13th Annual Walt Brem

 Track and Field Event Series

 at Farmingdale High School

**Dates and Times:**

Saturday, December 7, 2019 – Competition will begin promptly at 8:00am

Saturday, December 14, 2019 – Competition will begin promptly at 8:00am

Saturday, December 21, 2019 – Competition will begin promptly at 8:00am

**Schedule:**

**Running Events (Boys followed by Girls)**

3200 (Boys)

3000 (Girls)

600m

1000m

1600m

1500m (Girls)

55m Hurdles

**Field Events:**

Weight Throw – Held outdoors – Boys and Girls combined

Long Jump – Held outdoors with two pits

Triple Jump – long jump followed by triple jump

Shot Put – Held indoors

Pole Vault – Held indoors with Girls and Boys jumping together – opening height is 6 feet

High Jump – Two pits

**Cost:** $100.00 per team **OR** $10.00 per individual athlete

**PLUS**

*EACH SCHOOL WILL BE ASSESSED THE COST OF ONE OFFICIAL THROUGH B.O.C.E.S*

Walt Brem Track and Field Event Series

at Farmingdale High School

**Entry Form**

Date Boys Girls or Number of Individuals

12/1 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_

12/8 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_

12/15 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_

Total Cost $ \_\_\_\_\_\_\_\_\_\_\_

$100.00 per team per meet

$10.00 per individual entry per meet

**Plus** *cost of one official*

Entries must be received by Friday, November 30, 2018

**Please send entry forms and payments to:**

Farmingdale High School Email: whenning@farmingdaleschools.org

c/o: Walt Henning Fax #: (516) 752-2981

 Athletic Department Employer ID: 11-3558339

150 Lincoln Street

Farmingdale, NY 11735

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 School Coach

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 Athletic Director