**The Nassau Coaches Invitational**

**Saturday, December 14th, 2019 – Ocean Breeze Track Complex**

**9AM Start – 625 Father Capodonno 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 2019-2022 NEW YORK INDOOR STATE CHAMPIONSHIPS!**

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**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: An entry form must be completed then mailed or faxed to Fred DeRuvo. Please fill in the entry blanks with an approximate number of competing athletes!
2. Rosters: All teams must enter their complete roster on the **Direct Athletics website** by **December 9th, 2019 at 8:00pm**. Labels for your athletes will be printed for you based on the roster that you submit and be included in your meet packet. **No rosters or entries can be accepted after the deadline as Ocean Breeze needs to be informed of the teams attending in order to print the labels that are needed.**
3. Officials: Costs will be split between the teams and billed through BOCES.
4. Events and Seeding: Athletes are limited to any **two events** at the invitational. Clerking for all of the running events will occur near the throwing cages. Clerking for all field events will occur at the event itself.

*Individual Events*: Verbal seeding with the athletes checking in with their label.

*Relay Events*: Index card with SCHOOL NAME, SEED, and LABELS of the four

athletes competing on the relay.

1. 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

1. Spikes: **¼ inch** spikes are acceptable in **all events**.

Order of Events: 8:45am - Clerking begins for the 55 Hurdles, 1000, and Field Events

 8:50am - Coaches Meeting at the Finish Line

**Running Events:** *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)*Limit of 2 Open and 2 Frosh/Soph Relays per Gender* |
| **4x400** | Open Division (Boys, Girls) – Followed by Frosh/Soph (Boys, Girls)*Limit of 2 Open and 2 Frosh/Soph Relays per Gender* |
| **4x800** | Open Division (Boys, Girls) – Followed by Frosh/Soph (Boys, Girls)*Limit of 2 Open and 2 Frosh/Soph Relays per Gender* |

**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.

**The Nassau Coaches Invitational**

**Fill in the Grid for Meet Management Purposes or Your Entry will be Returned**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Boys Open** | **Boys Fr./So.** | **Girls Open** | **Girls Fr./So.** |
| 55 Hurdles |  | XXXXXXXXXXXX |  | XXXXXXXXXXXX |
| 55 Dash |  | XXXXXXXXXXXX |  | XXXXXXXXXXXX |
| 1000 |  |  |  |  |
| 600 |  | XXXXXXXXXXXX |  | XXXXXXXXXXXX |
| 300 |  |  |  |  |
| 1600/1500 |  | XXXXXXXXXXXX |  | XXXXXXXXXXXX |
| 4x200 |  |  |  |  |
| 4x400 |  |  |  |  |
| 4x800 |  |  |  |  |
| Long Jump |  | XXXXXXXXXXXX |  | XXXXXXXXXXXX |
| Triple Jump |  | XXXXXXXXXXXX |  | XXXXXXXXXXXX |
| High Jump |  |  |  |  |
| Pole Vault |  | XXXXXXXXXXXX |  | XXXXXXXXXXXX |
| Shot Put |  |  |  |  |
| Weight Throw |  | XXXXXXXXXXXX |  | XXXXXXXXXXXX |

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

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Option One: # of Individual Events Entered: \_\_\_\_\_ x $7 = $\_\_\_\_\_\_\_\_\_\_

 # of Relay Events Entered: \_\_\_\_\_ x $25 = $\_\_\_\_\_\_\_\_\_\_

 *Total Amount of the Entry:* $\_\_\_\_\_\_\_\_\_\_

Option Two: Blanket Entry of $250 if Entering a Boys’ or Girls’ Team Only

 ***OR***

 Blanket Entry of $475 if Entering a Boys’ and Girls’ Team $ \_\_\_\_\_\_\_\_\_\_

**Nassau County Schools will be Billed for Officials through BOCES**

**Send All Entries To**:

*Mail:* Fred DeRuvo – NCTCA *Fax:* 516-334-5461

 730 Boelsen Drive **Please fax only between 8am-8pm!**

 Westbury, NY 11590

*Checks are Payable to: NCTCA Tax ID: NCTCA 421705038*

**DO NOT FORGET ALSO TO**:

Enter your roster on [www.directathletics.com](http://www.directathletics.com) by **MONDAY 12/9/2019 at 8:00pm**.

**How to Enter the Nassau Coaches Invitational on DirectAthletics**

**Step One – Accessing Your DirectAthletics Account**

Each coach must have a DirectAthletics username and password for his/her team. If you don’t know your username and/or password, go to <http://www.directathletics.com/forgot_password.html>. You will use the same account to enter all meets run through DirectAthletics.

*Note*: You can only control one gender at a time, so you will complete the below steps for your men and then switch to your women’s team (or vice versa) and repeat the process. The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field Team: East Meadow (Men)

This indicates that you are controlling the East Meadow Men’s Team. To switch to your women’s team, you would select “East Meadow (Women)”.

**Step Two – Setting Up Your Online Roster**

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

1. Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module.)
2. If you have used DirectAthletics before, you will see the existing athletes on your roster from previous seasons. To eliminate athletes no longer on your team, click the box to the LEFT of their name and then the red “DEACTIVATE” link at the top of the page.
3. To add new athletes, click the green “ADD ATHLETES” link and select an appropriate number of athletes you would like to add (you can add more at any time).
4. Enter your athletes’ FIRST NAME, LAST NAME and SCHOOL YEAR, then click submit.
5. Once you are finished, review your roster to make sure that you have entered all your athletes and there are no duplicate names (ex: Mike Hartcorn, Michael Hartcorn).
6. You may add, edit or delete athletes on your TEAM ROSTER at any time by clicking the “TEAM” tab. **Only those athletes on your roster as of December 6th, 2016 however will have labels printed for them to complete in the Nassau Coaches Invitational.**

Note: Again, all athletes from previous seasons will appear on your roster. It is your responsibility to take the following steps to make sure that you have an accurate and up-to-date roster:

1. Review your existing roster carefully. To view your roster, login and click “TEAM”.
2. To **deactivate** an athlete, check the box(es) next to the athlete(s) you wish to deactivate. Then click on the red “DEACTIVATE” button at the top of the roster.
3. **Edit** the school year for your existing athletes. Please review your entire roster to make sure that the school year is accurate for each existing athlete. If the school year is incorrect, check the box(es) next to the athlete(s) you wish to edit. Then click the dark blue “EDIT” button at the top of the roster. Change the school year in the dropdown and click “SUBMIT”.
4. **Check Spelling**. You can change the spelling of an existing athlete’s name by following the instructions in the previous step. Once at the “EDIT ATHLETES” page, make the appropriate changes to the FIRST or LAST NAME and click SUBMIT.
5. **Add** only new athletes not already on your roster. Do not create duplicates on your roster.

**Step Three – Entering the Nassau Coaches Invitational**

Once your athletes are added to your roster, you must register for the invitational.

1. In the “HOME” tab under upcoming meets (on the right side of the page) you should see “Nassau Coaches Invitational”. Click on the “REGISTER” link to enter into the invitational.

Note: If you do not see this under your upcoming meets, click on the “FIND A MEET” tab at the top of the page. Then search “NASSAU COACHES INVITATIONAL” and click the link to the meet. There you will find the green “REGISTER” tab to click and enter.

1. As long as your roster has been updated and you have registered, you are entered into the invitational. Please send a meet entry to FRED DERUVO for meet management purposes.
2. If you have questions regarding your entry status, please contact Michael Ringhauser:

E-mail: michael.ringhauser@gmail.com

Phone: (631) 245-1564

***All Rosters and Registrations are Due on DirectAthletics.com by MONDAY, 12/9/2019.***

***This will ensure that the facility will be able to print the labels for the athletes on your roster and have them ready for the invitational!***

***Remember to send a copy of your meet entry to Fred DeRuvo as soon as it is completed.***