4th Annual

Glen Cove Big Red Invitational

Thursday May 2nd, 2019

***Rain Date May 3rd***

Glen Cove High School

4:30 PM START

**\*\*\* FIRST 10 BOYS AND FIRST 10 GIRLS TEAMS WILL BE ACCEPTED\*\*\***

**Seeding**: There will be a three event limit. All seeding will be done verbally except the invite 100m and 400m races. All athletes should know their seed times prior to clerking in. **Athletes should have their numbers!!!**

TIMES WILL BE ENTERED ONTO TRACKCONFERENCE…

**\*\*\*Must Pre-Seed Invite 100M/400M\*\*\***

**Invite 100M and 400M races**

* Boys seed times should be e-mailed to [mcarbon@glencove.k12.ny.us](mailto:mcarbon@glencove.k12.ny.us)
* Girl’s seed times should be e-mailed to [christian.dottin@gmail.com](mailto:christian.dottin@gmail.com)
* All seed times are to be summited by Friday April 27th @ 12:00pm. You will receive an e-mail by Tuesday May 1st letting you know if your athlete is accepted. If you do not receive an e-mail your athlete was not accepted into the race.
* Top 18 100 meter athletes will be seeded. Three heats of six with winners and next three fastest times entering finals.
* Top 12 400 meter athletes will be seeded. Final on time.

**Awards:**

* Top 5 athletes in each individual event.
* Top 3 in relays

**Invite 100M and 400M**

* Top Five finishers will be given awards
* Trophies will be given to the winner of each race
* Medals will be given to the next four places

**Field Events:**

* The high jump will start at 3’10” for girls and 4’10” for boys.
* We will be utilizing two jumping pits for long and triple.

**Fee:** $150 per team or $250 for both teams. Plus the cost off officials billed through Boces.

\*\*\* If you have any questions contact \*\*\*

Boys Matt Carbone **Cell:** 516-808-7344 **Office:** 515-801-7542 **Fax:** 516-801-7649

Girls Christian Dottin **Cell:** 631-357-4080 **Fax:** 516-801-7649

Entry Form

**Name of School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Coach’s email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teams Attending: Boys Team ONLY $150.00

Girls Team ONLY $150.00

Both Boys & Girls Teams $250.00

Entry Fee: A copy of my Purchase Order is attached in the amount of **$ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

Please make checks payable to **Glen Cove High School Track and Field**

\*\*\*In the memo please write track invitational\*\*\*

Please fax or scan entry commitment and copy of PO no later than: **Monday, April 29th, 2019**

Glen Cove High School

Athletic Department

Attention: Linda Perlman

150 Dosoris Lane

Glen Cove NY 11542

Phone: 516-801-7641

Fax: 516-801-7649

Linda Perlman: [lperlma@glencove.k12.ny.us](https://webmail.glencove.k12.ny.us/owa/redir.aspx?C=Pf29xKXv1UKCXfcCxk2wbaHDhizATdMIu1TJBieX9hx5ohFdOJdAjk4p0Myqz99qJO7wxtL-K3M.&URL=mailto%3alperlma%40glencove.k12.ny.us)

**Order of Events**

Boy’s 400 Meter Open

Girl’s 400 Meter Open

Boy’s Invite 400 Meter (Top 12)

Girl’s Invite 400 Meter (Top 12)

Boy’s DMR (1200,400,800,1600)

Girl’s DMR (1200,400,800,1600)

Boy’s 100 Meter Open

Girl’s 100 Meter Open

Boy’s Invite 100 Semi (Top 18)

Girl’s Invite 100 Semi (Top 18)

Boy’s 110 HH

Girl’s 100 HH

Boy’s 800 Meter

Girl’s 800 Meter

Boy’s Invite 100 Finals

Girl’s Invite 100 Finals

Boy’s Steeple Chase

Girl’s Steeple Chase

Boy’s SMR (400,200,200,800)

Girl’s SMR (400,200,200,800)

Boy’s 4X100 Meter

Girl’s 4x100 Meter

**Field Events:**

* Girl’s shot put scorers will go first followed by girl’s non-scorers. Boy’s scorers next followed by boy’s non-scorers.
* Boy’s disc scorers will go first followed by boy’s non-scorers. Girl’s scorers next followed by girl’s non-scorers.
* Boy’s long jump scorers will go first followed by the girl’s scorers. Three jumps each. Non-scorers will follow in same order-boys than girls.
* Girl’ triple jump scorers will go first followed by boy’s scorers. Three jumps each. Non scorers will follow in same order-girls than boys.
* We will be using two jumping pits.
* Depending on the time, non-scores might have 2 throws each.