**2nd Annual East Meadow Invitational**

**East Meadow High School**

**Tuesday, April 7th, 2015**

[](http://www.google.com/imgres?biw=1024&bih=671&tbm=isch&tbnid=K60NXapYDJyBNM:&imgrefurl=https://play.google.com/store/apps/details?id=com.ctthosting.emhs&docid=QpaqzXzJW-POcM&imgurl=https://lh6.ggpht.com/rp7zM41QHrHCKEa0Bm2pdhIcWCE-wKAXKrFAnI7qNSYhDgRLEbUpHsEbKHVj7TOVw2Y=w300&w=300&h=300&ei=-bUMU5a4NsmwyQHO1IC4Cw&zoom=1&ved=0CN8CEIQcMFc&iact=rc&dur=292&page=5&start=76&ndsp=20)

Time: Coaches Meeting and Clerking Begin at 9:45 am

1st Event (110H/100H) Goes Off 10 am

Seeding: Individual Events – Verbal Seeding

Relays – Cards with Names and Seed Time

Awards: Medals to the Top 4 in All Events

Plaques to the Winning and 2nd Place Overall Teams

(All Events Scored: 10-8-6-4-2-1)

*Please Provide Your Own Starting Blocks and Relay Batons.*

*Only ¼ Inch Spiked Allowed*

Notes:

* The Jets Booster Club will have food for sale all meet long.
* T-Shirts will be available for purchase while supplies last.
* Schools may enter two boys and two girls in pentathlon.
* Blanket Entry of $150 for Complete Boys or Girls Teams OR $6 per individual, $18 per relay, $25 per pentathlete.

Questions: Contact Michael Ringhauser (631) 245-1564

E-mail: [michael.ringhauser@yahoo.com](mailto:michael.ringhauser@yahoo.com)

East Meadow Invitational Order of Events:

9:45 am – Coaches Meeting and Start of Clerking

110 / 100 Hurdles - Open

1600 / 1500 - Open, Fresh/Soph

100 Trials - Open, Fresh/Soph

400 - Open

100 Finals - Open, Fresh/Soph

800 - Open

400 Hurdles - Open

200 - Open

DMR (1200, 400, 800, 1600) - Open

SMR (200, 200, 400, 800) - Open, Fresh/Soph

Pentathlon (110/100H, LJ, HJ, SP, 1500/800) – TWO PER TEAM

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Long Jump (Open, Fresh/Soph) Open Pit from 10:00-11:30

Triple Jump (Open) Open Pit from 11:30-1:00

High Jump (Open) Girls Start 10am, Boys Follow

Girls Starting Height: 3-8

Boys Starting Height: 4-8

Shot Put (Open) Boys Start 10am, Girls Follow

Discus (Open) Girls Start 10am, Boys Follow

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School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Option #1*

Blanket Entry Boys Entry Girls Entry Combo Entry

Circle One $150 $150 $300

*Option #2*

# of Individuals \_\_\_\_\_\_\_\_ x $6 = \_\_\_\_\_\_\_\_\_\_

# of Relays \_\_\_\_\_\_\_\_ x $18 = \_\_\_\_\_\_\_\_\_\_

# of Pentathletes \_\_\_\_\_\_\_\_ x $25 = \_\_\_\_\_\_\_\_\_\_

TOTAL \_\_\_\_\_\_\_\_\_\_

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boys Pentathlete #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boys Pentathlete #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Girls Pentathlete #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Girls Pentathlete #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Send To: East Meadow High School

c/o Kevin Regan – Athletic Director

101 Carman Avenue, East Meadow, NY 11542

**ALL ENTRIES ARE DUE BY TUES. MARCH 31ST!**

Checks Payable: East Meadow High School

***East Meadow Invitational Records***

**Boys Event Records:**

100 (Open) Wang Great Neck South 11.1 2014

100 (Fr/So) Hyman East Meadow 12.1 2014

110 Hurdles Su Jericho 16.7 2014

200 Smith Sewanhaka 23.3 2014

400 Edward Lawrence 53.6 2014

800 Grady East Meadow 2:00.0 2014

1600 (Open) Cowen Great Neck South 4:27.7 2014

1600 (Fr/So) Euler East Meadow 4:44.7 2014

Long Jump Su Jericho 20-5 2014

Long Jump (F/S) Love East Meadow 19-1 2014

Triple Jump Wong East Meadow 38-2 ½ 2014

High Jump Bonds East Meadow 5-10 2014

Love East Meadow 5-10 2014

Shot Put Ewulu East Meadow 46-5 ½ 2014

Discus Vladianos Oyster Bay 114-7 2014

Pentathlon Sherbal Oyster Bay 2313 2014

SMR (Open) Great Neck South 3:43.8 2014

SMR (Fr/So) East Meadow 3:58.7 2014

DMR Jericho 11:52.2 2014

**Girls Event Records:**

100 (Open) Messina East Meadow 13.1 2014

100 (Fr/So) Harding Hempstead 12.9 2014

100 Hurdles Debrance Hewlett 17.2 2014

200 Harding Hempstead 27.0 2014

400 Denton Hempstead 1:02.0 2014

400 Hurdles Cooperstein Great Neck South 1:14.2 2014

800 Gatson Hempstead 2:34.2 2014

1500 (Open) McGlone Bellmore JFK 5:09.0 2014

1500 (Fr/So) Puciloski East Meadow 5:38.2 2014

Long Jump Schwartz Hewlett 15-3 2014

Long Jump (F/S) Francis Hewlett 13-3 2014

Triple Jump Deturris Hicksville 30-8 ½ 2014

Shot Put Pipia Sewanhaka 35-9 ½ 2014

Discus Pipia Sewanhaka 108-8 2014

Pentathlon Hagarty Mepham 2846 2014

SMR (Open) Hempstead 4:30.7 2014

SMR (Fr/So) East Meadow 5:38.2 2014

DMR Great Neck South 14:23.5 2014