

North Shore High School Track & Field Indoor Invitational
Armory Track & Field Center
December 26th 2014
9:40 AM-5:00PM

Armory doors will open at 8:30 AM

WE WILL GO AHEAD OF SCHEDULE WHENEVER POSSIBLE.

KEEP IN MIND, THE SCHEDULE IS A GUIDELINE NOT AN ABSOLUTE RULE.

In the infield:

10:00 AM	Boys 55 Semis	(8 fastest to the finals in 55m and 55 hurdles)
	Girls 55 Semis	
	Boys 55 Hurdles Semis	
	Girls 55 Hurdles Semis	
	Girls 55 Hurdles Finals	
	Boys 55 Hurdles Finals	
	Boys 55 Finals	
	Girls 55 Finals	

On the outer track

9:40 AM	Boys 3200 (second section)	(see list of qualifiers)
10:00	Boys 3200m (seeded section)	“ “ “
10:15	Girls 3000m	“ “ “
10:30	Boys 600m	
11:00	Girls 600m	
11:20	Boys 1000	
11:50	Girls 1000	
12:15	Boys 300m	
1:00	Girls 300m	
1:35	Boys 1600m	
2:35	Girls 1500m	
3:10	Boys 4x400	
3:30	Girls 4x400	
3:50	Boys 4x800	
4:20	Girls 4x800	
4:45	Boys 4x200	
5:00	Girls 4x200	

FIELD EVENTS

High Jump (Begins after Girls 55 Finals) **Two Jumping Areas**

Long Jump (2 runways B/G simultaneously)

Triple Jump (Follows Long Jump)

Pole Vault (Girls Followed by Boys)

Shot Put (Boys followed by girls) **(There will be a 8 person Championship Final for Boys and Girls Shot Put)**

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Important Information:

We will provide the stickers with the athletes name and barcodes for all the events entered and North Shore cards for relays.

(No sticker=no compete)

Do not bring more athletes than you entered.

- SEEDING: All individual running events will be verbal seeding except the pre-seeded sections of the 3200/3000m.
- FAT will be used all running events.
- Starting blocks may be used in the finals only in the 55m and 55 hurdles.
No starting blocks for the 300m or 4x200
- **Spikes:** As per the entry and Armory policy, 1/4" spikes are permitted for ALL EVENTS.

All spikes will be checked the Armory Staff

- **Field Events:**

Opening Heights:

High Jump: Girls 4'4 Boys 5'4 Pole Vault: Girls 7' Boys 9'

Long Jump, Triple Jump, Shot Put: First jump/throw measured then a minimum measurement will be instituted thereafter.

- ****THERE WILL BE A FINAL IN THE SHOT PUT (TOP 8 THROWERS ADVANCE)**

We would like to thank every team for supporting our invitational. For those that have attended our indoor/outdoor meets in the past, as you know we do our very best to try to accommodate the needs of all athletes and coaches.

Neal Levy + Ed Corona North Shore High School

North Shore High School Winter Track and Field Invitational
Armory Track and Field Center
December 26th 2014

Boys 3200m Acceptances

SEED SECTION 10 AM

Hip #

1	Gabriel Altopp	Ridgefield
2	Eric Van der Els	Brien McMahon
3	Frederick Buckholtz	St. Anthony's
4	Kevin Hazelwood	Brewster
5	Thorr Trowbridge	Kingston
6	Ryan Kutch	St. Anthony's
7	Mike Delfay	Brewster
8	Tim Josephs	Garden City
9	Elias Platania	Calhoun
10	Timothy Courts	Manhasset
11	Thomas Fruhauf	Manhasset
12	Christian York	Warwick
13	Louis Vazquez	Xavier
14	Giancarlo Cipri	Xavier
15	Erik Fedio	Brewster
16	Jack Adamski	Danbury
17	Tim Moore	Danbury
18	Michael Reilly	Ward Melville

Second Section-9:40 AM

Hip #

1	Dylan McAulay	Danbury
2	Michael Gordon	Valley Stream South
3	James Esernio	Ward Melville
4	Nick Grew	Trumbull
5	Domenic Deangelis	Eastport-South Manor
6	Jake Catalano	Valley Stream North
7	Kyle O'Brien	Huntington
8	Jayson Hines	Kingston
9	Peter Dayre	North Shore
10	Shane Romanchek	Trumbull
11	Charlie Skidmore	Mepham
12	Pat Leahy	Lynbrook
13	Ryan Pence	North Babylon
14	Ryan Thorpe	Manhasset
15	Charles Taubl	Trumbull
16	Jack Ryan	Westhampton Beach
17	Cooper Jansson	Ward Melville
18	Mitch Vecchione	Trumbull
19	Nicholas DiGiovann	North Babylon
20	Michael Herbert	Smithtown West
21	Michael Grabowski	Smithtown West
22	Connor McNerney	Immaculate
23	Ben Varnas	Seaford
24	Mathew Green	Seaford

Girls 3000m Acceptances

1 section only-10:15 AM

Hip #

1	Jaclyn Gallery	Smithtown East
2	Daniela LoCastro	Cold Spring Harbor
3	Jennifer Gerland	Garden City
4	Stacie Nadel	North Shore
5	Diana Vizza	North Shore
6	Caroline Ferri	Garden City
7	Kelli Walsh	Centerville, Ohio
8	Genevieve Cickavage	Moorestown
9	Danielle Marcone	Immaculate
10	Lucy Hurt	Port Washington
11	Eliza Nichols	Smithtown West
12	Sydney Adams	Trumbull
13	Grace Sullivan	Wantagh
14	Ashley Schaefer	Eastport-South Manor
15	Kiera Donovan	West Hempstead
16	Shelbi Wuss	Walt Whitman
17	Olivia Shenkman	Smithtown East
18	Amelia Cuomo	Brewster
19	Carissa Kahn	Mepham
20	David Harris	Port Washington

Alternates:

20	Maggie Noe	Kingston
21	Alyssa Soethout	Wantagh
22	Sam Plunkett	Middle Country
23	Danielle Raynor	Walt Whitman