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No Calls before 8 AM nor after 9PM, Please

To: Nassau County Coaches

April 5, 2008

If you go to a meet, other than a Section 8 sponsored meet, please send the results to me (complete results if you can arrange it). This way we can compile a complete set of the top performances in the county, Please be aware that we use these performances for seeding purposes and that I send the end of the season results to several, about 80, college coaches. I would hate to not have your kids included, but I can only include what I have been sent. Do not count on Newsday, I live in Suffolk and we get very little about Nassau. Please try to send the results as soon as possible after the meet. With all of the entries needing to be typed in delays build up a backlog that is difficult to handle. To send results just fill out the attached sheet and send it to me. Time/distance guide lines are included below. Any performance that meets these standards should be sent to me, this includes dual meet OFFICIAL, not coaches times.

PLEASE USE NUMBERS WHEN YOU SEND IN RESULTS

Event	Boys Performance	Girls Performance
100 Meters	:11.8	:14.0
200 Meters	:25.0	:29.9
400 Meters	:55.0	1:07.0
800 Meters	2:11.9	2:39.9
1500 Meters	4:35.7	5:39.9
1600 Meters	5:02.9	6:04.0
3000 Meters	10:07.0	12:30.0
3200 Meters	11:30.0	13:20.0
Steeple	12:14.9	9:59.9
110/100 Hurdles	:18.3	:18.5
400 IH	1:05.9	1:17.9
Shot Put	36'	27'
Discus	109	75'
High Jump	5'4"	4'6"
Long Jump	18'	13'6"
Triple Jump	36'	29'
Pole Vault	8'	8'
4x100 Meters	:49.5	:57.99
4x200 Meters	1:36.9	1:59.9
4x400 Meters	3:52.0	4:35.9
4x800 Meters	9:39.9	11:59.9
DMR	11:45.0	14:55.0
MMR	3:55.0	4:45.0