



The Herricks Invitational will be held on Friday May 13.

All entries must be received before May 6.

Coaches Information:

- Clerking will begin promptly at 4:15.
- Awards: Medals to the top 5 finishers in each event.
  - Athletes are limited to 3 events.
  - Refreshments & T Shirts will be sold.

Order of events:

All events will be boys followed by girls unless otherwise noted.

Track Events:

400H V, F/S

1600/1500 V, F/S

100 V, F/S

400 V, F/S

800 V, F/S

110/100 HH V, F/S

200 V, F/S

4X100 V, F/S

4X400 V, F/S

4X800 V, F/S

Field Events:

Long Jump; Varsity followed by F/S

Triple Jump; Follows LJ; Varsity followed by F/S

High Jump Boys V, F/S Jump together

Discus Boys V F/S; followed by girls

Shot Put Girls V, F/S followed by boys Varsity

Herricks Invitational  
Friday May 13  
Entry Form

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

Boys Coach Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Assistant Coach: \_\_\_\_\_

Girls Coach Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Assistant Coach: \_\_\_\_\_

Boys Blanket Fee: \$175 \_\_\_\_\_  
Girls Blanket Fee: \$175 \_\_\_\_\_

Please fill out form and Mail or Fax to:  
Herricks High School  
100 Shelter Rock Road  
New Hyde Park, NY 11040  
C/O Joseph Caruso  
Fax # (516) 248-3226

Make Checks payable to Herricks Track & Field Club, C/O Joseph Caruso