

Suffolk Coaches Girls Track & Field Invitational

SATURDAY - APRIL 15, 2023

Bay Shore High School - Start time: 9:30am

Meet Information:

Athletes can compete in any two (2) individual events in this meet. A third event is allowed ONLY IF IT IS A RELAY!!!

Top six (6) in every individual event/division will be awarded medals.

We will have envelopes for all the teams with your medals in them. Please pick the medals up at the end of the meet. Medals will be available at Press Box at top of bleachers.

Bay Shore HS is NOT OPEN to athletes and coaches. Bathrooms located by the concession stands with additional portable toilets available.

There will be a concession stand. Schwab's 2nd Wind will be at the meet. Invitational T-shirts will be on sale.

No food, drinks, smoking, chewing tobacco, gum chewing on the turf infield.

Stickers for each athlete in all running events. → Name & Competitor Number, School

Verbal seeds for all running events.

In both the Open and Frosh-Soph 100 m Dash and Open 100 m Hurdles- Six Fastest back to final.

Frosh-Soph 100m Hurdles are final on time.

Relay Cards (index cards) – Teams are allowed two relay squads per relay event (A and B Relays only)

School Name, event, "A" or "B" relay, competitor's numbers, and seed time

Field event cards (index cards)

Name & Competitor Number, School, Event, Division (Open or Frosh-Soph) and SEED.

Long Jump and Triple Jump: Facility has only one runway, so each athlete is allowed 3 jumps – no finals

Order of Jumps: Open Long Jump → F/Soph Long Jump → Open Triple Jump → F/Soph Triple Jump

One flight will be jumping, the next flight will be doing run-throughs next to the runway. When the flight is done, the next flight will get one run-through on the runway, and we will start with the next flight.

Shotput and Discus: 3 throws – no finals

Circles are located behind the school. There are two shotput circles.

All relays are Open relays (no Frosh-Soph).

Teams must be entered on MileSplit-NY by THURSDAY, APRIL 13 @ 2:00pm.

Please enter the event: "Athletes on Bus". This is how we are assigning roster numbers to athletes for this meet.

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 for 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.

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

Attach worksheet to this form for entry.

SCHOOL: _____

COACH: _____ PHONE (CELL) _____

AD (Name) _____ PHONE (W) _____

PLACE: **Bay Shore High School 155 Third Ave, Bay Shore, NY 11706**

DATE: Saturday, April 15th 2023

TIME: 9:30 am start

Total Payment from Previous Page: _____

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

MAIL PAYMENT TO: SUFFOLK COUNTY XC & TRACK COACHES ASSOCIATION, INC.
P.O. BOX 761
SAYVILLE, NY 11782

DEADLINE: Postmark by April 10th, 2023

35th Suffolk Coaches Girls Track & Field Invitational
SATURDAY, APRIL 15TH 2023

ORDER OF EVENTS

All events are final on time - except for the 100mD & Open 100mH

All running events → Open followed by Frosh-Soph

100m Hurdles Open → Semi-Finals (6 fastest to final)

100m Hurdles Frosh/Soph → Final on Time

100m Hurdles Open Finals

1500m Run

100m Dash Open and Frosh/Soph Semi-Finals (6 fastest to finals)

400m Dash

100m Dash Finals (Open then F/S)

800m Run

400m Intermediate Hurdles

200m Dash

3000m/1500m Walk (1500mW outside line)

Relays → Teams are allowed two teams per event (A & B relays only)

4x400m Relay

Final on Time

4x800m Relay

Final on Time

4x100m Relay

Final on Time

9:30am

Frosh-Soph Pole Vault

(Opening height- 6'0" (up 6" to completion)

Open Pole Vault follows F/S

(Opening height- 7'0" (up 6" to completion)

9:30am

Frosh-Soph High Jump

(Opening height 4'0" (2" to 4'10", then 1")

Open High Jump follows F/S

(Opening height 4'4" (2' to 5', then 1")

9:30am

Open Shot Put

(Three throws per athlete)

Followed by Frosh-Soph

(Three throws per athlete)

9:30am

Frosh-Soph Discus

(Three throws per athlete)

Followed by Open

(Three throws per athlete)

9:30am

Open Long Jump

(Three jumps per athlete)

Followed by Frosh-Soph

(Three jumps per athlete)

Followed by Open Triple Jump

(Three jumps per athlete)

Followed by F/S Triple Jump

(Three jumps per athlete)