The Cougar Invite – Saturday, April 20th



JFK Bellmore High School

3000 Bellmore Ave

Bellmore, NY 11710

9 9:15 am rain or shine

**Seeding:** Three-event limit with verbal seeding in running events.

Cards only needed for field events and relays.

Pre-seeding in 3200/3000, 1600/1500 and 400. You ***MUST*** e-mail seeds.

**Awards:** Medals will be given to the top three finishers in every race, flight, and relay.

Winners of Cougar 3200/3000, seeded 100 and top three in Team Pentathlon will receive trophies. Top six will receive medals in seeded events (100, 400, 1600/1500).

**Equipment:** Spikes are allowed, please supply your own relay baton.

**Event Info: NEW: Brand new track was resurfaced summer of 2012 and two jumping pits!**

Frosh/Soph will compete in their own sections.

Food, drinks and T-shirts will be on sale the day of the meet.

There will be four seeded races before the relays starts: the Cougar 3200/3000, 100, 400 and 1600/1500. Unlimited entries in relays.

**The Cougar 3200/3000 will only have 9 runners. After each lap (first 200 for the girls) the last place runner will stop running. The last lap will have only two runners left. No more then two people from the same team.**

**The 2400 meter medley relay will have four people complete six laps. You choose the order and race distance per person.**

**Team Pentathlon- The team that earns the most points using athletes will be declared Team Pentathlon Champions. Points will be distributed to top 10 finishers going 10-9-8-7-6-5-4-3-2-1. An athlete can score in multiple events and multiple events can score in the same event.**

**\*\*NOTE: The winning team does NOT have to score in all 5 events.\*\***

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| Team Pentathlon events:  Long Jump  Shot Put  1600/1500  400  110/100 Hurdles |

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School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle one:

Section VIII: BOYS GIRLS BOYS & GIRLS

$160.00 $160.00 $300.00

Non Section VIII $180.00 $180.00 $340.00

Boys Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Asst. Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Approximate # of athletes: Runners\_\_\_\_\_Jumpers\_\_\_\_\_\_Throwers\_\_\_\_\_\_\_\_

Girls Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Asst. Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Approximate # of athletes: Runners\_\_\_\_\_Jumpers\_\_\_\_\_\_Throwers\_\_\_\_\_\_\_\_

**Seeded athletes** must be e-mailed to [moner2000@aol.com](mailto:moner2000@aol.com), rejected athletes will be in unseeded sections with the exception of the 3200/3000. Seeds will be finalized April 17th. It is up to you to update seeds to ensure your athlete gets in the seeded heat.

3200/3000

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance \_\_\_\_\_\_\_\_\_\_\_ Meet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance \_\_\_\_\_\_\_\_\_\_\_ Meet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

400

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance \_\_\_\_\_\_\_\_\_\_\_ Meet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance \_\_\_\_\_\_\_\_\_\_\_ Meet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance \_\_\_\_\_\_\_\_\_\_\_ Meet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1600/1500

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance \_\_\_\_\_\_\_\_\_\_\_ Meet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance \_\_\_\_\_\_\_\_\_\_\_ Meet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance \_\_\_\_\_\_\_\_\_\_\_ Meet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Send Entry: C/O Chris Mammone

Girls Track Coach

3000 Bellmore Ave, Bellmore NY 11710

Make checks or PO’s payable to: Bellmore-Merrick Central High School District

If you plan on attending or have any questions regarding the meet contact Coach Chris Mammone at [moner2000@aol.com](mailto:moner2000@aol.com) or cell phone (516) 647-1854.

Entries Due: April 8th 2013

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**Meet Order - 9:15 am start**

Boys will run first for all track events

400 Intermediate Hurdles

100 Semi-Finals, top 6 to finals

1600/1500 (non-seeded)

400 (non-seeded)

110 High Hurdles/100 High Hurdles

200

800

**Seeded sections**

Cougar3200/3000

100 Finals – one heat

400 Seeded, top 12 entries

1600/1500 Seeded, top 20 entries  
2400 meter medley relay

4 x 100 meter

**Field events will start at 9:15 am**

Shot Put (Girls first)

Discus (Boys first)

Long Jump (Boys south pit)  
Long Jump (Girls north pit)

Triple Jump will follow long jump

High Jump (Girls and boys will compete at same time)

3-6 staring height, 4-6 starting height boys

Team Pentathlon events:

Long Jump

Shot Put

1600/1500

400

110/100 Hurdles

*" The difference between the impossible and the possible lies in a person's* [***determination***](http://quotations.about.com/cs/inspirationquotes/a/Sports10.htm)*.."* – Tommy Lasorda