

Cold Spring Harbor H.S.

Seahawk Invite

Thursday April 24th, 2014

Time: First event at 5:30pm

Seeding: Open Events: Index cards

Relays: Index cards

Event Information:

- 3 event limit
- Girls Steeple is 2000m, Boys 3000m
- 1000m Steeple w/ 8 barriers 2 water jumps
- Shot and Discus limited to 3 entries per team
- Long and Triple Jumps limited to 3 entries per team

Entry Fees: Nassau Teams: \$75, plus the cost of officials. Official cost will be split between schools and billed through BOCES.

All non Section VIII teams: \$100

Payable To: Seahawk Booster Club

Entry Due: **Friday, April 18th**

Cold Spring Harbor High School

c/o Nick Aurigemma Girls T&F Coach

82 Turkey Lane

Cold Spring Harbor, NY 11724

Fax: (516) 679-7756

Questions: Contact Nick Aurigemma: naurigemma@yahoo.com or (516)721-0878

Cold Spring Harbor H.S.

Seahawk Invite

Thursday April 24th, 2013

Field Events: 5:30 start

Pole Vault: Boys (8' start) followed by Girls (6' start)

High Jump: Girls (3'10" start) followed by Boys (4'10" start)

Long Jump: Girls followed by Boys (upper pit, by HJ)

Triple Jump: Boys followed by Girls

Discus: Boys followed by Girls

Shot: Girls followed by Boys

Order of Events: 5:30 start

1000m Steeple boys

3000m Steeple boys

SMR (200-100-100-400) girls

SMR (200-100-100-400) boys

800m Racewalk girls

1000m Steeple girls

2000m Steeple girls

MMR (400-200-200-800) boys

MMR (400-200-200-800) girls

4x1600m boys

4x200m girls

4x200m boys

4x1500m girls

Cold Spring Harbor H.S.

Seahawk Entry Form

Thursday April 24th, 2014

School: _____ Boys or Girls

Coach: _____

Phone: _____ E-Mail: _____

3000m Steeple (boys) _____

2000m Steeple (girls) _____

1000m Steeple (boys) _____

1000m Steeple (girls) _____

SMR (2-1-1-4) _____

4x200m _____

MMR (4-2-2-8) _____

800m RW (girls) _____

4x1600m (boys) _____

4x1500m (girls) _____

Pole Vault _____

High Jump _____

*****3 athlete limit for Shot, Discus, LJ and TJ*****

LJ _____ TJ _____

Shot _____ Discus _____

I understand that by accepting this invitation I am committing to participate in the Night Hawk Invitational. Furthermore I understand that this is an entry fee, not a participation fee.

Coaches Signature: _____

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