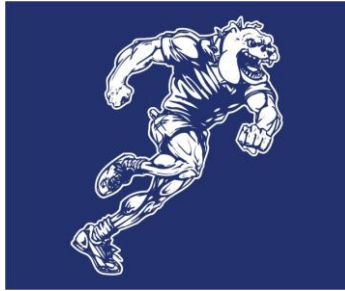


# 13<sup>th</sup> Annual Bulldog Invitational

## Hewlett High School



May 21, 2016

### 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 \$160/team or \$320 for combined B/G entry (not school).
    - a. Schools will also be billed for one 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!!**
- 3) 3 event limit. (Pentathlon counts as 3 events.)
  - 4) **Awards:** Medals to top 6 in all elite events and top 3 in all open events.
  - 5) See attached grid for event breakdown when planning your meet line-up.
  - 6) Send in your paperwork ASAP! If you have any questions please feel free to contact us.
    - a. Eamon McHugh - [runhard400@gmail.com](mailto:runhard400@gmail.com)
    - b. Stephen Honerkamp - [coachh101@aol.com](mailto:coachh101@aol.com)
  - 7) The mascot race is back so get a hold of your suits early!
  - 8) **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 - **NEW!!**

- **NEW!**- We will be using Fulton Accurate Timing this year for results and timing.
- Based upon coaches input, *the only seeded events that will need to be pre-entered are the pentathlon, field events, Swedish Relay and MMR.*
- **Email required seeds to [runhard400@gmail.com](mailto:runhard400@gmail.com) by 10PM on Sunday, May 15<sup>th</sup>. See attached chart for assistance in knowing which events need to be entered online.**
- Athletes you wish to enter in the elite sections in the running events will be done on meet day.
- Accepted athletes/teams for pre-seeded events will be emailed out on Wednesday, May 19<sup>th</sup>.
- Coaches must scratch seeded athletes upon arrival at the meet.
- There is not a guarantee that an athlete will make the seeded sections/flights.

# 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 (*limited to 12 - limit to 2 per team*)

110HH - seeded only (no limit on entries)

Pentathlon 100HH (*limited to 12 - limit to 2 per team*)

100HH - seeded only (no limit on entries)

4x100m - semi (*seeded only - limited to two entries per team*)

1600m/1500m (*seeded - limited to three entries per team - all others can run open in the last event*)

100m - semi (*seeded followed by open - no limit on entries*)

400IH - seeded only (no limit on entries)

100m - final (*open followed by seeded*)

400m - (*seeded followed by open - no limit on entries*)

4x100m - final

800m - seeded only (no limit on entries)

Mile Medley Relay (200-200-400-800) - (*pre-entered - one heat only - one entry per team*)

Swedish Relay (100-200-300-400) - (*pre-entered - two heats only - one entry per team*)

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

200m - seeded only (no limit on entries)

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

4x400m (*limited to two entries per team*)

1600m/1500m - open (no limit on entries)

## Field Events -

Pole Vault - Girls / Boys (8:15AM check-in/warm-up & 8:45 start) (**SEEDED ONLY - 3 entrants/team**)

Starting Heights - Will be *at least* 7' & 9' since we want this event to move.

High Jump - Boys & Girls together - 2 mats (**SEEDED ONLY** after pent HJ is finished)

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 / Girls

Minimum Distances - Boys = 35' / Girls = 25'

Discus - Girls / Boys (**SEEDED ONLY** - 40 entrants maximum)

Minimum Distances - Boys = 90' / Girls = 70'

Long Jump/Triple Jump - Boys / Girls (Triple Jump is **SEEDED ONLY** due to time)

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   | no limit           |
| 800m                    | no limit   | no limit           |
| 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      |
| MMR (2-2-4-8)           | one team maximum - Only one heat will be run. - <b>email entries</b>   | not contested      |
| Swedish Relay (1-2-3-4) | two teams maximum - Only two heats will be run. - <b>email entries</b> | not contested      |
| Throwers 4x100m         | two teams maximum  | not contested      |
| Pole Vault              | 3 entrants maximum - <b>email entries</b>                              | not contested      |
| Shot Put                | 3 entrants maximum - <b>email entries</b>                              | 2 entrants maximum |
| Discus                  | 4 entrants maximum - <b>email entries</b>                              | not contested      |
| High Jump               | 3 entrants maximum - <b>email entries</b>                              | not contested      |
| Long Jump               | 3 entrants maximum - <b>email entries</b>                              | 2 entrants maximum |
| Triple Jump             | 3 entrants maximum - <b>email entries</b>                              | not contested      |
| Pentathlon              | 2 entrants maximum - <b>email entries</b>                              | not contested      |

**14<sup>th</sup> Annual Bulldog Invitational**  
**May 21, 2016 - @Hewlett High School**  
**Entry Form**

Boys Entry Fee- Flat Fee = \$160 \_\_\_\_\_

Girls Entry Fee- Flat Fee = \$160 \_\_\_\_\_

OR

OR

Call for small team entry.

Call for small team entry.

OR

Combined Boys / Girls Entry Fee = \$320 = \_\_\_\_\_

**\*\*All schools will also be billed for one 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 Wednesday, May 6, 2015.
- Fax # - 516-374-4571 - c/o Eamon McHugh
- Mail entry to: Woodmere Middle School  
Eamon McHugh  
1170 Peninsula Blvd.  
Hewlett, NY 11557