

9th ANNUAL
MASSAPEQUA LAST CHANCE MEET



MONDAY-JUNE 6th, 2016

Please contact: Mike Lisa email: mlisa101@hotmail.com or Rich Degnan email: mbundr8029@aol.com with any questions or concerns.

Location: Massapequa High School
4925 Merrick Road
Massapequa NY

Time: 4:15 PM-8:30 PM
Clerking: Begins at 4:00 pm

Coaches Instruction Sheet

Entries Entry due date is Friday, June 3RD, 2016. Our fax number is 516-308-5081.
NO ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.
Just a reminder, that once an entry is accepted, the entry fee **must** follow.
The fee is an entry fee and not a participation fee.

Eligibility An athlete may compete in any **three events**.

Relays You do not have to seed your relays. Your relays will be seeded the day of the meet.
Seeded sprint heats will be run in lane. All others may run off common start.

Field Events	Boys Opening Heights	Girls Opening Heights
High Jump	5' 0"	High Jump 4'2"
Pole Vault	8'	Pole Vault 6'0"

In the shot put, long and triple jump: all the first jumps and throws will be measured. After that only those over a certain distance will be measured.

Awards Medals will be given to the top five finishers in all individual running and field events.
Medals will be given to the top three finishers in all relays.

Entry Fees: **Individuals: \$15.00 per event. Relays: \$40.00 per event or use the blanket entry option.**

Section VIII teams: \$170.00 boys, \$170.00 girl's team or \$320.00 combined team, plus the cost one official per team. Officials will be split between Section VIII schools and billed through BOCES.

Non Section VIII teams: \$180 and \$330 for a combined team.

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BOYS INDIVIDUAL EVENTS

- _____ 400 METER HURDLES
- _____ 100 METER DASH
- _____ 1600 METER RUN
- _____ 800 METER RUN
- _____ 3,200 METER RUN
- _____ 110 HIGH HURDLES

GIRLS INDIVIDUAL EVENTS

- _____ 400 METER HURDLES
- _____ 100 METER DASH
- _____ 1500 METER RUN
- _____ 800 METER RUN
- _____ 3,000 METER RUN
- _____ 100 HURDLES

BOYS FIELD EVENTS

- _____ HIGH JUMP
- _____ LONG JUMP
- _____ POLE VAULT
- _____ SHOT PUT
- _____ DISCUS
- _____ TRIPLE JUMP

GIRLS FIELD EVENTS

- _____ HIGH JUMP
- _____ LONG JUMP
- _____ POLE VAULT
- _____ SHOT PUT
- _____ DISCUS
- _____ TRIPLE JUMP

BOYS RELAYS EVENTS

- _____ 400 METER RELAY
- _____ 800 METER RELAY
- _____ 1600 METER RELAY
- _____ 3200 METER RELAY
- _____ 4 X 1600 METER RELAY
- _____ TEXAS SPRINT MEDLEY RELAY(1-1-2-4)
- _____ SWEDISH RELAY (1-2-3-4)
- _____ SPRINT MEDLEY (2-2-4-8)
- _____ SHUTTLE HURDLE RELAY (4)

GIRLS RELAYS EVENTS

- _____ 400 METER RELAY
- _____ 800 METER RELAY
- _____ 1600 METER RELAY
- _____ 3200 METER RELAY
- _____ 4 X 1600 METER RELAY
- _____ TEXAS SPRINT MEDLEY RELAY (1-1-2-4)
- _____ SWEDISH RELAY (1-2-3-4)
- _____ SPRINT MEDLEY (2-2-4-8)
- _____ SHUTTLE HURDLE RELAY (4)

ENTRY FEE:

<u>Option A</u>	<u>Blanket entry:</u>	<u>Section VIII</u>	<u>Non Section VIII</u>
	<u>Team entry fee :</u>	\$170.00	\$180.00
	<u>Boys/Girls program blanket entry :</u>	\$320.00	\$330.00

Option B

TOTAL # OF INDIVIDUALS _____ X \$15.00 _____
 TOTAL # OF RELAYS _____ X \$40.00 _____
 TOTAL ENTRY FEE _____

MINIMUM ENTRY FEE IS \$20.00

TOTAL # OF ATHLETES COMPETING _____

- **Each participating Section VIII school will be billed through BOCES for one official**

ENTRIES ARE DUE BY Friday, June 3, 2016. LATE ENTRIES ARE SUBJECT TO REJECTION. NO DAY OF THE MEET ENTRIES! JUST A REMINDER, ONCE AN ENTRY IS ACCEPTED, THE ENTRY FEE MUST FOLLOW.

THE FEE IS AN ENTRY FEE AND NOT A PARTICIPATION FEE.

MAKE CHECKS PAYABLE TO: Massapequa Public Schools

MAIL TO: John Piropatto Fax # 516-308-5081
Athletic Director
4925 Merrick Road
Massapequa, NY 11758

SCHOOL NAME _____ COACH'S NAME _____ COACH'S PHONE # _____

SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP _____ SCHOOL PHONE # _____

ATHLETIC DIRECTOR SIGNATURE _____

8th ANNUAL
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MONDAY-JUNE 6th, 2016

ORDER OF EVENTS

Monday, June 6 – Field Events

- 4:30 Girl's and Boy's Pole Vault run concurrently
- 4:30 Boy's Long Jump followed by Girl's Long Jump
- 6:00 Boy's Triple Jump followed by Girl's Triple Jump
- 4:30 Girl's Shot followed by Boy's Shot
- 4:30 Girl's and Boy's High Jump will be run concurrently
- 4:30 Boy's Discus followed by Girl's Discus

Monday, June 6 - Running Events

4:00 Coaches Meeting

- 4:15** Boys Shuttle Hurdle Relay (4 person relay)
- Girls Shuttle Hurdle Relay (4 person relay)
- Boys 4 x 1600-Run Simultaneously as SHR
- Girls 4 x 1600-Run Simultaneously as SHR
- Boys SMR (2-2-4-8)
- Girls SMR (2-2-4-8)
- Boys 400 Meter Relay – Final on time
- Girls 400 Meter Relay – Final on time
- Boys 3200 meter run
- Girls 3000 meter run
- Boys 400 IH
- Girls 400 IH
- Boys 800 meter run
- Girls 800 Meter Run
- Boys Swedish Relay (1-2-3-4)
- Girls Swedish Relay (1-2-3-4)
- Boys 100 Final
- Girls 100 Final
- Boys 1600 meter run
- Girls 1500 meter run
- Boys 800 Meter Relay – Final on time
- Girls 800 Meter Relay – Final on time
- Boys 110 meter hurdles Final on time
- Girls 100 meter hurdles Final on time
- Boys 400 Finals
- Girls 400 Finals
- Boys 3200 Meter Relay
- Girls 3200 Meter Relay
- Varsity Boys 1600 Meter Relay
- Varsity Girls 1600 Meter Relay
- Boys Texas Sprint Medley (100-100-200-400) Final
- Girls Texas Sprint Medley (100-100-200-400) Final

This meet will move very quickly so please have your athletes ready two events ahead.

