

The Oceanside Blue and White Meet

Invitational Track & Field Meet



Thursday May 1st, 2008
Oceanside H.S.

Time: Clerking begins at 4:15pm, First event at 4:45pm
Seeding: Three-event limit. Card seeding for all events.
Please have athletes wear Nassau County Numbers!
Awards: Medals to top 6 in each individual event, top 3 relay events
Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.

Event information:

- Please expect large heat sizes for 1500/1600meter runs.
- The high jump will start at 3'10" for girls and 4'10" for boys.
- Pole vault will be contested opening heights girls 6', boys 9'
- This is a Grand Prix Meet and will be scored as 12,10,9,7,6,5,4,3,2,1

Food: Will be on sale the day of the meet.
Please support the Oceanside Track Club!!

Entry Fees: **Section VIII Schools:** \$125.00 boys team, \$125.00 girls team or \$200.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.
Non-Section VIII Schools: \$150.00 boys, \$150 girls team or \$300 combined team. This is a participation fee not an entry fee.

Entry Due: Please fill out entry information and send to:
Oceanside High School
c/o Allan Kilfoyle
3160 Skillman Ave
Oceanside, NY 11572
Fax: (516) 678-8595
Make checks/ P.O.'s payable to: Oceanside High School

Questions: Please contact Allan Kilfoyle
Phone: (516) 965-3633
Email: runnerclub@optonline.net

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ENTRY FORM

School: _____

School Phone Number: _____

Please circle one:

	BOYS	GIRLS	BOYS & GIRLS
Section VIII	\$125	\$125	\$200
Non-Section VIII	\$150	\$150	\$300

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes Runners _____ Jumpers _____ Throwers _____

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- | | |
|---------|--|
| 4:45pm | <ul style="list-style-type: none">*400IH girls (Grand Prix Event)*400IH boys (Grand Prix Event)*1500m girls (Grand Prix Event)*1600m boys (Grand Prix Event)100m girls100m boys400m girls400m boys100mHH Girls110mHH boys800m girls800m boys*200m girls (Grand Prix Event)*200m boys (Grand Prix Event)3000m girls3200m boys4x400m girls4x400m boys4x100m girls4x100m boys4x800m girls4x800m boys |
| 4:45pm | <ul style="list-style-type: none">Long Jump boysFollowed by Long Jump girlsFollowed by Triple Jump boysFollowed by Triple Jump girls |
| 4:45 pm | <ul style="list-style-type: none">*Pole Vault Girls (Grand Prix Event) Opening height 6'*Pole Vault Boys (Grand Prix Event) Opening height 9' |
| 4:45pm | <ul style="list-style-type: none">High Jump girls (opening height 3'10")Followed by High Jump boys (opening height 4'10") |
| 4:45pm | <ul style="list-style-type: none">*Shot Put girls (Grand Prix Event)Discus girls
*Shot Put boys (Grand Prix Event)Discus boys |