

The 8th Annual Paul Limmer/Pirate Invitational

W.C. Mephram High School – 2401 Camp Avenue, Bellmore, NY 11710

Saturday, April 5th, 2014 first race at 9:00 a.m.

Dear Coach:

of events: Each competitor may compete in any three events. There will be separate Frosh/Soph Sections. Frosh/Soph sections may be altered to help accommodate meet management. **RELAYS ARE VARSITY ONLY; there are NO Frosh/Soph Relays.**

of entries: Unlimited in each event. There will only be one boys and one girl's heat for the 3200m/3000m.

Spikes: 1/4" pin spikes in recessed shoes and 1/8" spikes in plastic plates only; starting blocks may be used ONLY for Finals and may have only 1/4" spikes or less.

Batons / Starting Blocks: Bring your own.

NEW ADDITION TO MEET: WE WILL SHOWCASE THE 800 METERS THIS YEAR. THE TOP HEAT OF BOTH MENS AND WOMENS RACES WILL BE RUN ON A ONE TURN STAGGER. THE ATHELTES WILL TRY AND RACE THE MUSIC. THE MEN WILL RACE AGAINST A 2:00 SONG AND THE WOMEN WILL RACE AGAINST A 2:18 SONG. THE WINNER OF THE RACE WILL RECEIVE A CHAMPIONSHIP SWEATSHIRT AND ALSO A BOUNUS FOR BEATING THE TIME. THEY WILL RECEIVE A FREE HOT LUNCH ON US.

Prizes: Medals will be awarded for the first SIX in each Varsity event and first SIX in each Frosh/Soph event. Awards will be given to the top outstanding male & female Track as well as Field athletes as nominated by the coaches and chosen by the meet games committee prior to relays.

Scoring: All Varsity events will be 10, 8, 6, 4, 2, and 1

Entry: Please complete separate entry for Boys' and Girls'. Entries Close: Thursday, April 3th at 5:00 p.m.

Entry fees: Maximum entry fee: Nassau County Public Schools - \$175.00 blanket entry for boys' or girls' team// Plus the cost of one official - billed through BOCES per team. Non-Nassau County Public Schools - \$200.00, Individual entries - \$10.00 per individual event; \$30.00 per relay: Minimum entry fee: \$25.00. A Check or Voucher must be sent to Meet Director upon entry. This is an entry fee NOT a participation fee.

Seeding: All seeding will be done day of meet. Individual events will be by verbal seeding. For the Relays; cards will be needed; and must include the following information: Runner's Names, Section VIII #, School Name, Event, and Seed Time.

Field events: In the following throws & jumps the first legal effort will be measured. After that, the attempt must make the following minimum standards:

BOY'S: LJ – 15'; TJ – 30'; SP – 28', DT – 70'; HJ – starts at 4' 10" – up 2" to 6' 0" – then up 1" thereafter

GIRL'S: LJ – 12'; TJ – 25'; SP – 22', DT – 65'; HJ – starts at 3' 10" – up 2" to 5' 0" – then up 1" thereafter

T-shirts: Will be on sale the day of the meet: Brand New Designed Shirts

Food: Will be on sale the day of the meet. Both hot and cold foods will be available.

Directions and Questions: If you have any, please call Anthony Serravite at 516-945-5579, or e-mail at Distancerunner83@gmail.com. We hope to see you at the meet. Good luck this season.

This meet is sponsored by W.C. Mephram High School and enforces all National Federation, NYSPhAA, and Section VIII rules.

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Saturday, April 5th, 2014 – 9:00 a.m.

All running events are Girls' followed by Boys'

Girls' 3000m One heat, max. 18 girls. Varsity only.

Girls' 1500m Walk This is an exhibition event, but we will award medals.

Boys' 3200m Run One heat, max 18 boys only, Varsity only

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| Girls'/Boys' 400 IH | Final on Time (Varsity) |
| Girls'/Boys' 800m Run | Final on Time (Varsity) |
| Girls'/Boys' 100HH/110HH | Final on Time (Varsity) |
| Girls'/Boys' 100m Dash | Semi-Final *top 6 advance to final (Varsity,Frosh/Soph) |
| Girls'/Boys' 400m Dash | Final on Time (Varsity,Frosh/Soph) |
| Girls'/Boys' 100m Dash | Final on Time (Varsity,Frosh/Soph) |
| Girls'/Boys' 1500m/1600m Run | Final on Time (Varsity,Frosh/Soph) |
| Girls'/Boys' 200m Dash | Final on Time (Varsity) |
| Girls/Boys' DMR Scramble | an event requested by Coach Limmer. 1600m, 400m, 800, and 1200m, can be covered in any order. There will only be 1 heat for each Boys and Girls. |
| Girls'/Boys' 4x800m Relay | Final on Time |
| Girls'/Boys' 4x100m Relay | Final on Time |
| Girls'/Boys' 4x400m Relay | Final on Time |

Field events: Athletes MUST be registered at start of event in order to compete, NO LATE ENTRIES

Girls' High Jump begins at 10:00 a.m., Boys' High Jump to follow the girls

Girls' starting height is 3' 10" – up 2" to 5' 0" – then up 1" thereafter

Boys' starting height is 4' 10" – up 2" to 6' 0" – then up 1" thereafter

****All Long Jump, Triple Jump, Shot Put, & Discus are 3 attempts with NO FINAL. 1st legal mark will be measured, all others must make minimum measurement.***

Long Jump and Triple Jump will be a Varsity Event only and we are asking each team to enter 3 athletes per event. If time permits we will add additional athletes per events. If you feel you have an extra qualified jumper please contact meet management about adding the other athlete.

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| Boys' Long Jump | Starts at 10:00 on west pit. |
| Girls' Long Jump | Starts at 10:00 on east pit. |
| Boys Triple Jump | Starts directly following the completion of the Girls LJ on west pit |
| Girls' Triple Jump | Starts Directly following the completion of the Boys TJ on west pit |
| Boys' Shot Put | Starts at 10:00 |
| Girls' Shot Put | Starts – ½ hour after completion of Boys' Shot Put |
| Girls' Discus | Starts at 10:00 (Varsity,Frosh/Soph) |
| Boys' Discus | Starts – ½ hour after completion of Girls' Discus (Varsity,Frosh/Soph) |

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USE SEPARATE ENTRY FOR BOYS' & GIRLS'

(Please Circle one)

School _____ Coach _____
School Address _____ Coach's Email _____
_____ Coach's Phone _____
School Phone _____

UNLIMITED ENTRIES: Circle one if using unlimited entry

Nassau County Public Schools

Non Nassau County Public Schools

\$175.00 + cost of one official per team
(NOT per School) billed through BOCES

\$200.00

or

Number of Individual Events _____ @ \$10.00 = \$ _____

Number of Relays _____ @ \$30.00 = \$ _____

Total entry fee = \$ _____

Minimum entry is \$25.00

Checks: Make checks payable to: W.C. Mephram High School
C/O Track and Field Team

Entries are DUE ON THURSDAY, April 5th, 2013, – 5:00 p.m.

Mail or Fax to:

Mr. Anthony Serravite, Meet Director
W.C. Mephram High School
2401 Camp Ave.
North Bellmore, NY, 11710

Phone #: (516) 945-5579

FAX #

E-Mail: Distancerunner83@gmail.com