

Nassau County Track Coaches Association

Holiday Relay

Friday December 6th 2013

Meet Directors Fred DeRuvo & Mike Ringhauser

Meet Referee Walter Brem

Jury of Appeals NCTCA Board

Thanks to our officials, coaches, alumni and students who volunteer their time to make this meet a success and a great season opener.

*All N.F. rules apply

****NO spikes of any kind in any event over 400 meters. Spikes only allowed on the Varsity 55, 55HH, 4 x 2, 4 x 4, and field events.

President- Mike Ringhouser

V.P. Eamon McHugh

V.P. Steven Honerkamp

Treasurer Fred DeRuvo

Sec. Katie DeRuvo

Directors

C. Gilreath-D. Kornfield- M. Lisa - S. Honerkamp

PLEASE KEEP THIS FACILITY AS CLEAN AS WHEN WE ARRIVED

NASSAU COUNTY TRACK COACHES ASSOCIATION HOLIDAY RELAYS

FRIDAY, December 6, 2013

168TH STREET ARMORY

ATHLETES LIMITED TO ANY TWO EVENTS

COACHES:

All events, both individual (dash and HH not included) and relays, must have a completed 3 X 5 card. Each ENTERED individual and relay has been provided with a tag that you will find in your coaches packet. This tag MUST be attached to your 3 X 5 card or the person or relay WILL NOT COMPETE. Please place the card in the appropriate box near the clerk's table at least one event before that entered event.

OPEN EVENTS: Are not run in Class A-B

RELAYS: Will be competing in A/B Classes (racing based on seed time/separated by A/B class by awards table)

ORDER: Open, Frosh, Soph Boys then Girls

FROSH/SOPH: Limited to runners in 7th through 10th grade

MEDALS: Top 3 in each class

No cards necessary for the 55 HH or the 55

The 55 HH and 55 will be seeded at the meet by the clerks at the starting line area. The 55 HH will be clerked by the pole vault area.

FIRST EVENTS: Will be clerked at 4:30

ORDER OF EVENTS: START AT 5PM SHARP!!

Inside the track: In the 55 HH and 55 the **top 24 will be seeded**. All others will be RAPID FIRE. Coaches you MUST GET TIMES!

EVENT	NOTES
55 HH	1 Division; Open Only; Unlimited entries; seeding by clerk NO CARDS Inside Oval
55	1 Division; Open Only; Unlimited entries; seeding by clerk NO CARDS Inside Oval
1000	Limited 2 heats Boys/ 2 heats Girls; 2 per school limit; Boys must be On Track Able to run faster than 2:50 Girls must be faster than 3:10
4 X 400	3 Divisions: Open, Frosh, Soph
DMR	1200, 400, 800, 1600; 1 Division; Open only; Top 18 teams accepted
4 X 200	3 Divisions: Open, Frosh, Soph
4 X 800	2 Divisions: Open & Frosh/Soph
1600	400, 200, 200, 800: 2 Divisions – Open & Frosh/Soph

FIELD EVENT ORDER OF EVENTS:

All field events are 1 Division: Open Only !!

SHOT PUT	Girls followed by Boys- Girls 20' min Boys 25' min Can be individual OR a relay
POLE VAULT	Boys followed by Girls
**LONG JUMP	Boys and Girls Open Pit: 5PM – 7:30PM
**TRIPLE JUMP	Boys and Girls (<u>following the Long Jump!!</u>) Open Pit: times announced at meet
HIGH JUMP	2 pits; follows the hurdles Boys 5' min Girls 4' min

**** RELAY ONLY**

MEET INFO:

Athletes limited to TWO EVENTS

The meet is open to all NASSAU COUNTY SCHOOLS ONLY (Unless your team has been here before)

We are limiting the meet to 55 schools

All meet info will be on the Section VIII website: www.trackconference.com

SPIKES: Only in 55, 55HH, 4 X 2 and 4 X 4: Open Only (No Frosh/Soph)
1/4" pyramid or Christmas spikes

FIELD EVENT RELAYS:

Only 2 relays per school per field event

All relays are two scorers (three may compete, but it is not necessary)

In Shot; Long and Triple: 3 attempts per athlete

Minimum marks will be established for measurement

Individual entries are always welcome in these events

INDIVIDUAL FIELD EVENT:

The HIGH JUMP and POLE VAULT are INDIVIDUAL EVENTS ONLY

Starting heights:	Boys	Girls
High Jump:	5'0	4'0
Pole Vault	8'6	6'6

MEET DIRECTORS:

Fred DeRuvo Mike Ringhauser

Meet is co-sponsored by UNIONDALE HS and is sanctioned by NYSPHSAA

Medical staff is on site

Certified NYS Officials

The Armory provides general supervision. Coaches PLEASE supervise your teams.

Athletes must secure their personal property

AWARDS:

- Open: Top 3 get medals
- Class A: Top 3 get medals
- Class B: Top 3 get medals
- Frosh/Soph: Top 3 get medals
- Frosh: Top 3 get medals
- Soph: Top 3 get medals

PRE-SEEDING:

The 1000 is the only pre-seeded event. You must enter no more than 2 athletes on your entry blank.

There will be a maximum of 2 heats for boys and 2 heats for girls if they meet the standard. Boy's standard is 2:50. Girl's standard is 3:10.

DAY OF MEET SEEDING:

Your 3 X 5 cards must contain the following information when submitted:

Team or Individual Name (include HS)

Event-----Division (Open, Frosh, Soph or Frosh/Soph)

Class A or Class B

All athlete's names and numbers

Submit your 3X5 cards WITH the sticker in the appropriate box on the clerks table!!

ENTRY FEES:

Individual events: \$10

Relays: \$35.

Officials fee: \$25

Non-Refundable: This is an entry fee, not a participation fee.

Complete the entry page, including the grid, and list seed info for individuals in the 1000m and DMR. Blanket entry fee of \$450 will be offered where necessary. HOWEVER, if you are using the blanket entry fee, you must still list ALL competitors you are bringing (for meet management purposes). Please remember that you will receive tags for entered relays only. If you do not report the correct number of relays you will not have the correct number of tags. Relays cannot run without a tag.

ADDITIONAL INFORMATION:

Please contact Fred DeRuvo:

Home: 516 334-5461 E-mail: coachderuvo@gmail.com Cell 516 242-0079 or

Fax: 516 334-5461 (please fax between 7:30 A.M. and 9:00P.M. a 5 year-old lives here thank you)

NOTES:

Please do all paperwork ASAP. Some schools still owe from past years. They could be denied entry this year unless past due balances are paid, or PO number given.

Please forward your paperwork to the address below immediately after giving it to your school. Schools can sometimes take weeks to process the paperwork. If we do not have your paperwork prior to Monday, December 2nd you will not be entered in the meet.

All entries must be RECEIVED by Monday Dec 2nd before noon. The seeding meeting will be on Tuesday, Dec 3rd. All accepted 1000 and DMR entries will be posted online at www.trackconference.com on Wednesday, Dec 11th.

ENTERED teams will be listed on our site as they come in. Please check to see if your team is entered. We cannot accept any teams at the door who have not entered the meet. If you sent in your entry and your team name does not appear on the 'Entered Teams' link, please contact Fred DeRuvo 516 334-5461.

ENTRY GRID IS ON PAGE 6. PLEASE SEND IN PAGE 6 ONLY!!!!!!

COACHES: PLEASE SEND A COPY OF YOUR ENTRY TO FRED DERUVO AT THE ADDRESS/ E-MAIL/ OR FAX LISTED BELOW THE ENTRY GRID. DO NOT WAIT FOR YOUR BUSINESS OFFICE TO SEND IT.

(Business offices will forward payments at a later time, but your entry must be received by Monday, December 2nd or you will not be able to run.)

THANK YOU

The green sticker goes on the front of your 3X5 card for each relay you enter!

Please tell us if you are an A (large) or B (small) school.

Open Pit-Boys + Girls 5 → 7:30 or earlier if long jump is done

Triple Jump follows.

OPEN Boys then Girls

Followed by Fresh (B-G)

Followed by Soph (B-G)

Mile Medley- Fresh 4X2 MUST be going off by 9 P.M. in order for the mile medley to take place!

Plan accordingly

Fred

Please place the CORRECT number of athletes/teams you are entering in each of the events listed.

Running Relays: Unlimited but you MUST TELL US HOW MANY YOU ARE ENTERING

Field Event Relays: 2 per school

BOYS & GIRLS TEAMS MUST USE SEPARATE ENTRY FORMS

EVENT	OPEN	FROSH	SOPH
FROSH/SOPH			
55	XXXXXXXXXX	XXXXXX	XXXXXXXXXXXX
55HH	XXXXXXXXXX	XXXXXX	XXXXXXXXXXXX
4 X 200			XXXXXXXXXXXX
4 X 400			XXXXXXXXXXXX
4 X 800		XXXXXXXXXX	XXXXXX
DMR	XXXXXXXXXX	XXXXXX	XXXXXXXXXXXX
FIELD EVENT RELAYS	DIVISION	STANDARDS	# OF TEAMS (MAX 2)
Long Jump	Open Only	2 scorers; 3 may compete	
Shot Put	Open Only	2 scorers; 3 may compete (or as an individual)	
Triple Jump	Open Only	2 scorers; 3 may compete	
INDIVIDUAL FIELD EVENTS	DIVISION	NUMBER OF ATHLETES	
High Jump	Open Only		
Pole Vault	Open Only		
PRE-SEEDDED EVENTS			
1000	ATHLETE #1 Name	Seed Time	ATHLETE #2 Name
			Seed Time
DMR	Athlete's Names		

SCHOOL _____ **BOYS OR GIRLS** _____

SCHOOL PHONE _____

COACH _____ **HOME PHONE** _____

FAX _____ **E-MAIL** _____

PLEASE BE LEGIBLE

Billing Information: Please complete. All fees are non-refundable.

Total number of Individuals at \$10 each: _____

Total number of Field relays at \$35 each: _____

Total number of Running relays at \$35 each: _____

Officials cost is \$25 per team: _____

TOTAL ENTRY FEE: _____

Meet entries and payment must be sent to:

Fred DeRuvo 730 Boelsen Dr Westbury NY 11590 e-mail: coachderuvo@gmail.com or fax 516 334-5461 after 11AM. Make checks payable to: NCTCA. Give a copy of entry to your A.D..