

6th Annual Bulldog Invitational
Hewlett High School

part of the
Grand Prix Series of Track & Field



May 17, 2008

Instructions for Elite Seeds

- If you have an athlete who belongs in the elite heats/flights enter them via email to either hewletttxctf@yahoo.com or trackcoach@optonline.net or fax (516-374-4571).
 - **Seeds are due by 5PM on Saturday, May 10th.**
- Initial seed lists will be posted and emailed on Sunday, May 11th.
- Updates on the seeds may be sent in by Thursday, May 17th.
- Seed lists will be in the shed on meet day. Coaches must either check in or scratch elite athletes the day of the meet by 9:15.

Remember!

- Seed your athlete if you think they belong in the first 2 heats/flights of each event! This includes if you are entering them in a showcase event.
- Meeting the standard is not a guarantee that the athlete will make the elite heats/flights. This is simply a way of ensuring that the elite sections will be filled.
- If an athlete either does not make the cut for the elite sections of that event, the athlete will compete in the open section of that event.

Coaches' Notes

- 1) Entry and money is due Thursday, May 1st.
- 2) The fee is an entry fee, not a participation fee.
- 3) Entry Fee: a) Every school (not team) must pay for one official.
Each school will be billed through BOCES.
PLUS
b) Flat Fee of \$100/team (not school). (unlimited entries)
Make checks payable to "Hewlett Varsity Club"*
- 4) Cards will only be needed for the field events and relays.
- 5) 3 event limit. (Pentathlon counts as 3 events.)
- 6) Awards: Medals to top 5 in all elite events and top 3 in all open events.
Winners of later open heats will be given a medal.
- 7) ¼ inch spikes or smaller.
- 8) Elite seeds need to be in by
- 9) Athletes must stay in the stands or the softball field except when they are warming up, checking in, or competing. No one will be permitted on the infield during the competition.
- 10) Clerking & Warm-ups: Will take place on the two tennis courts. No warming up on the track except during the 100m and high hurdles.
- 11) Field Events: No more than 3 entrants per field event. 2 in the discus. Three throws/attempts each. The seeded flights will get four attempts.
- 12) Concessions: The Barbeque Pit will be open for concessions, and will be selling great gear and t-shirts.
- 13) Parking: BIG ISSUE! We do not have a large parking lot, and NYSMMA is being held on the same day. ALL busses will be asked to drop off and leave. We will have limited parking for parents and spectators.

Bulldog Invitational

Order of Events (9:30 start - First event called at 9:15)

Pentathlon 110HH (limited to 10)

110HH

Pentathlon 100HH (limited to 10)

100HH

1600/1500 (clerking for the 3200/3000m)

100m - semi (showcase event)

400IH (showcase event)

400m

100m - final

800m (showcase event)

Coaches/Alumni 4x400m

3200/3000m (one section only - all others run the 1600/1500)

200m

* * Pentathlon 1500/800 (approximate)

Invitational Mile Medley Relay (400-200-200-800) - 3 turn stagger

4x800

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

4x100

4x400

Field Events (3 entrants/event max. - only 2 in the discus)

Pole Vault - Girls / Boys (8:45 start)

Shot Put - Boys / Girls

Discus - Girls / Boys (*showcase event*)

Long Jump (*showcase event*) / Triple Jump

High Jump - (after pentathlon HJ is finished) - Boys & Girls (2 pits)

* Pentathlon field events will enter in between flights according to their required timetable.

2008 Hewlett Bulldog Invitational Meet Entry Sheet

****Please mail/fax a copy of this sheet ASAP! We are accepting the first 25 schools only!****

****Payment is due by Thursday, May 1**. ****

****Each school will also be billed for the cost of one official through BOCES.****

****This is an entry fee not a participation fee.****

Boys Entry Fee- Flat Fee = \$100 _____

OR

Call for small team entry.

Girls Entry Fee- Flat Fee = \$100 _____

OR

Call for small team entry.

TOTAL FEE OWED = _____

TOTAL FEE OWED = _____

Information:

School _____

Boys' Coach _____ Girls' Coach _____

Email _____ Email _____

Phone # _____ Phone # _____

Notes

- Make checks payable to "Hewlett Varsity Club".
- Email Questions To- hewletttxctf@yahoo.com
- Fax #- 516-374-4571
- Mail entry to: Woodmere Middle School
Eamon McHugh
1170 Peninsula Blvd.
Hewlett, NY 11557