**Cold Spring Harbor H.S.**

Seahawk Invite

Thursday May 2nd, 2019

Time: First event at 4:30, clerking at 4:15pm

Open Events: Stickers / verbal seeding

Relays: Index Cards with stickers & seed

Event Information:

• 1000m Steeple w/ 8 barriers 2 water jumps

• Shot, Disc, LJ & TJ limited to 3 entries per team

Awards: Medals to the top 3 in each event

Entry Fees: Nassau Teams: $125, plus the cost of officials. Official cost will be split between schools and billed through BOCES.

All non Section VIII teams: $150

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

**Entries MUST be emailed to Nick Aurigemma. A confirmation email will be sent to each coach upon entry received. 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

Email: naurigemma@yahoo.com

**Cold Spring Harbor H.S.**

Seahawk Invite

Thursday May 2nd, 2019

**Field Events: 4:30 start**

Pole Vault: Boys (8’ start) followed by Girls (6’ 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: 4:30 start**

1000m Steeple boys

3000m Steeple boys

SMR (200-100-100-400) girls

SMR (200-100-100-400) boys

1500m Racewalk girls

1000m Steeple girls

2000m Steeple girls

MMR (200-200-400-800) boys

MMR (200-200-400-800) girls

4x1600m boys

4x200m girls

4x200m boys

4x1500m girls

**Cold Spring Harbor H.S.**

Seahawk Entry Form

Thursday May 2nd, 2019

**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 (2-2-4-8) \_\_\_\_\_\_\_\_\_ 1500m 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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**All non Section VIII teams: $150**

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