

North Shore High School Invitational Track & Field Meet Saturday, May 10th 2014

North Shore Schools is sponsoring its 10th annual invitational track and field meet. The following information should answer any questions.

- Time:** 10 AM for all running and field events 9:45-Coaches meeting
- Place:** North Shore High School (Glen Head, Nassau County)
- Awards:** Medals to top 6 in each individual event
Medals to top 4 in each relay
- Order of Events:** See Attached:
- Entry Fee:** \$10.00 Per Individual Event
\$25.00 Per Relay Team

OR

SECTION VIII SCHOOLS:

\$175.00 Boys Team, \$175.00 Girls Team or \$350.00 Combined Team + the cost of officials.
Official costs will be split between schools and billed through BOCES.

NON- SECTION VIII SCHOOLS:

\$200.00 boys, \$200.00 girls or \$400 combined team

ENTRIES DUE BY MONDAY MAY 5th

Make checks payable: North Shore High School
C/O Neal Levy
North Shore High School
450 Glen Cove Ave
Glen Head NY 11545
(516) 277-7040 or levyn@northshoreschools.org or FAX (516) 277-7042

Bus Parking: Buses will drop off athletes at end of Parking lot and proceed to the front of the building for parking.

Directions: North Shore High School is located on Glen Cove Ave in Glen Head, NY
From LIE: Exit 39 North (Glen Cove Road)
Cross over Northern Blvd
At the 3rd light make left at Nissan Dealer (Back Road)
At the end of Back Rd. make right onto Glen Cove Ave
Proceed to the 3rd light North Shore High School is on right

LIVE DJ WILL BE PLAYING, AND REFRESHMENTS/T-SHIRTS WILL BE SOLD

ENTRY SHEET

SCHOOL

BOYS

GIRLS

COACH

CELL PHONE

E-mail

| BOYS EVENTS | #ENTRIES |
|----------------------|----------|
| 400 Hurdles | |
| 3200 | |
| 100 | |
| 110H | |
| 800 | |
| 400 | |
| 1600 | |
| 200 | |
| HIGH JUMP | |
| LONG JUMP | |
| TRIPLE JUMP | |
| SHOT PUT | |
| DISCUS | |
| 4 X 100 | |
| 4 X 800 | |
| 4 X 400 | |
| POLE VAULT | |
| Steeple Chase | |

| GIRLS EVENTS | ENTRIES |
|----------------------|---------|
| 400 Hurdles | |
| 3000 | |
| 100 | |
| 100H | |
| 800 | |
| 400 | |
| 1500 | |
| 200 | |
| HIGH JUMP | |
| LONG JUMP | |
| TRIPLE JUMP | |
| SHOT PUT | |
| DISCUS | |
| 4 X 100 | |
| 4 X 800 | |
| 4 X 400 | |
| POLE VAULT | |
| Steeple Chase | |

FEES

BLANKET FEE (\$175 OR \$350 both boys and girls) SECTION VIII SCHOOLS

(\$200 OR \$400 both boys and girls) NON SECTION VIII SCHOOLS

INDIVIDUAL ENTRIES X \$10.00

RELAY ENTRIES X \$25.00

TOTAL ENTRY FEE:

Payable to: North Shore High School
 Mail to: Neal Levy
 North Shore High School
 450 Glen Cove Ave
 Glen Head NY 11545

or
 FAX
 attn. Neal Levy
 (516) 277-7042

North Shore High School Invitational Track & Field Meet Meet Records

Boys

| | | | | |
|--------------|-----------------|-----------------|---------|------|
| 100m | Xavier Brooks | Malverne | 10.7 | 2007 |
| | Marc Mauro | Locust Valley | 10.7 | 2010 |
| 110H | Burns | Port Washington | 14.5 | 2013 |
| 200m | Xavier Brooks | Malverne | 21.9 | 2009 |
| 400m | Joe Fuller | Longwood | 48.7 | 2011 |
| 400 Hurdles | Tobias Nelson | Brentwood | 55.1 | 2013 |
| 800m | Frank Diogardi | Massapequa | 1:56.1 | 2007 |
| 1600m | Richard Schmitz | Port Washington | 4:17.2 | 2007 |
| 3200m | Marc Violine | Byram Hills | 9:36.3 | 2011 |
| Steeplechase | Somer | Plainedge | 10:28.9 | 2013 |
| Shot Put | Corey Murphy | Longwood | 54'1.5" | 2013 |
| Discus | Ieshawn Johnson | Baldwin | 165'11 | 2011 |
| Long Jump | Josh Hunter | Middle Country | 21 | 2007 |
| Triple Jump | Michael Cotton | Longwood | 42'6.5" | 2011 |
| High Jump | Justin Wilson | Floral Park | 6'6" | 2010 |
| | Mike Rufrano | Chaminade | 6'6" | 2011 |
| Pole Vault | Matt Block | Hauppague | 12' | 2010 |
| | Chris Pappas | McArthur | 42.9 | 2013 |
| 4x100 | | Roosevelt | 42.9 | 2009 |
| 4x400 | | Baldwin | 3:18.5 | 2011 |
| 4x800 | | South Side | 8:11.9 | 2009 |

Girls

| | | | | |
|--------------|--------------------|----------------------|----------|------|
| 100m | Christie Verdier | Baldwin | 11.9 | 2006 |
| 100 Hurdles | Michelle Anthony | Kellenberg | 14.6 | 2011 |
| 200m | Samantha Edwards | Floral Park | 24.5 | 2008 |
| 400m | Christie Verdier | Baldwin | 55.8 | 2007 |
| 400 Hurdles | Ryan Wooley | St. John the Baptist | 62.4 | 2010 |
| 800m | Olicia Williams | St. Anthony's | 2:07.8 | 2011 |
| 1500m | Theresa Rush | Valley Stream North | 4:38.7 | 2006 |
| 3000m | Mary Kate Anselimi | Ward Melville | 9:48.5 | 2011 |
| 1500m Walk | Holly Londoe | Sachem East | 6:52.2 | 2013 |
| Steeplechase | Elizabeth Caldwell | North Shore | 7:11.7 | 2013 |
| Shot Put | Betty Williams | Longwood | 41'0" | 2007 |
| Discus | Nina Renker | Sacred Heart | 121'8" | 2008 |
| Long Jump | Nwamaka Okobi | Freeport | 17'9.5" | 2007 |
| Triple Jump | Nwamaka Okobi | Freeport | 37'6.75" | 2007 |
| High Jump | Buccella | Half Hollow Hills | 5'2" | 2007 |
| | Kayla Koebel | Kings Park | 5'2" | 2011 |
| | Carly Swinford | Sachem North | 5'2" | 2013 |
| | Lisa Maybie | Plainedge | 5'2" | 2013 |
| Pole Vault | Emma Cleary | St. John the Baptist | 10' | 2011 |
| 4x100 | | Baldwin | 49.6 | 2008 |
| 4x400 | | Kellenberg | 3:59.3 | 2011 |
| 4x800 | | Ward Melville | 9:29.3 | 2011 |

North Shore High School

Glen Head, New York

