

SUFFOLK COACHES SPRING INVITATIONAL

PLACE: COMMACK HIGH SCHOOL

DATE: Saturday - April 22nd, 2023

TIME: 9:30 AM START ALL TRACK AND FIELD EVENTS

AWARDS: MEDALS TO TOP SIX IN EACH INDIVIDUAL EVENT (**OPEN AND FROSH/SOPH**).
TOP "3" FOR RELAYS (OPEN AND FROSH/SOPH)
NO TEAM AWARDS.

ENTRY: EACH ATHLETE IS ALLOWED TO COMPETE IN "2" INDIVIDUAL EVENTS.
A THIRD EVENT IS ALLOWED ONLY IF IT IS A RELAY.

EACH TEAM IS ALLOWED A TOTAL OF "6" RELAYS, TO ENTER AS YOU SEE FIT.

SEEDING: **ENTRY FOR THIS MEET WILL BE DONE ON MILESPLIT. CHECK CALENDAR PAGE ON MILESPLIT FOR LINK.**

ENTRIES MUST BE COMPLETED BY 8:00PM ON THURSDAY, APRIL 20TH.

FOOD: FOOD AND BEVERAGES CAN BE PURCHASED THROUGHOUT THE DAY AT THE CONCESSION STAND NEAR THE START OF THE 100M DASH. MEET TEE SHIRTS WILL ALSO BE ON SALE.

ADDITIONAL: **ATHLETES/COACHES ARE NOT ALLOWED IN THE SCHOOL BUILDING FOR ANY REASON.**
INFO

THERE ARE BATHROOMS AND PORTABLE TOILETS AVAILABLE ON THE SOUTH SIDE OF THE STANDS.

BUSES ARE TO DROP TEAMS OFF NEAR THE TRACK IN THE PARKING LOT OFF OF SCHOLAR LANE. THEY WILL THEN BE DIRECTED TO MOVE TO ANOTHER SITE. MAKE SURE YOU GET YOUR BUS DRIVER'S NUMBER SO YOU CAN CALL FOR PICK UP WHEN FINISHED.

FIELD EVENTS: 9:30 AM START

1. CHARLIE BELL OPEN LONG JUMP NO FINALS (3 JUMPS)
2. * OPEN SHOT PUT (See Below) *Top "7" Back to Final
3. FROSH/SOPH DISCUS NO FINALS (3 THROWS)
4. FROSH/SOPH HIGH JUMP (STARTING HT. 4'8", 2" TO 5'6", 1" THEREAFTER)
5. OPEN POLE VAULT (STARTING HT. 10', 11', 11' 6", 3" THEREAFTER)

FOLLOWING THE COMPLETION OF EVENT # 1

6. FROSH/SOPH LONG JUMP NO FINALS (3 JUMPS)

FOLLOWING THE COMPLETION OF EVENTS 2-6

7. OPEN TRIPLE JUMP NO FINALS (3 JUMPS)
8. *OPEN DISCUS (See Below) *Top "7" Back to Final
9. FROSH/SOPH SHOT PUT NO FINALS (3 THROWS)
10. OPEN HIGH JUMP (STARTING HT. 5'4", 2" TO 6', 1" THEREAFTER)
11. NOVICE POLE VAULT (STARTING HT. 8', 8'6", 3" THEREAFTER)

FOLLOWING THE COMPLETION OF EVENTS # 7

12. FROSH/SOPH TRIPLE JUMP (After Open) NO FINALS (3 JUMPS)

* TOP 30 THROWERS will throw first and will be brought back for finals after their trials (three flights of ten).

RUNNING EVENTS: 9:30 AM START

13. 3000 METER STEEPLECHASE, 2000 M STEEPLECHASE
14. OPEN 110 METER HURDLE TRIALS (TOP 6 FASTEST WILL ADVANCE TO FINAL)
15. FROSH/SOPH 110 METER HURDLES (FINAL ON TIME)
16. OPEN 110 METER HURDLE FINAL
17. GEORGE SMAWLEY 1600 METER RUN (OPEN) AND (FROSH/SOPH)
18. 100 METER DASH TRIALS (OPEN) AND (FROSH/SOPH)
(TOP 6 FASTEST TIMES IN EACH DIVISION WILL ADVANCE TO FINAL)
19. 400 METER DASH (OPEN) AND (FROSH/SOPH) (FINAL ON TIME)
20. 100 METER DASH FINALS (OPEN AND FROSH/SOPH)
21. 400 METER HURDLES (OPEN) AND (FROSH/SOPH) (FINAL ON TIME)
22. 800 METER RUN (OPEN) AND (FROSH/SOPH)
23. 200 METER DASH (OPEN) AND (FROSH/SOPH) (FINAL ON TIME)
24. KURT PALSER 3200 METER RUN (OPEN) AND (FROSH/SOPH)
25. 4X800 M RELAY (OPEN) AND (FROSH/SOPH)
26. WILLIAM "BILL" SHELLY 4X400 M RELAY (OPEN) AND (FROSH/SOPH)
27. 4X100 M RELAY (OPEN) AND (FROSH/SOPH)

Section XI/ Suffolk County Schools:

* Section XI will bill your school separately for your portion of the official fees. This will be calculated by dividing the number of schools into the fees charged by the officials.

Entry Fee Calculator:

| | | |
|-------|--------------------------------|-----------------------|
| _____ | INDIVIDUAL EVENTS @ \$5.00 | _____ |
| _____ | RELAY TEAMS @ \$15.00 | _____ |
| | OR | |
| _____ | BLANKET ENTRY (\$200.00) | _____ |
| _____ | Suffolk Coaches dues (\$50.00) | _____ (If applicable) |

TOTAL _____

Enter this amount on next page.

Non-Section XI Schools:

Entry Fee Calculator:

| | | |
|-------|--------------------------|-------|
| _____ | BLANKET ENTRY (\$250.00) | _____ |
|-------|--------------------------|-------|

If doing blanket entry, go to next page and enter \$250. If not, see below.

OR

| | | |
|-------|----------------------------|---------|
| _____ | INDIVIDUAL EVENTS @ \$5.00 | _____ |
| _____ | RELAY TEAMS @ \$15.00 | _____ |
| _____ | Officials Fee | \$50.00 |

TOTAL _____

Enter this amount on next page.

SUMMARY FORM:

Please complete entry worksheet on previous page before entering filling out this form.

Attach worksheet to this form for entry.

SCHOOL: _____

COACH: _____
NAME AND CELL NUMBER

AD _____
NAME AND PHONE (W)

PLACE: COMMACK HIGH SCHOOL

DATE: April 22, 2023

TIME: 9:30 AM START ALL TRACK AND FIELD EVENTS

Total Payment from Previous Page: _____

MAKE CHECKS PAYABLE TO: SUFFOLK COUNTY COACHES ASSOCIATION, INC.
Tax ID # 11-2843457

MAIL TO: SUFFOLK COUNTY COACHES ASSOCIATION
P.O BOX 761
Sayville, NY 11782

DEADLINE: POSTMARKED BY APRIL 15th, 2023