North Shore High School Invitational Track & Field Meet Saturday, May 10th 2014

North Shore Schools is sponsoring its 10th annual invitational track and field meet. The following information should answer any questions.

Time:	10 AM for all running and field events9:45-Coaches meeting					
Place:	North Shore I	High School	(Glen Head, Nassau County)			
Awards:	Medals to top 6 in each individual event Medals to top 4 in each relay					
Order of Events:	See Attached	:				
Entry Fee:	\$10.00 \$25.00	Per Individual Event Per Relay Team				

OR SECTION VIII SCHOOLS:

\$175.00 Boys Team, \$175.00 Girls Team or \$350.00 Combined Team + the cost of officials. Official costs will be split between schools and billed through BOCES.

NON- SECTION VIII SCHOOLS:

200.00 boys, 200.00 girls or 400 combined team

ENTRIES DUE BY MONDAY MAY 5th

Make checks payable:	North Shore High School C/O Neal Levy North Shore High School 450 Glen Cove Ave Glen Head NY 11545 (516) 277-7040 or <u>levyn@northshoreschools.org</u> or FAX (516) 277-7042
Bus Parking:	Buses will drop off athletes at end of Parking lot and proceed to the front of the building for parking.
Directions: <i>From LIE:</i>	North Shore High School is located on Glen Cove Ave in Glen Head, NY Exit 39 North (Glen Cove Road) Cross over Northern Blvd At the 3 rd light make left at Nissan Dealer (Back Road) At the end of Back Rd. make right onto Glen Cove Ave Proceed to the 3 rd light North Shore High School is on right

LIVE DJ WILL BE PLAYING, AND REFRESHMENTS/T-SHIRTS WILL BE SOLD

NORTH SHORE HIGH SCHOOL INVITATIONAL TRACK & FIELD MEET Saturday, May 10th 2014

Order of Events:

Discus

Each competitor may compete in any three events

400 Intermediate Hurdles	BOYS
400 Intermediate Hurdles	GIRLS
3200	BOYS (1 heat only)
3000	GIRLS (1 heat only)
100 meter (Trials)	BOYS
100 meter (Trials)	GIRLS
110 HURDLES (Trials)	BOYS
100 HURDLES (Trials)	GIRLS
3k Steeplechase	BOYS
2k Steeplechase	GIRLS
800	BOYS
800	GIRLS
100 meter	BOYS Finals
100 meter	GIRLS Finals
110 Hurdles	BOYS Finals
100 Hurdles	GIRLS Finals
400	BOYS
400	GIRLS
1600	BOYS
1500	GIRLS
200	BOYS (Final on time)
200	GIRLS (Final on time)
1500 RACEWALK	GIRLS
4x100	BOYS Followed by GIRLS for all relays
4x800	
4x400	
Pole Vault	BOYS FOLLOWED BY GIRLS
High Jump	GIRLS FOLLOWED BY BOYS
Long Jump	GIRLS and BOYS simultaneously (two runaways)
Triple Jump	Same Format will follow Long Jump
Shot Put	GIRLS followed by BOYS (2 shot circles will be used)
רי	

WE WILL HAVE TWO RUNAWAYS FOR LONG AND TRIPLE JUMP

Seeding:	Labels and verbal seeding for all individual running events.
	Relay teams will need index cards (ANCHOR LEG NEEDS LABEL)
	Supply your own index cards. We will supply the labels.
	Field Events: Labels and Verbal seeding at event location.
Spikes:	Only 1/4" spikes are permitted on shoes and blocks.
Batons/Blocks:	You must supply your own starting blocks and batons.

BOYS followed by GIRLS

ENTRY SHEET

SCHOOL					BC	DYS		GIRLS]
COACH					ELL PH	IONE				
					-mail					
BOYS EVEN	TS	#ENTRIES			L	GIR	LS EVI	ENTS	ENT	RIES
400 Hurd	les					40	0 Hur	dles		
3200						30	00			
100						10	0			
110H						10	0H			
800						80	0			
400						40	0			
1600						15	00			
200						20	0			
HIGH JU	MP					HI	GH J	UMP		
LONG JU	JMP					LC)NG J	UMP		
TRIPLE .	JUMP					TF	RIPLE	JUMP		
SHOT PU	J T					SE	IOT P	UT		
DISCUS						DI	SCUS)		
4 X 100						4	X 100			
4 X 800						4 2	X 800			
4 X 400						4	X 400			
POLE VA	ULT					PC)LE V	AULT		
Steeple Cl	hase					Ste	eeple (Chase		
FEES BLANKET FEE (\$175 OR \$350 both boys and girls) SECTION VIII SCHOOLS										
	(\$200 <u>0</u>	<u>)7R</u> \$400 both	i boys a	and girls	5) NON S	SECT	ION VI	II SCHOOL	.5	
INDIVIDUA	L ENTRII	ES X \$10.0	0.	•••••	•••••					
RELAY ENT	TRIES	X \$25.0	0.	•••••••••	• • • • • • • • • • • •	•				
			,	TOTAI	L ENTI	RY F	EE:			
Payable to: Mail to:	Neal Lev North Sh 450 Glen	ore High Sch y ore High Sch Cove Ave nd NY 11545		0	r	a	FAX httn. Nea 516) 277	•		

North Shore High School Invitational Track & Field Meet Meet Records

Boys

100m	Xavier Brooks	Malverne	10.7	2007
	Marc Mauro	Locust Valley	10.7	2010
110H	Burns	Port Washington	14.5	2013
200m	Xavier Brooks	Malverne	21.9	2009
400m	Joe Fuller	Longwood	48.7	2011
400 Hurdles	Tobias Nelson	Brentwood	55.1	2013
800m	Frank Diogardi	Massapequa	1:56.1	2007
1600m	Richard Schmitz	Port Washington	4:17.2	2007
3200m	Marc Violine	Byram Hills	9:36.3	2011
Steeplechase	Somer	Plainedge	10:28.9	2013
Shot Put	Corey Murphy	Longwood	54'1.5"	2013
Discus	Ieshawn Johnson	Baldwin	165'11	2011
Long Jump	Josh Hunter	Middle Country	21	2007
Triple Jump	Michael Cotton	Longwood	42'6.5"	2011
High Jump	Justin Wilson	Floral Park	6'6"	2010
	Mike Rufrano	Chaminade	6'6"	2011
Pole Vault	Matt Block	Hauppague	12'	2010
	Chris Pappas	McArthur	42.9	2013
4x100	11	Roosevelt	42.9	2009
4x400		Baldwin	3:18.5	2011
4x800		South Side	8:11.9	2009
<u>Girls</u>				
100m	Christie Verdier	Baldwin	11.9	2006
100 Hurdles	Michelle Anthony	Kellenberg	14.6	2011
200m	Samantha Edwards	Floral Park	24.5	2008
400m	Christie Verdier	Baldwin	55.8	2007
400 Hurdles	Ryan Wooley	St. John the Baptist	62.4	2010
800m	Olicia Williams	St. Anthony's	2:07.8	2011
1500m	Theresa Rush	Valley Stream North	4:38.7	2006
3000m	Mary Kate Anselimi	Ward Melville	9:48.5	2011
1500m Walk	Holly Londoe	Sachem East	6:52.2	2013
Steeplechase	Elizabeth Caldwell	North Shore	7:11.7	2013
Shot Put	Betty Williams	Longwood	41'0"	2007
Discus	Nina Renker	Sacred Heart	121'8"	2008
Long Jump	Nwamaka Okobi	Freeport	17'9.5"	2007
Triple Jump	Nwamaka Okobi	Freeport	37'6.75"	2007
High Jump	Buccella	Half Hollow Hills	5'2"	2007
	Kayla Koebel	Kings Park	5'2"	2011
	Carly Swinford	Sachem North	5'2"	2013
	Lisa Maybie	Plainedge	5'2"	2013
Pole Vault	Emma Cleary	St. John the Baptist	10'	2011
4x100		Baldwin	49.6	2008
4x400		Kellenberg	3:59.3	2011
4x800		Ward Melville	9:29.3	2011

