

**13th ANNUAL
KNIGHT-TIME INVITATIONAL
SATURDAY, APRIL 9TH, 2016
UNIONDALE HIGH SCHOOL**

**THIS MEET IS OPEN TO ALL SCHOOLS IN NEW YORK, NEW JERSEY,
PENNSYLVANIA AND CONNECTICUT. SANCTIONS HAVE BEEN APPLIED FOR.**

INVITATIONAL EVENTS WILL BE OPEN TO **TOP 24 IN EACH EVENT**. ENTRIES WILL BE **ACCEPTED UNTIL WEDNESDAY, APRIL 6TH, 2015 AT 6:00 P.M.** AT WHICH POINT THE ENTRIES WILL BE CLOSED. ACCEPTED INDIVIDUALS IN INVITATIONAL EVENTS WILL BE POSTED ON THURSDAY, APRIL 7TH.

ENTRY PROCEDURE:

We are using Just-in-time-racing.com for our FAT. You need to put your full roster on line at that website. If you have never used this website before, you will have to e-mail Tony Toro at eltorotf@optonline.net to get a password.

Once you get the password

1. Go. to www.just-in-time-racing.com
2. Go to Spring track
3. Go to rosters [your athlete must be listed before you can seed them]
4. Chose meet entries.
5. Once you've completed seeding your athletes save all entries at the bottom of page. Seeding is required for ALL VARSITY AND INVITATIONAL EVENTS. This is new this year.
6. Make a copy for your records. [Your proof that you entered your athletes]
7. If you have any problems with your entries: 631-928-0991

**MAIL OR FAX YOUR MEET ENTRY WITH PAYMENT OR VOUCHER TO:
UNIONDALE TRACK CLUB
209 PETERS AVENUE
EAST MEADOW, NY 11554
FAX 516-357-0002**

NO ENTRIES THE DAY OF MEET. NO EXCEPTIONS.

RELAYS: YOU DO NOT HAVE TO GIVE SEED TIMES FOR YOUR RELAYS. YOUR RELAYS WILL BE SEEDED THE DAY OF THE MEET

TEAM SCORING:

The top three teams will be awarded plaques. Team Points will be given to the top 6 finishers in all events including Frosh/Soph and field events.

10-8-6-4-2-1

ENTRY FEE: ALL INDIVIDUAL EVENTS ARE \$5.00 PER ATHLETE
ALL RELAYS ARE \$15.00

*****MINIMUM ENTRY \$25.00*****

THIS IS AN ENTRY FEE NOT A PARTICIPATION FEE.

VARSIY STANDARDS:

	GIRLS	BOYS
HIGH JUMP	4'4"	5'
POLE VAULT	6'	8'
SHOT PUT TO BE MEASURED	28'	38'
DISCUS TO BE MEASURED	80'	90'
LONG JUMP TO BE MEASURED	14'	18'
TRIPLE JUMP TO BE MEASURED	30'	38'

FROSH SOPH STANDARDS:

HIGH JUMP	4'	4'9"
SHOT PUT	25'	30"
DISC	50'	60"
LONG JUMP	12'	14'
TRIPLE JUMP	28'	35"

HIGH JUMP INTERVALS: GIRLS 4'3"-4'6"-4'9" 5' THEN ONE INCH
BOYS 5' - 5'3"-5'6"- 5'9" - 6' THEN ONE INCH
FROSH SOPH GIRLS 4' - 4'3"- 4'6" - 4'8" - 4'10" - 5' THEN ONE INCH
BOYS 4-9" - 5' - 5'3" - 5'6" - 5' 8" - 5'10" - 6' THEN ONE INCH
POLE VAULT GIRLS 6' -7' - 7'6" - 8' - 8'6" - 9' - 9'6" - 10'
BOYS 8'-9' - 10' -11' - 11'6" - 12' - 12'6" - 13' - 13' 6 -14'

NOTES: ALL VARSITY RUNNING EVENTS MUST BE SEEDED ON LINE
FIELD EVENT INDEX CARDS MUST BE USED WITH ATHLETES NAME/SEED/EVENT/
COMPETITION NUMBER

THE JUMP PIT WILL BE OPEN FOR 1/1/2 HOURS GIRLS FIRST THEN BOYS IN TRIPLE JUMP. BOYS THEN GIRLS IN THE LONG JUMP. THE TOP 7 VARSITY ATHLETES WILL HAVE 3 MORE JUMPS AFTER THE OPEN PIT TRIAL.

VARSIY ATHLETES WILL JUMP FIRST, THEN FROSH/SOPH

FIRST THROW OR JUMP WILL BE MESURED, THEN ONLY JUMPS AND THROWS MEETING STANDARDS WILL BE MESURED.

SHOT PUT , DISCUS & HIGH JUMP - VARSITY FIRST, THEN COMBINED FROSH/SOPH

SEND INTENTIONS TO SUZIEKORN@AOL.COM

INVITATIONAL RUNNING EVENTS: TOP 24 ONLY

1500/1600 800
400 HURDLES 200

WE WILL ACCEPT ALL ENTRIES IN THE FOLLOWING EVENTS:

100 400 100/110 HURDLES STEEPLECHASE 3200/3000
RELAYS (3 PER SCHOOL) ALL FIELD EVENTS

3 EVENT LIMIT PER ATHLETE

AWARDS:	T SHIRT TO ALL VARSITY WINNERS INCLUDING RELAYS	
INVITATIONAL EVENTS	PLAQUE TO WINNER	MEDALS 2-6
INDIVIDUAL OPEN EVENTS	PLAQUE TO WINNER	MEDALS 2-6
RELAYS	PLAQUE TO WINNING COACH	MEDALS 1-6
FROSH-SOPH EVENTS		MEDALS 1-5

IN THE 400 THE FIRST FOUR SECTIONS OF 6 WILL BE THE TOP SEEDED SECTIONS AND WILL BE RUN IN LANES,. AFTER THAT, WE WILL HAVE LARGER FIELDS USING THE CALIFORNIA/WATERFALL START **MEDALS WILL BE AWARDED TO ALL HEAT WINNERS IN THE 400**

INVITATIONAL AWARDS WILL BE AWARDED AFTER EACH EVENT ON THE INFIELD.

ALL OTHER AWARDS WILL BE BAGGED TO BE PICKED UP AT THE END OF THE MEET. INFIELD AREA

MEET T SHIRTS WILL BE ON SALE

FOOD CONCESSION WILL BE AVAILABLE FOR BREAKFAST AND LUNCH

TENTS ARE WELCOME!!

PLEASE NO RADIOS (BOOM BOXES) [PERSONAL MUSIC DEVICES ONLY]

¼ "SPIKES ONLY

MEET DIRECTOR: DENNIS KORNFIELD & LEIGH POLLET

QUESTIONS CONTACT: SUE KORNFIELD 516-357-0001
E MAIL SUZIEKORN@AOL.COM
FAX 516-357-0002

IF YOU HAVE QUESTIONS, PLEASE CALL US OR E-MAIL US

Girls Frosh

____ Sprint Medley _____
 ____ 100 Meter _____
 ____ 400 Meter _____
 ____ 800 Meter _____
 ____ High Jump _____
 ____ Long Jump _____
 ____ Triple Jump _____
 ____ Shot Put _____
 ____ Discus _____

Girls Soph

Boys Frosh

____ Sprint Medley _____
 ____ 100 Meter _____
 ____ 400 Meter _____
 ____ 800 Meter _____
 ____ High Jump _____
 ____ Long Jump _____
 ____ Triple Jump _____
 ____ Shot Put _____
 ____ Discus _____

Boys Soph

Varsity Girls

____ 100 _____
 ____ 100 HH _____
 ____ 400 _____
 ____ 4X100 _____
 ____ 4X400 _____
 ____ 4x800 _____
 ____ Sprint Medley _____
 ____ Shuttle Hurdle [4per] _____
 ____ 3000 _____
 ____ Steeplechase _____
 ____ Hammer _____
 ____ High Jump _____
 ____ Long Jump _____
 ____ Triple Jump _____
 ____ Shot Put _____
 ____ Discus _____
 ____ Pole Vault _____

Varsity Boys

____ 100 _____
 ____ 110 HH _____
 ____ 400 _____
 ____ 4X100 _____
 ____ 4X400 _____
 ____ 4x800 _____
 ____ Sprint Medley _____
 ____ Shuttle Hurdle [4 per] _____
 ____ 3200 _____
 ____ Steeplechase _____
 ____ Hammer _____
 ____ High Jump _____
 ____ Long Jump _____
 ____ Triple Jump _____
 ____ Shot Put _____
 ____ Discus _____
 ____ Pole Vault _____

Girls Invitational Events

____ 400 IH _____
 ____ 200 _____
 ____ 800 _____
 ____ 1500 _____

Boys Invitational Events

____ 400 IH _____
 ____ 200 _____
 ____ 800 _____
 ____ 1600 _____

****TOTAL ATHLETES****Girls Entry**

Total # of Individuals ____x \$5.00= ____
 Total # of Relays _____x \$15.00= _____
 Total Entry Fee \$ _____

Boys Entry

Total # of Individuals __x\$5.00 =
 Total #of Relays _____x \$15.00=____
 Total Entry Fee \$ _____

MAKE CHECKS PAYABLE TO: **UNIONDALE TRACK CLUB**

209 PETERS AVENUE, EAST MEADOW, NY 11554

SCHOOL: _____ COACH _____

ADDRESS _____ SCHOOL PHONE: _____

CITY: _____ COACH'S HOME PHONE: _____

STATE: _____ ZIP _____ COACH'S E-MAILADDRESS _____

ORDER OF EVENTS

ALL RUNNING EVENTS WILL BE BOY,GIRL EXCEPT WHERE NOTED IN HURDLES

FIRST EVENT PROMPTLY AT 8:30 A.M.

STEEPLECHASE		IF ENOUGH PEOPLE ENTER!!!!!!
400 IH	FINAL ON TIME	[INVITATIONAL]
SPRINT MEDLEY	FROSH	200-100-100-400
SPRINT MEDLEY	SOPH	
SPRINT MEDLEY	VARSIITY	
4 X 800		
4 X 100	VARSIITY TRIALS	6 FASTEST TIMES TO FINAL
SHUTTLE HURDLE RELAY [4 PERSON TEAM]		
200	FINAL ON TIME	[INVITATIONAL]
800	FINAL ON TIME VARSITY	[INVITATIONAL]
800	FINAL ON TIME FROSH	
800	FINAL ON TIME SOPH	
100	FROSH FINAL ON TIME	[OPPOSITE SIDE OF TRACK –NO FAT]
100	SOPH FINAL ON TIME	[OPPOSITE SIDE OF TRACK –NO FAT]
100	VARSIITY TRIALS	6 FASTEST TO FINAL

Brief Opening Ceremony [National Anthem]

3200	FINAL ON TIME	
3000	FINAL ON TIME	
100 HURDLES	VARSIITY TRIALS	6 FASTEST TO FINAL
110 HURDLES	VARSIITY TRIALS	6 FASTEST TO FINAL
400	FINAL ON TIME VARSITY	TOP FOUR HEATS IN LANES
400	FINAL ON TIME FROSH	
400	FINAL ON TIME SOPH	
100	FINAL	
110 HURDLES	FINAL	
100 HURDLES	FINAL	
1600	FINAL ON TIME	[INVITATIONAL]
4 X 100	FINAL	
1500	FINAL ON TIME	[INVITATIONAL]
4 X 400		

HAMMER	BOYS	GIRLS [START TIME 8:30 A.M.]
HIGH JUMP	GIRLS	BOYS VARSITY-FROSH SOPH[COMBINED]
LONG JUMP	BOYS	GIRLS VARSITY-FROSH SOPH[COMBINED]
TRIPLE JUMP	GIRLS	BOYS VARSITY-FROSH SOPH[COMBINED]
SHOT PUT	BOYS	GIRLS AFTER HAMMER
		VARSIITY-FROSH SOPH[COMBINED]
DISCUS	GIRLS	BOYS VARSITY –FROSH SOPH [COMBINED]
POLE VAULT	GIRLS	BOYS VARSITY ONLY

THE FROSH /SOPH FIELD EVENTS WILL BE COMBINED AND THEN MEDALS WILL BE AWARDED ACCORDINGLY FOR EACH DIVISION. IN THE HIGH JUMP ALL LEVELS WILL COMPETE TOGETHER