

# MASSAPEQUA DEVELOPMENTAL TRACK & FIELD MEET SATURDAY-MARCH 26<sup>th</sup>, 2016



Location: Massapequa High School  
Time: 9:30AM-2:00PM  
Clerking: 9:15AM

Please e-mail Coach Mike Lisa if you  
plan to come at:  
[mlisa@msd.k12.ny.us](mailto:mlisa@msd.k12.ny.us)

**Seeding:** Three-event limit: An athlete may compete in two open events, and one relay, verbal seeding in open running events. Cards only needed for field events and relays.

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

**Equipment:** Spikes  $\frac{1}{4}$  in length can be worn on all runways and the track. Please supply your own relay baton.

#### Event Information:

- The high jump will start at 3'6" for girls and 4'6" for boys.
- The pole vault will start at 6' for girls and 8' for boys.
- Two pits will be used in the long and triple jump simultaneously.

**Food:** Will be on sale the day of the meet.  
**Please support the Massapequa Track & Field Booster Club**

**Entry Fees:** \$160.00 boys team, \$160.00 girls team or \$280.00 combined teams.  
**Non Section VIII teams: \$170.00 Boys, \$170 girls, \$330 combined teams.**  
Officials will be split among Section VIII schools and billed through BOCES.  
**This is an entry fee not a participation fee.**

**Entry Due:** Please fill out entry information and send to:  
John Piropato  
Athletic Director  
4925 Merrick Road  
Massapequa, NY 11758

**Entries Dues by Monday March 21<sup>st</sup>, 2016**

MASSAPEQUA DEVELOPMENTAL TRACK & FIELD MEET  
SATURDAY-MARCH 26<sup>th</sup>, 2016  
Massapequa High School

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

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

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Please circle one:

Section VIII:	BOYS	GIRLS	BOYS & GIRLS
	\$160.00	\$160.00	\$280.00
Non Section VIII	\$170.00	\$170.00	\$330.00

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

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

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

Approximate # of athletes: Runners \_\_\_\_\_ Jumpers \_\_\_\_\_ Throwers \_\_\_\_\_

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

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

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

Approximate # of athletes: Runners \_\_\_\_\_ Jumpers \_\_\_\_\_ Throwers \_\_\_\_\_

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Entry Due: John Piropatto  
Athletic Director  
4925 Merrick Road  
Massapequa, NY 11758

Make checks or PO's payable to: **Massapequa Public Schools**  
Please contact Mike Lisa if your district requires a TAX ID# @  
**mlisa@msd.k12.ny.us**

Entries Due: Monday March 21<sup>st</sup>, 2016

MASSAPEQUA DEVELOPMENTAL TRACK & FIELD MEET  
SATURDAY-MARCH 26<sup>th</sup>, 2016  
Massapequa High School  
Order of Events

- 9:30AM: 400IH girls  
400IH boys  
1500m girls  
1600m boys  
100m girls  
100m boys  
400m girls  
400m boys  
100m hurdles  
110m hurdles  
800m girls  
800m boys  
200m girls  
200m boys  
3000m girls  
3200 boys  
4 x 400m girls  
4 x 400m boys  
4 x 100m girls  
4 x 100m boys  
4 x 800m girls  
4 x 800m boys
- 9:30AM Long Jump Boys and Girls-Simultaneously  
Followed by Triple Jump Boys and Girls
- 9:30AM Pole Vault Girls Opening Height 6'  
Followed by Pole Vault Boys Opening Height 8'
- 9:30AM High Jump Girls Opening Height 3'6"  
Followed by High Jump Boys Opening Height 4'6"
- 9:30AM Shot Put Girls  
Followed by Shot Put Boys
- Discus Boys  
Followed by Girls Discus

