# North Shore High School Invitational Track & Field Meet Saturday, May 10<sup>th</sup> 2014

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

Time:	<b>10 AM for all running and field events 9:45-Coaches n</b>				
Place:	North Shore I	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 \$25.00	Per Individual Event 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 <u>levyn@northshoreschools.org</u> 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.
<b>Directions:</b> <i>From LIE:</i>	North Shore High School is located on Glen Cove Ave in Glen Head, NY Exit 39 North (Glen Cove Road) Cross over Northern Blvd At the 3 <sup>rd</sup> light make left at Nissan Dealer (Back Road) At the end of Back Rd. make right onto Glen Cove Ave Proceed to the 3 <sup>rd</sup> light North Shore High School is on right

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

#### NORTH SHORE HIGH SCHOOL **INVITATIONAL TRACK & FIELD MEET** Saturday, May 10<sup>th</sup> 2014

(1 heat only)

(1 heat only)

Finals

Finals

**Finals** 

**Finals** 

(Final on time)

(Final on time)

**BOYS Followed by GIRLS for all relays** 

**Order of Events:** Each competitor may compete in any three events **400 Intermediate Hurdles** BOYS **400 Intermediate Hurdles** GIRLS BOYS 3200 3000 GIRLS 100 meter (Trials) BOYS (Trials) **GIRLS** 100 meter **110 HURDLES** (Trials) BOYS **100 HURDLES** (Trials) **GIRLS** BOYS **3k Steeplechase 2k Steeplechase** GIRLS 800 BOYS 800 **GIRLS** 100 meter BOYS 100 meter GIRLS BOYS **110 Hurdles 100 Hurdles GIRLS** 400 BOYS 400 **GIRLS** 1600 BOYS 1500 GIRLS 200 BOYS 200 GIRLS

**Pole Vault High Jump** Long Jump **Triple Jump Shot Put** Discus

**1500 RACEWALK** 

4x100

4x800 4x400

> **BOYS FOLLOWED BY GIRLS GIRLS FOLLOWED BY BOYS GIRLS and BOYS simultaneously (two runaways)** Same Format will follow Long Jump GIRLS followed by BOYS (2 shot circles will be used) **BOYS followed by GIRLS**

#### WE WILL HAVE TWO RUNAWAYS FOR LONG AND TRIPLE JUMP

Seeding:	Labels and verbal seeding for all individual running events.
	Relay teams will need index cards (ANCHOR LEG NEEDS LABEL)
	Supply your own index cards. We will supply the labels.
	Field Events: Labels and Verbal seeding at event location.
Spikes:	Only 1/4" spikes are permitted on shoes and blocks.
<b>Batons/Blocks:</b>	You must supply your own starting blocks and batons.

**GIRLS** 

### **ENTRY SHEET**

SCHOOL					BC	<b>YS</b>		GIRLS		
COACH				C	ELL PH	IONE				
				E-	mail					
BOYS EVEN	TS i	#ENTRIES			L	GIR	LS EVI	ENTS	ENT	RIES
400 Hurd	les					40	0 Hur	dles		
3200						30	00			
100						10	0			
110H						10	0H			
800						80	0			
400						40	0			
1600						15	00			
200						20	0			
HIGH JU	MP					HI	GH J	UMP		
LONG JU	<b>MP</b>					LC	)NG J	IUMP		
TRIPLE J	JUMP					TF	RIPLE	E JUMP		
SHOT PU	J <b>T</b>					SE	IOT P	PUT		
DISCUS						DI	SCUS	1		
4 X 100						4 2	X 100			
4 X 800						4 2	X 800			
4 X 400						4 2	X 400			
POLE VA	ULT					PC	DLE V	AULT		
<b>Steeple Cl</b>	hase					Ste	eeple	Chase		
<u>FEES</u> BLANKET F		<u>OR</u> \$350 botl <u>OR</u> \$400 both	·						S	
	(\$ <b>2</b> 00 <u>(</u>	<u>JN</u> 9400 DOUI	DUys a	inu giris)				II SCHOOL		
INDIVIDUA	L ENTRII	ES X \$10.00	0.	••••••	• • • • • • • • • •					
RELAY ENI	TRIES	X \$25.0	0.	•••••	•••••	•				
			r	ΓΟΤΑL	, ENTF	RY F	EE:			
Payable to: Mail to:	Neal Levy North Sh 450 Glen	ore High Sch y ore High Sch Cove Ave nd NY 11545		or		a	FAX httn. Nea 516) 277	•		

## 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	11	Roosevelt	42.9	2009
4x400		Baldwin	3:18.5	2011
4x800		South Side	8:11.9	2009
Girls	Christia Vandian	Daldaria	11.0	2006
100m	Christie Verdier	Baldwin	11.9	2006
100 Hurdles	Michelle Anthony	Kellenberg	14.6	2011
200m	Samantha Edwards	Floral Park	24.5	2008
400m 400 Hurdles	Christie Verdier	Baldwin St. John the Dontiet	55.8 62.4	2007 2010
400 Hurdles 800m	Ryan Wooley Olicia Williams	St. John the Baptist	2:07.8	2010
1500m	Theresa Rush	St. Anthony's		2011
3000m		Valley Stream North Ward Melville	4:38.7 9:48.5	2000
1500m Walk	Mary Kate Anselimi Holly Londoe	Sachem East	6:52.2	2011
Steeplechase	Elizabeth Caldwell	North Shore	7:11.7	2013
Shot Put	Betty Williams	Longwood	41'0"	2013
Discus	Nina Renker	Sacred Heart	121'8"	2007
Long Jump	Nwamaka Okobi	Freeport	17'9.5"	2008
Triple Jump	Nwamaka Okobi	Freeport	37°6.75"	2007
High Jump	Buccella	Half Hollow Hills	5'2"	2007
Ingn Jump	Kayla Koebel	Kings Park	5'2"	2007
	Carly Swinford	Sachem North	5'2"	2011
	Lisa Maybie	Plainedge	5 <sup>°</sup> 2"	2013
Pole Vault	Emma Cleary	St. John the Baptist	10'	2013
4x100		Baldwin	49.6	2011
4x100 4x400		Kellenberg	3:59.3	2008
4x400 4x800		Ward Melville	9:29.3	2011
14000			J. L. J. J.	2011

