

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 events 9:45-Coaches meeting

Place: North Shore 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 Per Individual Event
\$25.00 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 levyn@northshoreschools.org 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: North Shore High School is located on Glen Cove Ave in Glen Head, NY
From LIE: Exit 39 North (Glen Cove Road)
Cross over Northern Blvd
At the 3rd light make left at Nissan Dealer (Back Road)
At the end of Back Rd. make right onto Glen Cove Ave
Proceed to the 3rd light North Shore High School is on right

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

ENTRY SHEET

SCHOOL

BOYS

GIRLS

COACH

CELL PHONE

E-mail

BOYS EVENTS	#ENTRIES
400 Hurdles	
3200	
100	
110H	
800	
400	
1600	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	
POLE VAULT	
Steeple Chase	

GIRLS EVENTS	ENTRIES
400 Hurdles	
3000	
100	
100H	
800	
400	
1500	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	
POLE VAULT	
Steeple Chase	

FEES

BLANKET FEE (\$175 OR \$350 both boys and girls) SECTION VIII SCHOOLS

(\$200 OR \$400 both boys and girls) NON SECTION VIII SCHOOLS

INDIVIDUAL ENTRIES X \$10.00

RELAY ENTRIES X \$25.00

TOTAL ENTRY FEE:

Payable to: North Shore High School
 Mail to: Neal Levy
 North Shore High School
 450 Glen Cove Ave
 Glen Head NY 11545

or
 FAX
 attn. Neal Levy
 (516) 277-7042

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		Roosevelt	42.9	2009
4x400		Baldwin	3:18.5	2011
4x800		South Side	8:11.9	2009

Girls

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

North Shore High School

Glen Head, New York

