

The Oceanside Blue and White Meet

Invitational Track & Field Meet



Friday, May 20, 2016
@ Oceanside H.S.

Time: Clerking begins at 4:15PM, First event at 4:45PM
Seeding: Three-event limit. Verbal Seeding. **CARDS FOR RELAYS AND FIELD EVENTS!**
Please have athletes wear Nassau County Numbers!
Awards: Medals to top 6 in ALL events, including Relays
Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.

Event information:

- The high jump will start at 3'10" for girls and 4'10" for boys.
- Pole vault will be contested opening heights girls 6', boys 8'

Food: Will be on sale the day of the meet.
Please support the Oceanside Track Club!!

Results: Be sure to check results at www.trackconference.com

Entry Fees: **Section VIII Schools:** \$150.00 boys team, \$150.00 girls team or \$250.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.
Non-Section VIII Schools: \$175.00 boys, \$175.00 girls team or \$300.00 combined team. This is a participation fee not an entry fee.
*Each school is expected to bring a supervisor

Entry Due: Please fill out entry information and send to:
Oceanside High School
c/o Kevin Carbonetti
3160 Skillman Ave
Oceanside, NY 11572
Fax: (516) 678-8595
Make checks/ P.O.'s payable to: Oceanside UFSD

Questions: Please contact Kevin Carbonetti
Phone: (516) 581-4579
Email: kcarbonetti@oceansideschools.org

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Oceanside High School

ENTRY FORM

School: _____

School Phone Number: _____

Please circle one:

	BOYS	GIRLS	BOYS & GIRLS
Section VIII	\$150	\$150	\$250
Non-Section VIII	\$175	\$175	\$300

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes Runners _____ Jumpers _____ Throwers _____

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- 4:45pm 3200m Boys (1 Elite Heat - Only 14 max.)
3000m Girls (1 Elite Heat - Only 14 max.)
200m Boys
200m Girls
800m Boys
800m Girls
110m HH
100m HH
100m Boys
100m Girls
400m Boys
400m Girls
1500m Boys
1600m Girls
400IH Boys
400IH Girls
Mile Medley Boys (200-200-400-800)
Mile Medley Girls (200-200-400-800)
DMR Boys (1200-400-800-1600)
DMR Girls (1200-400-800-1600)
- 4:45pm Triple Jump Boys
Followed by Triple Jump Girls
Followed by Long Jump Boys
Followed by Long Jump Girls
- 4:45 pm Pole Vault Girls Opening height 6'
Pole Vault Boys Opening height 8'
- 4:45pm High Jump Girls Opening height 3'10"
Followed by High Jump Boys Opening height 4'10"
- 4:45pm Shot Put Girls
Discus Girls
- Discus Boys
Shot Put Boys