

The Nassau County Track Coaches Association Holiday Invitational – Friday, December 5th, 2014

Thank-you to all of our coaches, officials and student-athletes who provide their time and effort to make this invitational a success each indoor season!

We Will Be Limiting the Meet to the First 55 Schools That Enter!

All National Federation Rules Apply and Will Be in Effect.

¼” SPIKES WILL ONLY BE ALLOWED IN THE FOLLOWING VARSITY EVENTS: 55, 55 Hurdles, 4x200, 4x400 and Field Events.

The Nassau County Track Coaches Association

President:	Michael Ringhauser	East Meadow
Vice President:	Kristin Frazer	Wantagh
Treasurer:	Fred DeRuvo	Island Trees
Secretary:	Katie DeRuvo	Wheatley
Representatives:	Adam McKenzie	Great Neck South
	Dennis Kornfield	Uniondale
	Steve Honerkamp	Hewlett
	Bob Busch	Garden City
	Nicole Dumpson	Port Washington

Meet Directors: Michael Ringhauser and Fred DeRuvo
E-mail michael.ringhauser@yahoo.com
Phone (631) 245-1564

Meet Referee: Walt Brem
Jury of Appeals: NCTCA Board

Reminders:

Please submit all entries as soon as possible. Coaches are responsible to make sure their teams are entered into the meet and should mail/fax an entry at the same time it is submitted to your school for payment. If an entry is not received prior to Monday, December 1st, your team could be denied entry. Also, some schools still owe entry fees for previous years. If these accounts are not taken care of, your team may be denied entry as well.

If you select to complete a “Blanket Entry” you still must fill out the entry grid for meet management purposes.

Nassau County Track Coaches Association Holiday Invitational

Friday, December 5th, 2014 – 168th Street Armory

Coaches

1. Athletes are limited to **TWO** events. Schools may enter up to two individuals in the 1000 and 600, but the individual athletes may only participate in one.
2. 3x5 index cards are needed for every event, with the exceptions of the 55 and 55 hurdles. Each card must indicate the **athlete(s) name(s), school, event, realistic seed and Class A/B**. All cards should be submitted by the start of the 55m at the clerking table located near the Armory's press box.
3. The 55 and 55 hurdles will be verbally seeded at starting line the day of the meet.
4. All events will be run based on the seeds provided by the coaches on each index card, the results will then be separated **after** the race into Class A/B for awards.

Awards

Medals will be awarded to the Top 3 Individuals / Relays in Classes A and B.

In the **55 ONLY**, the Top 3 in the 1st TEN HEATS will earn medals!

In the **55H ONLY**, the Top 3 in the 1st FIVE HEATS will earn medals!

Order of Events

The first events will be clerked at **4:30pm**, while the meet will start at **5:00pm**.

In the 55 and 55 hurdles, the **Top 24** will be seeded.

Running Events

55	1 Division; Open Only; Unlimited Entries; Verbal Seeding by Clerks
55 Hurdles	1 Division; Open Only; Unlimited Entries; Verbal Seeding by Clerks
1000	Limited to 2 Heats of Boys/Girls; 2 Entry Per School Limit Boys Must be Faster than 2:50 / Girls Must be Faster than 3:10
600	Limited to 3 Heats of Boys/Girls; 2 Entry Per School Limit Boys Must be Faster than 1:35 / Girls Must be Faster than 1:45
4x400	2 Divisions – Open and Fresh/Soph
DMR	1 Division – Open Only (Top 18 Schools Accepted) 1200-400-800-1600 – Limited to 2 Entries Per School
4x200	2 Divisions – Open and Fresh/Soph
4x800	2 Divisions – Open and Fresh/Soph

Field Events

All field events are One Division, Open Only.

Pole Vault and Shot Put are individual events.

LJ, TJ and HJ are relays with two individuals jumps added together (3 may compete)

Minimum jumps may be established for measurement for meet management purposes.

Pole Vault	Girls (6-6 Opening Height), followed by Boys (8-6 Opening Height)
Shot Put	Boys (30 Foot Minimum), followed by Girls (25 Foot Minimum)
Long Jump	Boys and Girls, 3 Attempts – Combined Open Pit from 5:00-7:00
Triple Jump	Boys and Girls, 3 Attempts – Combined Open Pit from 7:30-9:30
High Jump	2 Pits Following the Hurdles; Girls 4-0 Opening Height / Boys 5-0 Opening Height

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Fill In Your Entry Numbers and Pre-Seeded Entries on the Grid Below

<u>Running Event</u>	<u>Open</u>	<u>Fresh/Soph</u>
55 Dash		Not Applicable
55 Hurdles		Not Applicable
1000		Not Applicable
600		Not Applicable
4x400		
Distance Medley Relay		Not Applicable
4x200		
4x800		

<u>Field Event</u>	<u>Open Only</u>
Pole Vault	# of Individuals:
Shot Put	# of Individuals:
Long Jump	# of Teams:
Triple Jump	# of Teams:
High Jump	# of Teams:

*Schools are limited to **2 TEAMS MAXIMUM** in the long, triple, and high jump relays.
Three individuals may compete, top two individuals' performances are added.*

Pre-Seeded Events

1000	Athlete:	Seed:
1000	Athlete:	Seed:
600	Athlete:	Seed:
600	Athlete:	Seed:
DMR	<i>Team One</i>	Seed:
DMR	<i>Team Two</i>	Seed:

School: _____ Circle: Boys Girls
 Coach: _____ Phone: _____
 E-mail: _____

Option One: # of Individuals Entered _____ x \$10 = _____
 # of Running Relays Entered _____ x \$35 = _____
 # of Field Event Relays Entered _____ x \$35 = _____
 Total Amount of Entry \$ _____

Option Two: Blanket Entry of \$350 \$ _____

**Nassau Schools Will Be Billed for Officials Through BOCES.
 OUTSIDE SCHOOLS ADD \$50 FOR OFFICIAL FEES.**

Send Meet Entries and Payment by Monday, December 1st, 2014 to:

Fred DeRuvo – NCTCA
 730 Boelsen Drive
 Westbury, NY 11590

Checks Payable to: NCTCA
 Fax Number: 516-334-5461
Please fax only between 8am-8pm!
 Tax ID – NCTCA 251847