**The 52nd Annual Nassau Coaches Invitational**

**Saturday, April 9th, 2022**

**Cold Spring Harbor High School**

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The Cold Spring Harbor School District has provided us with an outstanding site, tremendous cooperation and generous support for this event. We express our appreciation for their role and hope you will treat their site and personnel with the utmost respect. We ask that you leave your teams space as clean as you found it. We thank the Cold Spring Harbor track coaches and student-athletes for their cooperation and assistance throughout the invitational.

**BACK THIS YEAR**:

LIVE FAT Results for all events posted on [www.elitefeats.com](http://www.elitefeats.com).

Medals to the Top 6 in All Events, Including Relays

Plaques to the Winning **Varsity** 4x100, 4x400 and 4x800 Teams

Plaques for the Most Outstanding Track and Most Outstanding Field Athletes

**Meet Directors**:

Michael Ringhauser (East Meadow) and Nick Aurigemma (Cold Spring Harbor)

**Questions:**

Email: michael.ringhauser@gmail.com naurigemma@yahoo.com

Phone: 631-245-1564 516-721-0872

**The Nassau County Track Coaches Association**

**52nd Annual Track & Field Invitational**

*Saturday, April 9th, 2022 – Cold Spring Harbor High School (9am Start)*

**Meet Directors:** Michael Ringhauser and Nick Aurigemma

* This meet is co-sponsored by the NCTCA and Cold Spring Harbor High School.
* This entry constitutes an entry fee, not a participation fee.
* Certified NYS Officials will be present at all events contested.
* Decision of the Meet Committee is FINAL on all appears at the invitational.
* Medical Staff will be on site.

**Seeding**: **NEW PROCESS FOR THIS YEAR’S INVITATIONAL!**

You must pre-register for all events on Milesplit.com.

 The deadline for entry updates is **Thursday, April 7th, 2022 at 8:00 pm**.

**Fr/So Events**: Limited to runners in 7th, 8th, 9th and 10th grade.

Note that any 7th and 8th grade competitors must have gone through the classification process and be on your varsity roster to be able to compete. In events where Frosh and Soph are separated, they should be entered in Frosh.

**Awards**: Medals to the Top 6 Finishers in ALL EVENTS!

 School Plaque to the FASTEST OVERALL TIME in the three OPEN RELAYS.

 Individual Plaque for the TRACK MVP and FIELD MVP of the Meet.

**Field Events**: All first attempts will be measured. After that, athletes must read the minimum standards below in order to receive a measurement.

 Open Shot Put Boys – 30 Girls - 20

 F/S Shot Put Boys – 25 Girls - 15

 Open Discus Boys – 80 Girls - 70

 F/S Discus Boys – 70 Girls - 60

 Open Long Jump Boys – 16 Girls - 14

 F/S Long Jump Boys – 14 Girls - 12

 Open Triple Jump Boys – 35 Girls - 27

 F/S Triple Jump Boys – 30 Girls - 24

**Note**: Please submit all paperwork as soon as possible. **DO NOT ASSUME THAT YOUR SCHOOL WILL SEND US A COPY – AS THE COACH, YOU MUST SEND US A COPY!**

**Questions**: Contact Michael Ringhauser (EM) or Nick Aurigemma (CSH)

 Contact information is on the cover of the meet entry!

**ALL ENTRIES ARE DUE BY THURSDAY, APRIL 7TH, 2022.**

**LATE ENTRIES WILL NOT BE ACCEPTED INTO THE INVITATIONAL.**

**2022 Nassau Coaches Invitational Order of Events:**

**Boys, then Girls in All Running Events**

**400 Hurdles** Final – Open Only

**1600/1500** Final – Open, Sophomores, Freshmen

**100** Semi-Final – Open Only

**110/100 Hurdles** Final – Open Only

**400** Final – Open, Sophomores, Freshmen

**100** Final – Two Sections

**800** Final – Open, Sophomores, Freshmen

**200** Final – Open Only

**3000/2000 Steeple** Final – Open Only (Boys will contest the 3000, Girls will contest the 2000)

* + - * Please note that this event will only be contested if the temperature is above freezing. We will make that determination the day before the meet and post on [www.trackconference.com](http://www.trackconference.com)

**4x400** Final – Open, Frosh/Soph

**4x800** Final – Open, Frosh/Soph

**4x100** Final – Open, Frosh/Soph

**Field Event Order**: \* Unseeded sections may have reduced opportunities based on time.

9AM Open Long Jump Girls, then Boys

 Open Triple Jump Boys, then Girls

 Open Shot Put Girls, then Boys

 Open Discus Boys, then Girls

 Open and Frosh/Soph High Jump Boys, then Girls (Combined; Separated in Results)

 Open and Frosh/Soph Pole Vault Girls, then Boys (Combined; Separated in Results)

All Other Frosh/Soph Field Events will be called after the completion of the Open Events.

 Frosh/Soph Long Jump Girls, then Boys

 Frosh/Soph Triple Jump Boys, then Girls

 Frosh/Soph Shot Put Girls, then Boys

 Frosh/Soph Discus Boys, then Girls

***REMEMBER THAT ENTRIES MUST BE ENTERED ONTO MILESPLIT.COM BY 8PM ON APRIL 7TH.***

**The 52nd Nassau Coaches Invitational Entry**

**Saturday, April 7th, 2022 at Cold Spring Harbor HS**

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Boys/Girls: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Phone: \_\_\_\_\_\_\_\_\_\_\_\_

Billing Information: All fees associated are considered ENTRY FEES, not participation fees.

 The cost of officials will be billed through BOCES.

* + - * Non-Section 8 schools will be billed $50 for officials.

**CIRCLE THE BILLING OPTION THAT WORKS BEST FOR YOUR TEAM!**

**Option One**:

Number of Individuals \_\_\_\_\_\_\_ x $8 = $\_\_\_\_\_\_\_\_\_\_

Number of Relays \_\_\_\_\_\_\_ x $25 = $\_\_\_\_\_\_\_\_\_\_

Non-Section VIII Teams add $50 for Officials Fees $\_\_\_\_\_\_\_\_\_\_ Total: $\_\_\_\_\_\_\_\_\_\_\_

**Option Two**: BLANKET ENTRY OF $250 PER TEAM (NOT SCHOOL) $250

Send Entries to: coachderuvo@gmail.com

 Please put your school in the subject line of the email.

Send Payments to: Fred DeRuvo

 730 Boelsen Drive, Westbury, NY 11590

Entries Payable to: Nassau County Track Coaches Association

Invitational Questions: Email: michael.ringhauser@gmail.com

 Phone: 631-245-1564

**COACHES – MAKE SURE TO SEND IN A COPY OF YOUR MEET ENTRY AND REMEMBER TO PUT YOUR ENTRIES ONTO MILESPLIT.COM!**