

**THE TWENTY-SECOND ANNUAL
GIRLS' EASTERN STATES CHAMPIONSHIP MEET**
Tuesday, June 13, 2006 - 4:15 PM
John F. Kennedy High School
3000 Bellmore Avenue, Bellmore, New York 11710

Entry Regulations – Read Carefully

1. This is a limited entry meet. Event limits indicate the maximum number of contestants allowed in each event. Meeting the listed standard, DOES NOT guarantee acceptance into the meet.
2. The meet will be conducted under the rules of and is sanctioned by USAT&F.
3. Participants must have competed for their high schools in at least three other meets during the 2006 spring season.
4. A girl will be limited to four events. She may be entered only four times, including relays. Athletes listed more than four times will be entered in their individual events and not in their relays.
5. No girl who has reached her 19th birthday prior to July 1, 2006 will be eligible to compete.
6. **ENTRY FEES:** \$15.00 per event per individual; \$30.00 per relay team: All ENTRY FEES MUST be paid in full when you pick up your entry packet or your athlete does not compete. This is an entry fee NOT a competition fee, if you do not attend; you are still responsible for payment and YOUR SCHOOL WILL BE BILLED. Entry fees are non-refundable.

Make checks payable to: L.I.T.F.

7. **ENTRY DEADLINE:** Mail, FAX - (516) 796-5955, and E-Mail – highjump@optonline.net - June 6, 2006. Any entry received after June 6, 2006 (10:00 PM) and before June 10, 2006 (3:00 PM) will be charged the late fee entry fee of \$20.00 per individual event and \$45.00 per relay. Any entries received after June 10, 2006 will be rejected and returned. FAX number is (516) 796-5955. Please send between 10:00 AM and 10:00 PM. An entry with all information including grade, can be e-mailed to: highjump@optonline.net
8. All entries and checks should be mailed to: Girls Eastern States, 29 Heather Lane, Levittown, New York, 11756. No phone entries will be accepted.
9. **Seeds:** Please be accurate. All entries must be verifiable online (I check ALL seeds). Updating of seeds can be e-mailed up to 3:00 PM on June 3, 2006.
10. Seed meting will be conducted on June 10, 2006 (5:00 PM) and only rejections will be notified. An acceptance list will be available at armorytrack.com.
11. The race walk begins at 4:15 PM. All other events - See schedule for order.
12. **Awards:** Plaques will be awarded to all first place finishers. Second through sixth place will receive medals; winning relays also get medals. An award will be given out to the Most Valuable Performer in each of three categories: Individual Track, Individual Field, and Relay Team. These awards will be determined by a vote of the Games Committee.
13. Any questions? Call Todd Wolin, Assistant Meet Director: cell: (516) 851-6765. Note: If you send your entry using overnight mail, be sure to check off the signature waiver. I am not home during the day to get certified or overnight mail.

**Directions to:
John F. Kennedy high School
3000 Bellmore Avenue
Bellmore, NY 11710**

Buses: Long Island Expressway (495 east/west):

To Exit 44S, Route 135 (Seaford Oyster Bay Expressway). Travel south on Rte. 135 toward Seaford to Exit 1W, continue a little over 1½ miles to Bellmore Avenue (Dunkin Donuts is on the corner) turn left and proceed 1 mile South to school.

NO Buses: Northern State Parkway (east/west):

To Exit 33, Wantagh Parkway (South) to Exit W6W (Merrick Road West) continue ½ mile to Bellmore Avenue (Dunkin Donuts is on the corner) turn left and proceed 1 mile South to school.

NO Buses: Southern State Parkway (east/west):

To Exit 27S, Wantagh Parkway (South) to Exit W6W (Merrick Road West) continue ½ mile to Bellmore Avenue (Dunkin Donuts is on the corner) turn left and proceed 1 mile South to school.

Please Read Carefully

Please Note the Following Entry Procedures

Relay runners may be selected from six runners entered in a relay or any participant listed on your entry. You must pre-seed your relay based on what you expect to run. Final seeds, especially when you weaken a team, should be done on the entry card on meet day.

No athlete may be listed in more than four (4) or participate in more than three (3) events. This includes relays.

Coaches please give complete home address (remember zip code) and phone number (remember area code). All rejections will be e-mailed to the e-mail address given, to assure you receive them.

All entries - Mail, FAX - (516) 796-5955, and E-Mail – highjump@optonline.net - are due in hand by June 6, 2006 at 10:00 PM. The Easterns' FAX machine will be shut off at that time. Any entry received after June 6, 2006 at 10:00 PM and before June 10, 2006 at 3:00 PM will be determined to be late and all late fees will be applied to those entries. Any entry received after 3:00 PM on June 10, 2006 will be rejected and returned. Remember; if you use overnight delivery, sign the signature waiver. PLEASE GET YOUR ENTRY IN EARLY.

YOU CAN ALWAYS UPDATE SEEDS UNTIL JUNE 10, 2006 by 3:00 p.m. I will automatically update any time that is available on Armorytrack.com.

Please Note the Following Meet Procedures

Check-in/scratch sheets will be set up by the packet pick-up area. Make sure you check-in or scratch your athlete on this list as soon as you arrive.

Running events check-in takes precedence over field events. Doubling running and field events presents special difficulties. Make arrangements to handle them before hand: neither running nor field events will be delayed to wait for an athlete.

Third call is final; five (5) minutes after third call the event will be closed. No further entry will be accepted. Don't wait! Have your athletes report at the first call. This applies to semis as well as finals.

Be aware the sound system may not be heard in all areas of the facility. You are responsible to see that your athlete is checked in on time. "We did not hear the call" is not acceptable.

Coaches or athletes' misconduct may lead to disqualification of a school's competitors from this meet and/or future Eastern States Championships.

Final reminder: Make sure you leave the proper time for travel to Mitchel Park. Take traffic into account. If you arrive after your event has been contested the results will stand. You may not enter a field event once it has started.

ENTRY STANDARDS

The following standards are only a guide. Meeting any standard does not guarantee entry to the meet.

<u>EVENT</u>	<u>STANDARD</u>	<u>EVENT</u>	<u>STANDARD</u>
*100m	13.0/13.24	*4x100m	52.4/52.54
*200m	27.0/27.24	*4x200m	1:52.0
*400m	62.0/62.14	*4x400m	4:15.0
*800m	2:26.0	*4x800m	10:30.0
1500m	5:10.0	*4x1600m	24:00.0
*Mile Run	5:29.0	*Mile Medley (MMR)	4:25.0
*100m Hurdles	16.5/16.74	(200, 200, 400, 800)	
*400m Hurdles	70.0/70.12	*Distance Medley (DMR)	13:45.0
*Mile Race Walk	Top 20 only	(1200, 400, 800, 1600)	
		*High Jump	4' 10"
		*Long Jump	16' 6"
		*Triple Jump	34' 0"
		*Shot Put	34' 0"
		*Discus Throw	100' 0"
		*Javelin Throw	95' 0"

(*=Contested events)

More than one relay per event is allowed as long as the standard has been met.

All events have a limit of 30 individuals/relays except for the 4x1600m and the Distance Medley Relay, which have a limit of 15.

ORDER OF EVENTS

Mile Race Walk (4:15 pm)	Final	High Jump	(4:30 pm)	Final
100m Hurdles	Semi	Javelin Throw	(4:30 pm)	Final
4x1600m	Final	Shot Put	(after Javelin)	Final
4x100m	Semi	Long Jump	(4:30 pm)	Final
Mile Medley (MMR)	Semi	Triple Jump	(after LJ)	Final
100m Hurdles	Final	Discus Throw	(after Shot Put)	Final
100m	Semi			
Distance Medley (DMR)	Final			
100m	Final			
400m	Final			
Mile Run	Final			
4x100m	Final			
800m	Final			
200m	Final			
400m Hurdles	Final			
4x200m	Final			
4x800m	Final			
4x400m	Final			

In the Long Jump, Triple Jump, Javelin, Shot Put, Discus, and Hammer Throw, the top 7 advance to final.

If entries warrant, semi-finals will be eliminated and we will proceed to the finals.
If any event scratches to a final, it will be run in the finals position.

Finalists in all running events will be selected on time rather than place.

2006 Girls' Eastern States Entry

School _____ Coach _____
Address _____ School Phone(_____) _____
City _____ Coach's Home Phone(_____) _____
State _____ Coach's Email address _____
Zip Code _____

EASTERN STATES FAX #: 516-796-5955 E-MAIL: highjump@optonline.net

Send Payment to: Girls' Eastern States, 29 Heather Lane, Levittown, NY 11756

MAKE CHECKS PAYABLE TO: L.I.T.F.

INDIVIDUAL ENTRIES

<u>Event</u>	<u>Athlete's Name</u>	<u>Grad Year</u>	<u>Seed</u>	<u>Where & When</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

RELAY ENTRY

Please put graduation year for each relay runner.

Relay _____	Relay _____	Relay _____
Seed _____	Seed _____	Seed _____
Where _____	Where _____	Where _____
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____

Relay _____	Relay _____	Relay _____
Seed _____	Seed _____	Seed _____
Where _____	Where _____	Where _____
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____

GIRLS' EASTERN STATES CHAMPIONSHIP RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>RECORD HOLDER</u>	<u>School</u>	<u>DATE</u>
100m	11.71	Angie Johnson	Nashua, NH	6/14/88
200m	24.58	Connie Davison	West Hempstead, NY	6/13/89
400m	53.21	Stephanie Saleem	Neptune, NJ	6/11/85
800m	2:08.37	Shola Lynch	Hunter College, NY	6/11/85
Mile Run	4:53.11	Charlene Neptune	Clara Barton, NY	6/13/89
*3000m	9:42.01	Christine Constantin	Newton, NJ	6/13/89
100 HH	13.63	Dawn Bowles	Neptune, NJ	6/9/87
400 IH	59.94	Deirdre Fleming	Bronxville, NY	6/9/87
*2000m SC	7:23.69	Maxine Davila	Notre Dame, NY	6/8/04
Mile Walk	7:56.75	Kristen Landau	Comsewogue, NY	6/10/03
*3000m Walk	15:16.30	Nora Comans	Smithtown, NY	6/9/87
High Jump	6' 00.00"	Shelly Choppa	Glens Falls, NY	6/14/88
*Pole Vault	12' 00.00"	Lindsey Rosales	Washingtonville, NY	6/10/03
Long Jump	19' 11.75"	Dawn Burrell	Landsdown, PA	6/12/90
Triple Jump	41' 03.75"	Tyra Moore	Upper Marlboro, MD	6/11/91
Discus	146' 11.00"	Brenna O'Connor	Cold Spring, NY	6/10/86
*Hammer	155' 03.00"	Stephanie Smolenski	New Hyde Park, NY	6/8/04
Javelin	137' 01.00"	Jennifer Austin	Garfield, NJ	6/15/99
Shot Put	46' 06.50"	Jackie Hudgins	Hightstown, NJ	6/12/01
*Pentathlon	2881 Points	Jenizah Melendez	Hillsborough, NJ	6/8/04
4x100m	47.39	Paul Roberson H.S. Kasia Williams, Erica Alston, Yanique Doyley, Tequirra Cox	Brooklyn, NY	6/12/01
4x200m	1:40.03	Samual J. Tilden H.S. Francis, Codrington, Gordon, Brown	Brooklyn, NY	6/12/90
4x400m	3:45.49	William Penn H.S. Lakeya Smith, Marcia Rush, Kim Washington, Camille Hendrix	Philadelphia, PA	6/14/88
4x800m	8:55.63	Boys & Girls H.S. Theresa Weeks, Denise Van Nooten, Sandra Burke, Sharon Moore	Brooklyn, NY	6/14/88
4x1600	20:20.87	Brighton H.S. Rachel Hosmer, Jody Dushay, Jenny Shaver, Stacy Prey	Brighton, NY	6/11/85
MMR	3:59.96	George Washington H.S. Ayanna Reese, Melanie Barrow, Igrean Maynard, Tamioka Grizzle	New York, NY	6/14/94
DMR	11:48.04	Columbia H.S. Natalie Deffenbrugh, Ayana Coleman, Shauna McFadzeam, Dara Crocker	Maplewood, NJ	6/10/97

*Event not contested in 2006