**17th Annual Bulldog Invitational Hewlett High School**



**May 18, 2019**

# Coaches’ Notes

1. Remember that this is an entry fee, not a participation fee. This meet is sponsored by Hewlett High School and enforces all NF, NYSPHAA and Section VIII rules.
2. **Entry Fee**: Flat Fee of $175/team or $350 for combined B/G entry (not school).
	1. *Schools will also be billed for one/part of an official each through BOCES.*

\*\*Make checks payable to “Hewlett Varsity Club”\*\*

**Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!**

1. 3 event limit. (Pentathlon counts as 3 events.)
2. Awards: Medals to top 6 in all elite events and top 3 in all open events. Track AOM & Field AOM for both boys and girls.
3. Equipment: Starting blocks and ¼” spikes are allowed. Bring your own batons.
4. Send in your paperwork ASAP! If you have any questions feel free to contact us.
	1. Eamon McHugh – runhard400@gmail.com
	2. Stephen Honerkamp – coachh101@aol.com
5. Concessions: Once again we have gone out of control this year! The Barbeque Pit will be open for concessions, and will be selling great gear and t-shirts.

# Instructions for Seeded Events

* **AGAIN!**- We will be using [www.just-in-time-racing.com](http://www.just-in-time-racing.com/) for results and timing.
* Based upon coaches input, ***the only seeded events that will need to be pre-entered are the pentathlon, discus, Swedish Relay and MMR.***
* Instructions on how to enter online seeds will follow upon receipt of your entry.

**Bulldog Invitational**

**\*\*Pole Vault starts at 8:45!!\*\***

**Order of Events** (9:30 start – First event called at 9:15 – Boys followed by Girls)

Girls’ 1500m racewalk – 9:00 START TIME

Pentathlon 110HH

110HH

Pentathlon 100HH

100HH

4x100m – semi

Elementary School 4x100m

1600m/1500m – seeded

100m – open semi

100m – seeded semi

400IH

100m – open final

100m – seeded final

400m – seeded

Tuffarello 440yds – **SENIORS ONLY (everyone gets a medal)**

4x100m – final

800m

Swedish Medley Relay – (100-200-300-400)

SMR – (100-100-200-400)

Coaches/Alumni SMR Relay (100-100-200-400)

200m

Throwers 4x100m (Each athlete must have been in either the shot or the disc to be eligible.)

4x400m

1600m/1500m – open

**Field Events** *(see attached grid for entry limitations)*

Pole Vault – Girls / Boys (8:45 start) **Starting Heights – Boys = 9’ / Girls = 7’**

High Jump – Boys & Girls together – 2 mats (after the conclusion of the pent HJ)

**Starting Heights – Boys = 5’4” / Girls = 4’4”**

**The first legal mark will be measured then athletes must meet the minimum to be measured.**

Shot Put – Boys Seeded / Girls Seeded / Boys Open / Girls Open

**Minimum Distances – Boys = 35’ / Girls = 25’**

Discus – Girls / Boys **(40 competitors maximum)**

**Minimum Distances – Boys = 90’ / Girls = 70’**

Interior Runway – Girls Seeded LJ / Boys Seeded LJ / Boys TJ / Open LJ G-B

Pole Vault Runway – Girls TJ (at the conclusion of the PV)

**Minimum Distances – Boys = 18’ and 36’ / Girls = 14’ and 28’**

**Event Grid**

**You do NOT need to send this in!**

**This is for your purposes only to make sure you email any entries that are required and that you do not plan to enter more athletes than you are allowed to in any event.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event**  | **Seeded**  |  | **Open**  |
| 100m  | no limit  |  | no limit  |
| 200m  | no limit  |  | not contested  |
| 400m  | no limit  |  | 440yds. Sr. Only Race |
| 800m  | no limit  |  | not contested  |
| 1600m/1500m  | 3 entrants maximum  |  | no limit  |
| 110HH/100HH  | no limit  |  | not contested  |
| 400IH  | no limit  |  | not contested  |
| Girls 1500m Walk  | no limit – 9:00 START  |  | not contested  |
| 4x100m  | two teams maximum  |  | not contested  |
| 4x400m  | two teams maximum  |  | not contested  |
| Sprint Medley Relay (1-1-2-4)  | two teams maximum – only two heats will be run. – **email entries**  |  | not contested  |
| Swedish Relay (1-2-3-4)  | two teams maximum – only two heats will be run. – **email entries**  |  | not contested  |
| Throwers 4x100m  | two teams maximum  |  | not contested  |
| Pole Vault  | 3 entrants maximum -  | **email entries** |   | not contested  |
| Shot Put  | 3 entrants maximum -  | **email entries** |   | 2 entrants maximum  |
| Discus  | 4 entrants maximum -  | **email entries** |   | not contested  |
| High Jump  | 3 entrants maximum -  | **email entries** |   | not contested  |
| Long Jump  | 3 entrants maximum -  | **email entries** |   | 2 entrants maximum  |
| Triple Jump  | 3 entrants maximum -  | **email entries** |   | not contested  |
| Pentathlon  | 2 entrants maximum -  | **email entries** |   | not contested  |

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**May 18, 2019 - @Hewlett High School**

**Entry Form**

 Boys Entry Fee- Flat Fee = $175 \_\_\_\_\_\_\_\_\_\_ Girls Entry Fee- Flat Fee = $175 \_\_\_\_\_\_\_\_\_\_

 OR OR

 **Email for small team entry.** **Email for small team entry.**

## OR

Combined Boys / Girls Entry Fee = $350 = \_\_\_\_\_\_\_\_\_\_\_\_

**\*\*All schools will also be billed for one/part of an official through BOCES\*\***

**Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!**

**Information:**

School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boys’ Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Girls’ Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Notes

* Make checks payable to “Hewlett Varsity Club”.  Entry due date is Friday, May 10, 2018.
* Fax # - 516-374-4571 – c/o Eamon McHugh
* Mail entry to: Woodmere Middle School

Eamon McHugh

1170 Peninsula Blvd.

Hewlett, NY 11557

 Email: runhard400@gmail.com