

The Nassau Coaches Invitational

Saturday, December 11th, 2021 – Ocean Breeze Track Complex
9AM Start – 625 Father Capodonna Blvd. Staten Island, NY 10305

We would like to thank all of our coaches, officials and student-athletes who provide their time and effort to make this invitational a success each indoor season. All of the proceeds raised through this meet go directly back to the track and field athletes of Nassau County.

SITE OF THE NEW YORK INDOOR TRACK & FIELD STATE CHAMPIONSHIPS!



This invitational is currently only open to Nassau County high schools and teams who have attended our indoor invitational previously.

Important Notes for the Meet:

1. **Meet Entry:** A completed entry form must be completed and emailed to Fred DeRuvo at coachderuvo@gmail.com.
2. **Online Entry:** All athletes must be entered into their events on **Milesplit by Wednesday, December 8th, 2021 at Midnight**. No additions or event changes can be made after the deadline. Please only enter those athletes actually competing.
3. **Officials:** Costs will be split between the teams and billed through BOCES.
4. **Events:** Athletes are limited to any **two events** at the invitational. All entries are to be completed online. Event check-in for running events will be announced at the invitational. Check-in for field events will happen at the event space itself.
5. **Awards:**
NCTCA Medals for the Top 6 Individuals and Relays
55 Dash Only - Top 3 in Heats 1-10 will earn medals
55 Hurdles Only – Top 3 in Heats 1-5 will earn medals
6. **Spikes:** ¼ inch spikes are acceptable in **all events**.

All teams and athletes are expected to know and follow all Covid policies put into place at Ocean Breeze. The current policy can be found and will be updated at:

<https://oceanbreezenyc.org/sports/2021/11/11/ocean-breeze-covid-19-procedures.aspx?id=475>

Questions About the Meet:

Michael Ringhauser

michael.ringhauser@gmail.com

631-245-1564

Order of Events: 8:40am - Coaches Meeting at the Finish Line
 8:45am - Check-In begins for the 55 Hurdles, 1000, and Field Events

Running Events: 9am Start and FAT Timing in All Events!

55 Hurdles	Open Division Only – Event will take place on the in-field.
55 Dash	Open Division Only – Event will take place on the in-field.
1000	Open Division (Boys, Girls) – Followed by Frosh/Soph (Boys, Girls)
600	Open Division (Boys, Girls)
300	Open Division (Boys, Girls) – Followed by Frosh/Soph (Boys, Girls)
1600/1500	Open Division (Boys - 1600, Girls - 1500)
4x200	Open Division (Boys, Girls) – Followed by Frosh/Soph (Boys, Girls) <i>Limit of 2 Open and 2 Frosh/Soph Relays per Gender</i>
4x400	Open Division (Boys, Girls) – Followed by Frosh/Soph (Boys, Girls) <i>Limit of 2 Open and 2 Frosh/Soph Relays per Gender</i>
4x800	Open Division (Boys, Girls) – Followed by Frosh/Soph (Boys, Girls) <i>Limit of 2 Open and 2 Frosh/Soph Relays per Gender</i>

Field Events:

Long Jump	Open Division (Boys, Girls) – All first jumps will be recorded. Additional Measurements: Boys – 17 and over; Girls – 14 and over
Triple Jump	This event will take place upon the conclusion of the long jump. Open Division (Boys, Girls) – All first jumps will be recorded. Additional Measurements: Boys – 36 and over; Girls – 28 and over
Shot Put	Boys' competition will take place in the cage furthest from the bleachers. Open, Followed by Frosh/Soph – All first throws will be measured. Additional Measurements: Open – 35 and over; F/S – 30 and over Girls' competition will take place in the cage closest to the bleachers. Open, Followed by Frosh/Soph – All first throws will be measured. Additional Measurements: Open – 25 and over; F/S – 20 and over
Weight Throw	This event will follow the completion of the boys' shot put in the cage furthest from the bleachers. Open Division (Boys, Girls)
High Jump	This event will take place on the in-field following the finish of the 55. Boys' competition will be on the mats closest to the throwing cages. Open Division (5-0 opening height); Followed by Frosh/Soph (4-6 starting) Girls' competition will be on the mats closest to the finish line. Open Division (4-0 opening height); Followed by Frosh/Soph (3-6 starting)
Pole Vault	Open Division (Girls, Boys) Girls will have a 6-0 opening height; Boys will have an 8-0 opening height

Additional Notes:

- There are two jumping pits, so boys and girls will jump simultaneously.
- Unlimited entries in all events except for the relays (see above notice).
- In the field events, all first jumps/throws will be measured then standards follow.
- We reserve the right to combine OPEN and FROSH/SOPH if the numbers allow.

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Please note that this form represents an entry fee, not a participation fee.

School: _____

Address: _____

Circle One: Boys Team Girls Team

Coach: _____

Cell Phone: _____

Email: _____

Option One: # of Individual Events Entered: _____ x \$8 = \$ _____
of Relay Events Entered: _____ x \$25 = \$ _____
Total Amount of the Entry: _____ \$ _____

Option Two: Blanket Entry of \$300 for **one** Boys' or Girls' Team \$ _____

Nassau County Schools will be Billed for Officials through BOCES

Send All Entries To:

Mail: Fred DeRuvo – NCTCA
730 Boelsen Drive
Westbury, NY 11590

Email: coachderuvo@gmail.com

Checks are Payable to: NCTCA Tax ID: NCTCA 421705038

Coaches, please do not rely on your school to send in your entry. It is your responsibility to directly send us a copy of your entry and enter your athletes into their events on Milesplit!

Don't Forget To:

Complete your entry on www.milesplit.com by **WEDNESDAY, DECEMBER 8th at Midnight!**

If you have problems or questions about the invitational, contact Michael Ringhauser.

Cell – 631-245-1564

Email – michael.ringhauser@gmail.com