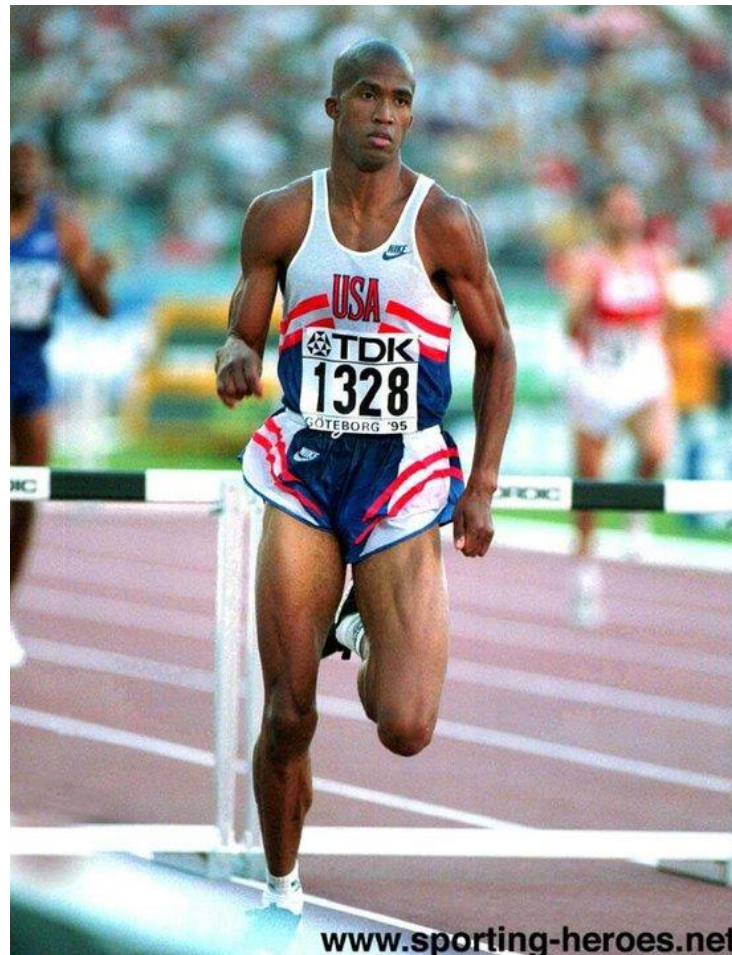


**MALVERNE HIGH SCHOOL
DERRICK ADKINS SPRING CLASSIC
2016**



MALVERNE UFSD ADMINISTRATION

BOARD OF EDUCATION

Josephine Bottitta - President
John Tulley - First Vice President
Danielle Hopkins - Second Vice President
Marguerite O'Connor - Member
Michael Taylor - Member

DISTRICT ADMINISTRATION

Dr. James H. Hunderfund - Superintendent
Mrs. Rose Linda Ricca -Asst. Superintendent for Curriculum, Instruction and Educational Services
Dr. Spiro Colaitis - Asst. Superintendent for District Operations
Mr. Christopher Caputo -Business Manager
Ms. Patricia Desormeau - Director of Athletics, Health and Physical Education

HIGH SCHOOL ADMINISTRATION

Dr. Vincent Romano - Principal
Mrs. Keshia Bascombe - Assistant Principal
Mr. Christopher Brescia - Dean of Students

MALVERNE TRACK COACHING STAFF

Alma Britt - Girls Head Coach
Onix Salva- Girls Assistant Coach
Kito Lockwood- Boys Head Coach
Francis Orekoya - Boys Assistant Coach

MALVERNE HIGH SCHOOL DERRICK ADKINS HOLIDAY CLASSIC

Once again the Lakeview Youth Federation and Malverne High School invite you and your school track team to the Derrick Adkins Holiday Classic Track and Field Meet, on **April 25, 2016**. The meet, which is open to all high school athletes competing with their high school team, will be held this year at Malverne High School.

DATE: Monday April 25, 2016 RAIN OR SHINE.
TIME: 10:00 am Field events and Running events Clerking begins at 9:45am
LOCATION: Malverne High School Malverne, NY 11565

REGISTRATION & ENTRIES FEES:

A BLANKET ENTRY FEE PER TEAM

NASSAU COUNTY PUBLIC SCHOOLS

\$150.00 includes the cost of officials. Official costs will be split between schools and billed through BOCES; the entry fee must be submitted separately.
(BOYS AND GIRLS CONSIDERED SEPARATE TEAMS)

NON-NASSAU PUBLIC SCHOOLS

A Blanket entry fee per team of **\$175**
(BOYS AND GIRLS CONSIDERED SEPARATE TEAMS)

**** CHECK OR SCHOOL VOUCHER MUST ACCOMPANY ENTRY ****

Payable to: Lakeview Youth Federation
P.O. Box 535
West Hempstead, New York, 11552

PLEASE NOTE: This is an ENTRY fee, not a PARTICIPATION fee. Entry by mail, fax or phone denotes an obligation on your part to pay that fee whether or not you attend the MEET.

* *Entry Deadline: The closing date for all entries is Wednesday April 20, 2016*

- **We will be using *Just-in-time-racing.com* for our FAT.**

COACHES' INFORMATION

ENTRIES

Due Date is **Wednesday, April 20, 2016**

ELIGIBILITY

An athlete may compete in any three events.

INVITATIONAL EVENTS

We will accept ONLY the top 16 – 24 athletes in these events.

RELAYS

You do not have to seed your relays. Your relays will be seeded the day of the meet. All relays are four person relays.

Relay seeded heats will be run in lanes. All others may be run from a common start.

FIELD EVENTS

Opening Heights

Boys High Jump 5' Girls High Jump 4' 0"

In the Shot Put, Long Jump Triple Jump and Discus each competitor will be given three (3) Jump / Throws. The top six (6) will come back for a Final three (3) Jump / Throws.

AWARDS:

Trophies and T-Shirts to the top three in Invitational Events

Plaques to the First Place Team in each relay and Medals to 2nd and 3rd.

Plaques to the top three in the individual events.

MEET GUIDELINES

1. Sanctioned by Nassau County Section VIII Athletic Council.
2. National Federation Rules will govern, with NYSPHSAA modifications: 3 Event Rule and No False Start Rules will be in effect for both boys and girls.
3. All weather track and runaways. Flat or pin spikes may be worn no longer than ¾" (others will be disqualified).
4. Arrive in uniform. No dressing facilities.
5. All spectators and coaches must remain in the bleachers, not on the infield. Upon completion of their event, all athletes must leave the infield.
6. Awards will be picked up by coaches only
7. All relay teams must wear identical uniforms.
8. A school may enter an unlimited amount of teams per relay.
9. All relays will be run in sections. Seed sections go first.
10. Relay cards and seed times will be submitted to the clerk when event is called.
11. Please supply your own baton, Starting blocks.

All athletes who have Section VIII issued numbers must use them on all cards and runners in all events.

This meet is sponsored by Malverne High School and enforces all National Federation, NYSPHAA, and Section VIII rules.

MALVERNE HIGH SCHOOL DERRICK ADKINS HOLIDAY CLASSIC

BOYS ENTRY _____

GIRLS ENTRY _____

School Name _____

Phone # _____

School Address City _____

State _____ Zip _____

Coach's Name _____

Phone # _____

Athletic Director Signature _____

RELAYS

OPEN

of Teams

Distance Medley Relay
(1200m – 400m – 800m – 1600m) _____
Sprint Medley Relay
(200m - 100m - 100m - 400m) _____
400 Meter Relay _____
3200 Meter Relay _____
800 Meter Relay _____
1600 Meter Relay _____

INDIVIDUAL EVENTS

of Enter

High Jump _____
Shot Put _____
Discus _____
Long Jump _____

Fresh / Soph

Sprint Medley Relay
(200m - 100m - 100m - 400m) _____
800 Meter Relay _____
1600 Meter Relay _____

INVITATIONAL EVENTS

Top 16 – 24 INDIVIDUALS WILL BE ACCEPTED

1600m / 1500m Run

110m / 100m H.H

Names	Time
1 _____	_____
2 _____	_____
3 _____	_____

Names	Time
1 _____	_____
2 _____	_____
3 _____	_____

400m I Hurdles

Time

1 _____	_____
2 _____	_____
3 _____	_____

400m Dash

Time

1 _____	_____
2 _____	_____
3 _____	_____

ENTRIES ARE DUE BY Wednesday April 20, 2016

CHECKS PAYABLE TO:
MAIL TO:

Lakeview Youth Federation
P.O. Box 535
West Hempstead, New York 11552

ORDER OF EVENTS

10:00 am

1	Dist. Med. Relay (1200m - 400m - 800m - 1600m)		Girls	Final
2	Dist. Med. Relay (1200m - 400m - 800m - 1600m)		Boys	Final
3	100m H. Hurdles	Invitational	Girls	Semi - Final
4	110m H. Hurdles	Invitational	Boys	Semi – Final
5	4 x 100m Relay		Girls	Semi - Final
6	4 x 100m Relay		Boys	Semi – Final

OPENING CEREMONY – NATIONAL ANTHEM

7	110m H. Hurdles	Invitational	Boys	Final
8	100m H. Hurdles	Invitational	Girls	Final
9	400m Dash	Invitational	Girls	Final
10	400m Dash	Invitational	Boys	Final
11	1500m Run	Invitational	Girls	Final
12	1600m Run	Invitational	Boys	Final
13	Sprint Medley Relay (200m -100m -100m -400m)		Girls	Final
14	Sprint Medley Relay FROSH/SOPH (200m -100m -100m -400m)		Girls	Final
15	Sprint Medley Relay (200m -100m -100m -400m)		Boys	Final
16	Sprint Medley Relay FROSH/SOPH. (200m -100m -100m -400m)		Boys	Final
17	400m I. Hurdles	Invitational	Girls	Final
18	400m I. Hurdles	Invitational	Boys	Final
19	4 x 200m Relay		Girls	Final
20	4 x 200m Relay	FROSH/SOPH	Girls	Final
21	4 x 200m Relay		Boys	Final
22	4 x 200m Relay	FROSH/SOPH	Boys	Final
23	4 x 400m Relay		Girls	Final
24	4 x 400m Relay	FROSH/SOPH	Girls	Final
25	4 x 400m Relay		Boys	Final
26	4 x 400m Relay	FROSH/SOPH	Boys	Final
27	4 x 100m Relay		Girls	Final
28	4 x 100m Relay		Boys	Final
29	4 x 800m Relay		Girls	Final
30	4 x 800m Relay		Boys	Final

FIELD EVENTS

10:00 am

HIGH JUMP	GIRLS / BOYS		
SHOT PUT	GIRLS / BOYS	LONG JUMP	BOYS / GIRLS
DISCUS	BOYS / GIRLS	TRIPLE JUMP	BOYS / GIRLS

ROSTER FORM

NON – SECTION VIII PUBLIC SCHOOLS MUST SUBMIT A TEAM ROSTER FOR ALL INVITATIONAL AND FIELD EVENTS

Please submit your full roster online at just-in-time-racing.com. If you have never used this website, you will have to e-mail Tony Toro at eltorotf@optonline.net to get a password.

Once you get the password

1. Go to www.just-in-time-racing.com
2. Go to spring track
3. Go to rosters (your athlete must be listed before you can seed them)
4. Choose meet entries
5. Once you've completed seeding your athletes save all entries at the bottom of the page.
Seeding is required for all invitational events!
6. Make a copy for your records