**Friendship Games XXIIII**



**2015 -2016**

***LAKEVIEW YOUTH FEDERATION INC.***

**MALVERNE HIGH SCHOOL**

**AND**

**LAKEVIEW YOUTH FEDERATION INC.**

**FRIENDSHIP GAMES**

Dear Coach,

 Once again, the Lakeview Youth Federation, Malverne High School and the Farmingdale Track Teams cordially welcome you and your team to the 24rd  Annual Friendship Games. We will be following the same format as in the past**.** We will have TWO PRELIMINARY MEETS- all athletes will be able to participate on ALL THREE DATES. The boys and girls teams are to run on separate days for the PRELIMINARY MEETS ONLY. As always, the day of the FINAL will be both boys and girls teams running.

**NASSAU COMMUNITY COLLEGE FIELDHOUSE DATES**

**Preliminary Meets**

 **Dec. 14 5 pm – 10pm Girls**

 **Dec. 23 5 pm – 10pm Boys**

 **Jan. 4 5 pm – 10pm Girls**

**Jan. 8 5 pm – 10pm Boys**

 **Final Meet Jan. 189:00 am - 6:00 pm**

 **9:00am – 12:00 pm Frosh/Soph., Open Boys**

 **1:00pm – 3:00 pm Championship Events Boys & Girls**

 **3:00pm - 6:00 pm Frosh/Soph., Open Girls**

**Boys and Girls**

**Shot Put, High Jump & Pole Vault**

**Will be held at Farmingdale High School.**

 **Dec. 26 8:00 am**

 **Dec. 30 8:00 am**

 **Jan. 2 8:00 am**

 1**.** There will be three divisions. The events and divisions are as follows

 **Open (Championship) Novice Frosh /soph.**

High Jump Shot Put Shot Put

 Shot Put 55m Dash 55m Dash

 55m Dash 300m Dash 300m Dash

 300m Dash 600m Run 600m Run

 600m Run 1000m Run 1000m Run

 1000m Run Mile Run Mile Run

 55m HH

Mile Run

**Pole Vault**

***Invitational 3200m 3000m***

 4 x 5 Lap Relay (2 teams limit)

 4 x 2 ½ Lap Relay (2 teams limit)

2                    There are two preliminary track meets. A competitor is eligible for and should participate in, the preliminary meets to accumulate the most points.

***(Open Division Only)***

3                    A competitor may enter three events in each of the preliminary meets. **But Only Two Running Events**  Points scored in one event may not be totaled with points scored in another. However, a competitor may only compete in two Championship Events in the final. Thus, if a competitor scores enough points to qualify for more than two (2) events, he/she must choose only two in which to compete in the finals.

4                     Through the preliminary meets, points are to be scored for places 1 through 6 in each event as follows.

1st 10 points 4th 4 points

2nd 8 points 5th 2 points

3rd 6 points 6th 1 point

In events run around the track, points scored will be decided on a timed basis after all sections have been run.

**5.** After the preliminary, the top ***Twelve (12)*** point scorers in each event will be invited to compete in the CHAMPIONSHIP **EVENT** in the **FINAL.**

***\*\*\* TOP EIGHT RELAY TEAMS ONLY \*\*\****

6.                  Points are to be scored for places 1 through 6 in each event in the championship events, as follows:

1st 35 points

2nd 30 points

3rd 28 points

4th 26 points

5th 24 points

6th 22 points

7.                  Prizes will be awarded for places 1 through 5 in each preliminary meet, and the final. Competitors may compete in three events but only two running events in each of the preliminaries. And only two events in the **Championship Final Events**.

8.                  In case of a points tie at the finals, the higher trophy will be awarded for the best performance on the final date.

9                    All protests must be in writing and handed to the GAMES COMMITTEE within 15 minutes of the infraction.

10                Judges’ decisions are final.

11                AWARDS

(a) All OPEN events will receive awards in the two- (2) preliminaries 1 through 5 places, in all individual open events. Medals will be awarded to places 1 through 3 in all relays’ events

(b) Novice, Frosh / Soph. Medals will be awarded to places 1 through 5 in all events

 **(NO Novice in the Final)**

(c) CHAMPIONSHIP EVENTS;

Trophies will be awarded to places 1 through 6 to the overall point scorers in all individual championship events.

 Trophies will be awarded to places 1 through 3 in all championship relay events

 Medals will be awarded to places 1 through 5 in individual events.

Medals will be awarded to places 1 through 3 in all relays events.

**T- Shirts for all participants in championship events**

12.              Ten Special Awards as Follows:

Mom Gilbert Award Most Improved Female

Marty Goldberg Award Most Improved Male

Charles Nanton Sportsmanship Award Female

Robert F. Ferziger Sportsmanship Award Male

Louis Tolle Most Outstanding Field Event Athlete Female

Allen Dawson Most Outstanding Field Event Athlete Male

Albert Eugene Gaynor Sr. Friendship Games Memorial Award Female

Morris Leon Brandon Friendship Games Memorial Award Male

Rose L Parks Most Outstanding Track Athlete Female

Charlie Fuge / Louis Orta Most Outstanding Track Athlete Male

***Order of Events***

*December 14, 23, January 4, and 8,*

***(Boys & Girls)***

3200m/3000m Run Open (One Heat Only) Final

1000m Run Open, Frosh/Soph., Novice Final

55m HH Open Semi & Final

55m Dash Open, Frosh/Soph, Novice Heats & Semi

600m Dash Open, Frosh/Soph., Novice Final

55m Dash Open, Frosh/Soph Final

Mile Run Open, Frosh/Soph., Novice Final

300m Dash Open, Frosh/Soph., Novice Final

4 x 5 Lap Relay Open (2 teams limit) Final

4 x 2 ½ Lap Relay Open (2 teams limit) Final

Please Note: All Field Events will be held at Farmingdale High School, not Nassau Community College Gym.

**Order of Events**

**January 18, 2015**

**9:00 am Boys Open & Frosh/Soph.**

1000m Run Open , Frosh/Soph Final

 55m HH Open Semi & Final

 55m Dash Open , Frosh/Soph. Heats & Semi

 600m Run Open , Frosh/Soph Final

 55m Dash Open , Frosh/Soph Final

 Mile Run Open , Frosh/Soph Final

 300m Dash Open , Frosh/Soph Final

 4 x 5 Lap Relay Open (2 teams limit) Final

 4 x 2 ½ Lap Relay Open (2 teams limit)Final

***CHAMPIONSHIP EVENTS***

***Boys and Girls***

***1:00 PM*** ***3200m/300m Run Boys / Girls Final***

***1:27 PM*** ***55m HH Boys / Girls Semi***

***1:37 PM*** ***1000m Run Boys / Girls Final***

***1:50 PM*** ***55m HH Girls / Boys Final***

***1:55 PM*** ***55m Dash Boys / Girls Semi***

***2:05 PM*** ***600m Run Boys / Girls Final***

***2:15 PM*** ***55m Dash Boys / Girls Final***

***2:20 PM Mile Run Boys / Girls Final***

***2:35 PM*** ***300m Dash Boys / Girls Final***

***2:45 PM*** ***4 x 5 Lap Relay Boys / Girls Final***

***3:00 PM*** ***4 x 2 ½ Lap Relay Boys / Girls Final***

**3:10 PM Girls Frosh/Soph. & Open**

 1000m Run Open , Frosh/Soph Final

 55m HH Open Semi & Final

 55m Dash Open , Frosh/Soph Heats& Semi

 600m Run Open , Frosh/Soph Final

 55 m Dash Open , Frosh/Soph Final

 Mile Run Open , Frosh/Soph Final

 300m Dash Open , Frosh/Soph Final

 4 x 5 Lap Relay Open (2 team limit) Final

 4 x 2 ½ Lap Relay Open (2 team limit) Final

**Coaches a few Points**

All athletes are limited to a maximum of 2 running events total.

**Novice**

Is for varsity athletes that have not won a medal in varsity competition.

It is recommended that freshmen and sophomores do not compete as novice. We have frosh/soph division with separate races and medals. A novice runner will remain a novice for the entire meet; if he should medal then he will not be able to compete in future meets as a novice.

**Frosh/Soph** and **Novice**

Races are not scored and **DO NOT** count towards the championship round.

**Relays**

 Only The individuals who earned the points (actually ran) may be eligible to run in the championships of the relays. If different athletes run in separate qualifying meets for the same team i.e. “A” team or “B” team , they all become eligible for the “A” or “B” . If some one runs in one meet on the “A” and they get points and run in another qualifying meet for the “B” and get points they are eligible for either team in the championships – Member from an “A” are only eligible for the “A” team and those from the “B” only for the “B”.

 Bathrooms are outside the gym and up the ramp.

 Please do not send athletes to the awards table.

**LAKEVIEW YOUTH FEDERATION INC.**

**FRIENDSHIP GAMES 2015 -2016**

Dear Coach, **November , 2015**

 Once again, the Lakeview Youth Federation and Malverne High School cordially invite you and your team to the 24st Annual Friendship Games. We will have TWO PRELIMINARY MEETS all athletes will be able to participate on ALL THREE DATES. The boys and girls teams are to run on separate days for the PRELIMINARY MEETS ONLY. As always, the day of the FINAL will be both boys and girls teams running.

**Nassau County Public School** – A Blanket Entry Fee per Team of $300.00 Plus the Cost of (2 ½) Officials. (Boys and Girls Considered Separate Teams)

**Parochial Schools and Suffolk County Schools**

A Blanket Entry Fee per Team of $ 375.00

(Boys and Girls Considered Separate Teams)

 Entry Deadline: December 11, 2015

We Will Attend: Boys \_\_\_\_\_\_ Girls \_\_\_\_\_\_\_\_

Cannot attend this year, please send info. next year \_\_\_\_\_\_\_\_\_

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

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athletic Director: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Checks should be made out to **Lakeview Youth Federation Inc.**

 Mail entry to **P.O.BOX 535**

 **West Hempstead, N.Y. 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 GAMES.**