

Cold Spring Harbor H.S.

Seahawk Invite

Thursday April 28th, 2016

Time: First event at 3:00pm, clerking at 2:45pm

Open Events: Verbal seeding

Relays: Index Cards with names & seed

Event Information:

- 1000m Steeple w/ 8 barriers 2 water jumps
- Shot, Disc, LJ & TJ limited to 3 entries per team

Entry Fees: Nassau Teams: \$100, plus the cost of officials. Official cost will be split between schools and billed through BOCES.

All non Section VIII teams: \$125

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!!!! Meet is being limited to 10 boys teams & 10 girls teams !!!!

Entries MUST be faxed or emailed to Nick Aurigemma. A confirmation email will be sent to each coach upon entry received. List of accepted teams will be posted on trackconference.com once meet is full or on 4/21/16. No day of meet entries will be accepted

Payable To: Seahawk Booster Club

Cold Spring Harbor High School

c/o Nick Aurigemma Girls T&F Coach

82 Turkey Lane

Cold Spring Harbor, NY 11724

Fax: (516) 679-7756 / Email: naurigemma@yahoo.com

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Field Events: 3:00 start

Pole Vault: Boys (9' start) followed by Girls (7' start)

High Jump: Girls (4' start) followed by Boys (5' start)

Long Jump: Girls followed by Boys (upper pit, by scoreboard)

Triple Jump: Boys followed by Girls

Discus: Girls followed by Boys (upper cage by scoreboard)

Shot: Boys followed by Girls (lower cage, steeple side of track)

Order of Events: 3:00 start

1000m Steeple boys

3000m Steeple boys

SMR (200-100-100-400) girls

SMR (200-100-100-400) boys

800m Racewalk girls

1000m Steeple girls

2000m Steeple girls

MMR (400-200-200-800) boys

MMR (400-200-200-800) girls

4x1600m boys

4x200m girls

4x200m boys

4x1500m girls

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Seahawk Entry Form

Thursday April 28th, 2016

School: _____ Boys or Girls

Coach: _____

Phone: _____ E-Mail: _____

3000m Steeple (boys) _____

2000m Steeple (girls) _____

1000m Steeple (boys) _____

1000m Steeple (girls) _____

SMR (2-1-1-4) _____

4x200m _____

MMR (4-2-2-8) _____

800m RW (girls) _____

4x1600m (boys) _____

4x1500m (girls) _____

Pole Vault _____

High Jump _____

*****3 athlete limit for Shot, Discus, LJ and TJ*****

LJ _____ TJ _____

Shot _____ Discus _____

I understand that by accepting this invitation I am committing to participate in the Seahawk Invitational. Furthermore I understand that this is an entry fee, not a participation fee.

Coaches Signature: _____

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