

5<sup>th</sup> Annual  
Cougar Invite  
Saturday, April 16<sup>th</sup>



JFK Bellmore High School  
3000 Bellmore Ave  
Bellmore, NY 11710  
9:15 am rain or shine

**Seeding:** Three-event limit with verbal seeding in running events.  
Cards only needed for field events and relays.

**Awards:** Medals will be bagged and awarded to top 6 overall and top 3 in  
freshman/sophomore events. All heat winners will receive a medal.  
Winners of Cougar 3200/3000 and seeded 100 will receive trophies.

**Equipment:** Spikes are allowed, please supply a relay baton and starting blocks.

**Event Info: \*\*NEW for 2016- no pre-seeded races and new format.\*\***

Frosh/Soph will compete in their own sections.

Food, drinks and T-shirts will be on sale the day of the meet.

The cost of officials will be split between schools.

**The Cougar 3200/3000 will only have 9 runners. After each lap  
(first 200 for the girls) the last place runner will stop running.  
The last lap will have only two runners left.**

The Cougar Invite  
Saturday April 16<sup>th</sup>, 2016  
JFK Bellmore High School

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

Athletic Director name and number: \_\_\_\_\_

Please circle one:

Section VIII:	BOYS \$160.00	GIRLS \$160.00	BOYS & GIRLS \$320.00
Non Section VIII	\$180.00	\$180.00	\$360.00

Boys Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

E-mail will be used for status confirmation.

You will receive an e-mail from me once I receive your paperwork.

Approximate # of athletes: Runners \_\_\_\_\_ Jumpers \_\_\_\_\_ Throwers \_\_\_\_\_

Girls Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

E-mail will be used for status confirmation.

You will receive an e-mail from me once I receive your paperwork.

Approximate # of athletes: Runners \_\_\_\_\_ Jumpers \_\_\_\_\_ Throwers \_\_\_\_\_

**The Cougar 3200/3000 will be seeded that day.**

**Make checks or PO's payable to: Bellmore-Merrick Central High School District.**

Send entry and payment to:

Chris Mammone

JFK Bellmore Girls Track Coach

3000 Bellmore Ave.

Bellmore, NY 11710

Entries can be faxed to (516) 785-7198.

If you plan on attending or have any questions regarding the meet contact Coach Chris Mammone at moner2000@aol.com or cell phone (516) 647-1854.

\*\*\*\*\***Coaches you are not entered in the meet unless you hear from me.**\*\*\*\*\*

Entries due on April 9<sup>th</sup> please contact me if there are any concerns.

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**Meet Order - 9:15 am start**

Boys will run first for all track events  
110 high hurdles/100 high hurdles (open only)  
200 (open, frosh/soph)  
**Cougar 3200/3000** (open only)  
800 (open, frosh/soph)  
100 semi-finals (open, frosh/soph)  
400 intermediate hurdles (open only)  
400 (open, frosh/soph)  
100 finals (open, frosh/soph)  
1600/1500 (open, frosh/soph)  
1600 meter medley relay (200-200-400-800)

**Field events will start at 9:15 am**

**Minimal measurements will be used in the field events and are noted below.**

Shot Put (Girls first) Boys: 20' f/s, 25' open, Girls: 15' f/s, 20' open

Discus (Boys first) Boys: 60' f/s, 80' open, Girls: 40' f/s, 60' open

Triple Jump (Boys first followed by girls) Boys: 22' f/s, 26' open, Girls: 20' f/s, 24' open

Long Jump (Boys first followed by girls) Boys: 12 f/s, 15' open, Girls: 10' f/s, 12' open

High Jump (Girls and boys will compete at same time)

3-8 starting height, 4-8 starting height boys

*"Training for me is a metaphor for life, period. The dedication, the determination, the desire, the work ethic, the great successes and the great failures- I take that into life."– The Rock*

**Request for Taxpayer  
 Identification Number and Certification**

**Give Form to the  
 requester. Do not  
 send to the IRS.**

Name (as shown on your income tax return)  
*Bellmore-Merrick CHSD*

Business name/disregarded entity name, if different from above

Check appropriate box for federal tax classification:  
 Individual/sole proprietor     C Corporation     S Corporation     Partnership     Trust/estate  
 Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=partnership) ▶     Exempt payee  
 Other (see instructions) ▶ *School District*

Address (number, street, and apt. or suite no.)  
*1260 Meadowsbrook Rd.*

City, state, and ZIP code  
*North Merrick, NY 11566*

List account number(s) here (optional)

Requester's name and address (optional)

Print or type  
See Specific Instructions on page 2.

**Part I Taxpayer Identification Number (TIN)**

Enter your TIN in the appropriate box. The TIN provided must match the name given on the "Name" line to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN* on page 3.

**Social security number**

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**Employer identification number**

<i>11</i>	-	<i>6000284</i>
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**Note.** If the account is in more than one name, see the chart on page 4 for guidelines on whose number to enter.

**Part II Certification**

Under penalties of perjury, I certify that:

- The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and
- I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding, and
- I am a U.S. citizen or other U.S. person (defined below).

**Certification instructions.** You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 4.

**Sign Here**    Signature of U.S. person ▶ *Kate Jean*    Date ▶ *3/15/12*

**General Instructions**

Section references are to the Internal Revenue Code unless otherwise noted.

**Purpose of Form**

A person who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) to report, for example, income paid to you, real estate transactions, mortgage interest you paid, acquisition or abandonment of secured property, cancellation of debt, or contributions you made to an IRA.

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN to the person requesting it (the requester) and, when applicable, to:

- Certify that the TIN you are giving is correct (or you are waiting for a number to be issued),
- Certify that you are not subject to backup withholding, or
- Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the withholding tax on foreign partners' share of effectively connected income.

**Note.** If a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.

**Definition of a U.S. person.** For federal tax purposes, you are considered a U.S. person if you are:

- An individual who is a U.S. citizen or U.S. resident alien,
- A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States,
- An estate (other than a foreign estate), or
- A domestic trust (as defined in Regulations section 301.7701-7).

**Special rules for partnerships.** Partnerships that conduct a trade or business in the United States are generally required to pay a withholding tax on any foreign partners' share of income from such business. Further, in certain cases where a Form W-9 has not been received, a partnership is required to presume that a partner is a foreign person, and pay the withholding tax. Therefore, if you are a U.S. person that is a partner in a partnership conducting a trade or business in the United States, provide Form W-9 to the partnership to establish your U.S. status and avoid withholding on your share of partnership income.