

North Shore High School Track & Field Indoor Invitational
Armory Track & Field Center
December 26th 2015
8:45 AM-4:00PM

Armory doors will open at 7:45 AM

WE WILL GO AHEAD OF SCHEDULE WHENEVER POSSIBLE.

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

In the infield:

9:00 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

8:45 AM	Boys 3200 (second section)	(see list of qualifiers)
9:00	Boys 3200m (seeded section)	“ “ “
9:15	Girls 3000m (seeded section)	“ “ “
9:30	Girls 3000m (second section)	“ “ “
9:45	Boys 600m	
10:20	Girls 600m	
10:45	Boys 1000	
11:15	Girls 1000	
11:40	Boys 300m	
12:25	Girls 300m	
1:05	Boys 1600m	
1:55	Girls 1500m	
2:25	Boys 4x400	
2:50	Girls 4x400	
3:10	Boys 4x800	
3:30	Girls 4x800	
3:45	Boys 4x200	
4:00	Girls 4x200	

FIELD EVENTS: (BOYS WEIGHT THROW: 8:45 AM-ALL OTHER FIELD EVENTS AT 9 AM)

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)

Throwing Events: (Boys Wt. Throw Followed by Boys SP Followed by Girls Wt. Throw Followed by Girls SP)

(There will be an 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.

INDIVIDUAL EVENTS INCLUDING FIELD EVENTS (BRING STICKER TO CHECK IN).

RELAYS: PUT RELAY STICKER ON THE RELAY CARD (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, WT: 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

Boys 3200m Acceptances**SEEDED SECTION 9:00 AM**

Hip #		
1	Kevin Hazelwood	Brewster
2	Jack Adamski	Danbury
3	Matt Adolph	Warwick
4	Josef Raphael Oettl	Xavier
5	Ian Mickool	Ridgefield
6	Trevor Reed	Danbury
7	Eddie Obrien-Curcie	Northport
8	Tim Moore	Danbury
9	Timothy Courts	Manhasset
10	Michael Rautter	New Fairfield
11	Vincent Ballarano	Northport
12	Bradley Fox	Danbury
13	Dan Valenti	Garden City
14	Dan Behrens	Northport
15	Ben Karam	Xavier
16	Robert Sanchez	Ward Melville
17	Evan Atherton	Northport
18	Charles Taubl	Trumbull
19	Tom Thall	Northport
20	Nicholas Digiovanni	North Babylon

Second Section-8:45 AM

Hip #		
1	Dan Nichols	Danbury
2	Matthew Viscosi	Ward Melville
3	Joseph Vecchione	Trumbull
4	Josh Tannebaum	Ward Melville
5	Trevor Marchart	Garden City
6	Tyler Granja	Danbury
7	Kyle O'Brien	Huntington
8	Dayshawn Siranaula	Brewster
9	Matthew Maidof	Smithtown West
10	Ryan Berlin	Syosset
11	Joe Mendoza	Walt Whitman
12	Connor McNerney	Immaculate
13	Aidan Caggiano	Manhasset
14	Daniel Raya	Danbury
15	Connor Riley	Ward Melville
16	William McKee	Northern Highlands
17	Sunchet Saoji	Danbury
18	Christopher Magres	Danbury
19	Spencer Mead	Danbury
20	Jonathon Tinker	Trumbull
21	Victor Chae	Walt Whitman
22	Max Moritz	Wantagh
23	Milton Pirsos	Manhasset
24	Colin O'Sullivan	North Shore
25	Ryan Watson	Manhasset

Girls 3000m Acceptances**Seeded Section 9:15 AM**

Hip #		
1	Diana Vizza	North Shore
2	Stephanie Gerland	Garden City
3	Bridget Kanaley	Bay Shore
4	Daniela LoCastro	Cold Spring Harbor
5	Sunjum Nagpaul	Lakeland/Panas
6	Jenna Gasparrini	Immaculate
7	Grace Bugara	Lakeland/Panas
8	Danielle Marcone	Immaculate
9	Katelyn Romanchick	Trumbell
10	Stephanie Bazan	North Shore
11	Ally Peck	Bay Shore
12	Monica Hebner	Northern Highlands
13	Eliza Nichols	Smithtown West
14	Gabriella Schneider	Smithtown East
15	Brianna Lauser	Kellenberg

Second Section-9:30 PM

Hip #		
1	Emma Rivera	North Shore
2	Kiera Donovan	West Hempstead
3	Florence Cuomo	Brewster
4	Marissa Crowley	Brewster
5	Mikayla Fosina	Brien McMahon
6	Shelbi Wuss	Walt Whitman
7	Michaela Calandra	Warwick Valley
8	Amelia Cuomo	Brewster
9	Isabel Hebner	Northern Highlands
10	Paige Wilderotter	Northern Highlands
11	Kayley Fasoli	Trumbell
12	Reilly Gwinn	Westhampton Beach
13	Sydney Adams	Trumbell
14	Margaret Loshiavo	Trumbell
15	Fiona Haegeland	Cold Spring Harbor
16	Julia Rist	Immaculate

North Shore HS Winter Track and Field Invitational December 26th 2015
Final Accepted Entries

Boys

Brewster
Bronxville
Brien McMahon, CT
Cardinal Hayes
Carey
Clarke
Cold Spring Harbor
Central, NJ
Danbury, CT
Darien
Elmont
Freeport
Garden City
Glen Cove
Great Neck North
Half Hollow Hills East
Half Hollow Hills West
Hauppague
Horace Greeley
Huntington
Horace Greeley
Immaculate, CT
JFK Bellmore
Lakeland Panas
Lawrence
Lynbrook
MacArthur
Manhasset
Monroe Woodbury
New Canaan, CT
New Fairfield, CT
New Hyde Park
New Rochelle
North Babylon
North Shore
Northern Highlands, NJ
Northport
Packer Collegiate
Permberton, NJ
Perth Amboy
Plainview JFK
Ridgefield, CT
Seaford
Smithtown East
Smithtown West
St. Francis Prep
Syosset
The Albany Academy
Trumbull, CT
Yonkers
Walt Whitman
Wantagh
Ward Melville
Warwick Valley
Washingtonville
Weequahic
West Hampton
Windsor, CT
Xavier
Yonkers

Girls

Bayport-Blue Point
Bay Shore
Brian McMahon, CT
Brewster
Carey
Cold Spring Harbor
Danbury, CT
Elizabeth, NJ
Elmont
Freeport
Garden City
Glen Cove
Great Neck North
Half Hollow Hills East
Half Hollow Hills West
Hauppague
Holy Spirit
Horace Greeley
Immaculate, CT
Islip
JFK Bellmore
Kellenberg
Lakeland Panas
Lawrence
Longwood
MacArthur
New Canaan, CT
Newark Central, NJ
New Fairfield, CT
New Hyde Park
North Babylon
North Shore
Northern Highlands, NJ
Oceanside
Pemberton, NJ
Ridgefield, CT
Seaford
Smithtown East
Smithtown West
Trumbull, CT
Yonkers
Wantagh
Warwick Valley
Washingtonville
Weequahic
West Hampton
West Hempstead
Windsor, CT
Yonkers

