sections run first.

**Order of Events:**

<b>400 Hurdles</b>	Final - Open Only
<b>1600/1500</b>	Final – Open, Sophomore, Freshmen (3200/3000 Clerk In)
<b>100 Semi</b>	Open Only
<b>110 / 100 HH</b>	Final – Open Only
<b>400</b>	Final – Open, Sophomore, Freshmen
<b>100 Final</b>	Two Section Final
<b>800</b>	Final – Open, Sophomore, Freshman
<b>3200 / 3000</b>	Final – Open MAX OF ONE SECTION EACH – REJECTED RUNNERS MAY RUN IN THE 1500/1600 OR ANY OTHER EVENT OF THEIR CHOICE. CLERK-IN WILL TAKE PLACE DURING THE CLERK-IN FOR THE 1500/1600.
<b>200</b>	Final – Open
<b>4x100</b>	Final – Open, Soph, Frosh
<b>4x800</b>	Final – Open, Frosh/Soph
<b>4x400</b>	Final – Open, Frosh/Soph
<b><u>Field Event Order</u></b>	High Jump                      Girls, then Boys Long Jump                      Boys, then Girls Triple Jump                      Boys, then Girls Pole Vault                      Girls, then Boys Discus                              Girls, then Boys Shot Put                            Boys, then Girls SEEDED, THEN FROSH/SOPH, THEN UNSEEDED

- Unseeded sections might have reduced opportunities based on time.

**Please note that there will be no steeple chase this year.**

**Individual Events:** The following list provides coaches and athletes with the minimum measurements for each respective event. ALL first attempts will be measured. After that, athletes must reach the following minimum marks to receive a measurement:

Open Shot Put	Boys – 35	Girls – 25
F/S Shot Put	Boys – 30	Girls – 20
Open Discus	Boys – 90	Girls – 75
F/S Discus	Boys – 80	Girls – 60
Open Long Jump	Boys – 17	Girls – 14
F/S Long Jump	Boys – 15	Girls – 12
Open Triple Jump	Boys – 36	Girls – 28
F/S Triple Jump	Boys – 32	Girls – 24

**Additional Information:**

Meet Director: Michael Ringhauser  
 (Phone) 631-245-1564  
 (Email) [michael.ringhauser@yahoo.com](mailto:michael.ringhauser@yahoo.com)

Notes: Please do all paperwork ASAP. Some schools still owe from past years. They could be denied entry this year unless past due balances are paid or PO numbers are given.

Please forward your paperwork to the address below immediately after giving it to your school. Schools can sometimes take weeks to process the paperwork so **DO NOT** assume they have sent it. **If we do not have your paperwork prior to Wednesday, April 23<sup>rd</sup> you will not be entered into the meet.**

**Send Meet Entries to:** Fred DeRuvo  
 730 Boelsen Drive  
 Westbury, NY 11590

FAX – 516-334-5461 (DO NOT FAX AFTER 11PM)

**Nassau Coaches Invitational Entry Grid**

Please fill this out accurately so that we can efficiently manage the meet.

**Boys and Girls Must Use Separate Entry Forms!**

<b>EVENT</b>	<b>OPEN</b>	<b>SOPH</b>	<b>FROSH</b>	<b>FRESH/SOPH</b>
400 Hurdles		NA - XXXXXXXX	NA - XXXXXXXX	NA - XXXXXXXX
1600/1500				NA - XXXXXXXX
100		NA - XXXXXXXX	NA - XXXXXXXX	NA - XXXXXXXX
110/100 H		NA - XXXXXXXX	NA - XXXXXXXX	NA - XXXXXXXX
400				NA - XXXXXXXX
800				NA - XXXXXXXX
3200		NA - XXXXXXXX	NA - XXXXXXXX	NA - XXXXXXXX
200				NA - XXXXXXXX
High Jump		NA - XXXXXXXX	NA - XXXXXXXX	
Long Jump		NA - XXXXXXXX	NA - XXXXXXXX	
Triple Jump		NA - XXXXXXXX	NA - XXXXXXXX	
Pole Vault		NA - XXXXXXXX	NA - XXXXXXXX	
Shot Put		NA - XXXXXXXX	NA - XXXXXXXX	
Discus		NA - XXXXXXXX	NA - XXXXXXXX	
4x100				NA - XXXXXXXX
4x800		NA - XXXXXXXX	NA - XXXXXXXX	
4x400		NA - XXXXXXXX	NA - XXXXXXXX	

School: \_\_\_\_\_ Boys/Girls: \_\_\_\_\_

Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ School Phone: \_\_\_\_\_

Billing Information: Please complete. All fees are non-refundable.

Make All Checks Payable to: NCTCA

**Option One:**

**Number of Individuals** \_\_\_\_\_ x \$5.00 = \_\_\_\_\_

**Number of Relays** \_\_\_\_\_ x \$20.00 = \_\_\_\_\_

**Option Two: BLANKET ENTRY OF \$350 PER TEAM (NOT PER SCHOOL)**

You still have to fill out accurate numbers in the grid for meet management.

**Total Owed:** \_\_\_\_\_

Send Entries and Payment To: Fred DeRuvo  
730 Boelsen Drive  
Westbury, NY 11590  
FAX – 516-334-5461 (DO NOT FAX AFTER 11pm)