

Cold Spring Harbor H.S.

Seahawk Track & Field Invitational

Saturday, May 6th, 2006

Limited to 30 schools – Reserve a spot ASAP

Time: Clerking begins at 12:30pm, First event at 1:00pm, rain or shine.

** No events will be clerked after 5:30. No exceptions.**

Seeding: Verbal seeding w/labels. Index cards for relays w/label for anchor

Awards: Medals to top 6 in each event

Equipment: Starting blocks and 3/16 spikes acceptable. Please supply your own relay baton.

Event information:

- Three-event limit. (2 track, 1 field or 2 field, 1 track)
- The pole vault will start at 6'0" for girls and 7'0" for boys
- The high jump will start at 3'10" for girls and 4'10" for boys.
- Girls Steeple is 2000m, Boys is 3000m including Frosh/Soph
- Frosh/Soph relays may be separated if the entry is big enough
- Frosh/Soph Distance Medley relay will be 1200-400-800-1600
- Frosh/Soph Sprint Medley relay will be 200-100-100-400
- Frosh/Soph Field results will be separated for medals
- Frosh/Soph Track sections will be created pending entry
- Please contact me with any suggestions you may have!

Food: Will be on sale the day of the meet. Please support the Seahawk Boosters!

Entry Fees: Nassau teams: \$150 single team or \$275 combined blanket entry, plus the cost of officials. Official costs will be split between schools and billed through BOCES.

All other teams: \$200 blanket entry

\$6.00 for individual \$20.00 for relay

Entry Due: Please fill out entry information and send to:

Cold Spring Harbor High School

c/o Athletic Director Jim Amen

82 Turkey Lane

Cold Spring Harbor, NY 11724

Fax: (631) 692-8083

Make checks/ P.O.'s payable to: Seahawk Booster Club

Questions: Please contact Bill Yost

Phone: (516) 510-5375 cell, (631) 421-3700 work

Email: lhbyost@CSH.k12.ny.us

Fax: (631) 421-4229

*****This meet is intended for athletes that would not score at the St. Anthony's Invitational.**

PLEASE e-mail me ASAP so I can reserve your spot! DON'T WAIT! Email me early!***

The Seahawk Track and Field Invitational
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Cold Spring Harbor High School

ENTRY FORM

School: _____ School Phone Number: _____

Please circle one: **BOYS** or **GIRLS**

Commemorative T-Shirts: #S_____ #M_____ #L_____ #XL_____ #XXL_____

***For planning purposes please fill out separate boys and girl's even if
you are making a blanket entry.***

Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

400IH: _____

f/sDMR: _____

Pole Vault: _____

200m: _____

f/sSMR: _____

High Jump: _____

400m: _____

4x100m: _____

Long Jump: _____

Mile: _____

4x800m: _____

Triple Jump: _____

100/110HH: _____

Shot Put: _____

2000m Steeple (V girls): _____

Discus: _____

2000m Steeple (f/s girls): _____

3000m Steeple (V boys): _____

3000m Steeple (f/s boys): _____

Blanket Fee: _____

(Nassau \$150 plus official, Others \$200)

Or

Individual Entries x \$6.00 = _____

Relay Entries x \$20.00= _____

Total Entry= _____

Entry Due: Monday, April 24th

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Track Events: 1pm start:

400 IH - boys
400 IH - girls
f/s DMR - boys
f/s DMR - girls
f/s SMR - boys
f/s SMR - girls
f/s Steeple - girls
Steeple - girls
200m - boys
200m - girls
f/s Steeple - boys
Steeple - boys
Mile - girls
f/s Mile - girls
400m - girls
f/s 400m - girls
400m - boys
f/s 400m - boys
Mile - boys
f/s Mile - boys
100HH - girls
110HH - boys
4x100m - girls
4x100m - boys
4x800m - girls
4x800m - boys

Field Events: 1pm start:

Pole Vault – girls followed by boys
High Jump – boys followed by girls
Upper Pit – Long Jump
 boys followed by girls
Main Pit – Triple Jump
 girls followed by boys

Girls Shot followed by boys
Boys Discus followed by girls