

MASSAPEQUA CHIEF INVITATIONAL
"UNDER THE LIGHTS"



FRIDAY-MAY 13th, 2016

Please contact Mike Lisa email : mlisa101@hotmail.com or Rich Degnan email: mbundr8029@aol.com with any questions/concerns

Location: Massapequa High School
4925 Merrick Road
Massapequa NY

Time: 4:15 PM-9:30 PM
Clerking: Begins at 4:00 pm

Seeding: Championship Events: Please enter your entries at www.just-in-time-racing.com by Monday May 9th.

- **Accepted athletes and alternates will be posted on TrackConference.com/just-in-time-racing.com Wednesday May 11th.**
- Three-event limit: An athlete may compete in two open events, and one relay, verbal seeding in open running events.

Awards: Medals will be given to the top five finishers in all finals.

Equipment: Spikes $\frac{1}{4}$ in length can be worn on all runways and the track. Please supply your own relay baton.

Event Information:

- **The high jump will start at 4'00" for girls and 5'00" for boys.**
- **The pole vault will start at 6' for girls and 8' for boys and run concurrently.**
- **Two pits will be used in the long and triple jump simultaneously.**
- **Depending on the amount of entries in the jumps and throws there may be a minimum measurement standard.**

Food: Will be on sale the day of the meet.

Please support the Massapequa Track & Field Booster Club

Entry Fees:

Section VIII teams: \$170.00 boys, \$170.00 girls team or \$320.00 combined team.

Officials will be split between Section VIII schools and billed through BOCES.

Non Section VIII teams: \$180 and \$330 for a combined team

This is an entry fee not a participation fee.

Entry Due: Please fill out entry information and send to:

Massapequa High School
John Piroato-Athletic Director
4925 Merrick Road
Massapequa, NY 11758

Entries Dues by May 9th, 2016

MASSAPEQUA CHIEF INVITATIONAL
FRIDAY MAY 13TH 2016
Massapequa High School



School: _____

School Phone Number: _____

Please circle one:

Section VIII team

BOYS
\$170

GIRLS
\$170

BOYS & GIRLS
\$320

Non Section VIII team

BOYS
\$180

GIRLS
\$180

BOYS & GIRLS
\$330

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 _____

Entry Due: Massapequa High School

John Piropato

4925 Merrick Road

Massapequa, NY 11758

Make checks or PO's payable to: Massapequa Public Schools

Entries Due: MAY 9th, 2016

**MASSAPEQUA CHIEF INVITATIONAL
FRIDAY MAY 13th, 2016
Massapequa High School**

ORDER OF EVENTS

RUNNING EVENTS START AT 4:15 PM

**BOY'S DMR
GIRL'S DMR
BOY'S SHUTTLE HURDLE RELAY (4 HURDLERS)
GIRL'S SHUTTLE HURDLE RELAY (4 HURDLERS)
BOY'S MILE MEDLEY 200-200-400-800 (2 team limit per school)
GIRL'S MILE MEDLEY 200-200-400-800 (2 team limit per school)
BOY'S UNSEEDED 1600 (4 athletes per school)
GIRL'S UNSEEDED 1500 (4 athletes per school)
BOY'S 200 METER UNSEEDED
GIRL'S 200 METER UNSEEDED
BOY'S CHAMPIONSHIP 400 IH TOP 18 ENTRIES ACCEPTED
GIRL'S CHAMPIONSHIP 400IH TOP 18 ENTRIES ACCEPTED
BOY'S UNSEEDED 400
GIRL'S UNSEEDED 400
BOY'S UNSEEDED 800 (4 athletes per school)
GIRL'S UNSEEDED 800(4 athletes per school)
BOY'S 100 TRIALS (TOP 24 SEEDED) top two in each heat make it to final
GIRL'S 100 TRIALS (TOP 24 SEEDED) top two in each heat make it to final**

MASCOT RACE

BOY'S CHAMPIONSHIP 1600	(TOP TWELVE ENTRIES)
GIRL'S CHAMPIONSHIP 1500	(TOP TWELVE ENTRIES)
BOY'S CHAMPIONSHIP 100 METER FINAL	
GIRL'S CHAMPIONSHIP 100 METER FINAL	
BOY'S CHAMPIONSHIP 400	(TOP TWELVE ENTRIES)
GIRL'S CHAMPIONSHIP 400	(TOP TWELVE ENTRIES)
BOY'S 200 METER FINAL	(TOP TWELVE ENTRIES)
GIRL'S 200 METER FINAL	(TOP TWELVE ENTRIES)
BOY'S CHAMPIONSHIP 800	(TOP TWELVE ENTRIES)
GIRL'S CHAMPIONSHIP 800	(TOP TWELVE ENTRIES)
BOY'S TEXAS SPRINT MEDLEY 100-100-200-400	
GIRL'S TEXAS SPRINT MEDLEY 100-100-200-400	

FIELD EVENTS START AT 4:30, CHECK IN AT 4:00

CHAMPIONSHIP BOY'S AND GIRL'S JUMP MEDLEY RELAY

HJ-TJ PV-LJ

4 COMPETITORS 15 TOTAL JUMPS-Must have a different athlete of the 4 jumps.

4:30 BOY'S/GIRL'S SHOT PUT CHAMPIONSHIP (Top 12 entries)- top 6 make into finals for 3 additional throws

4:30 BOY'S/GIRL'S UNSEEDDED DISCUS 3 throws/no final

6:30 BOY'S/GIRL'S DISCUS CHAMPIONSHIP (Top 12 entries)- top 6 make into finals for 3 additional throws

6:30 BOY'S/GIRL'S UNSEEDDED SHOT PUT 3 throws/no final

4:30 BOY'S AND GIRL'S POLE VAULT RUN CONCURRENTLY-Girl's will open up at 6 ft. and go up to 7'3" and six inch increments from there. Girls will only be allowed two misses up to 7'3". Boys can enter at 7'9" and will only get 2 misses up to 9'3".

4:30 BOY'S/GIRL'S LONG JUMP CHAMPIONSHIP (Top 12 entries)-Use west end pit/3 jumps, top 6 make into finals for 3 additional jumps

4:30 BOY'S/GIRL'S UNSEEDDED LONG JUMP-Use east end pit/3 jumps/no final

6:30 BOY'S/GIRL'S TRIPLE JUMP CHAMPIONSHIP-Use west end pit, top 6 make into finals for 3 additional jumps

6:30 BOY'S/GIRL'S UNSEEDDED TRIPLE JUMP-Use east end pit/3 jumps/no final

4:30 GIRL'S HIGH JUMP FOLLOWED BY BOYS'S HIGH JUMP-Opening height 4'