

NASSAU COUNTY TRACK COACHES ASSOCIATION HOLIDAY RELAYS

FRIDAY, DECEMBER 2nd, 2011 AT 5PM

168TH STREET ARMORY

AHTLETES LIMITED TO ANY TWO EVENTS

COACHES:

All events, both individual (dash and HH not included) and relays, must have a completed 3 x 5 card. Each ENTERED individual and relay has been provided with a tag that you will find in your coaches packet. This tag MUST be attached to your 3 x 5 card or the person or relay WILL NOT COMPETE. Please place the card in the appropriate box near the clerk's table at least one event before that entered event.

OPEN EVENTS: Are not run in Class A-B!

RELAYS: Will be competing in A/B Classes

ORDER: Open, Frosh, Soph Boys then Girls

FROSH/SOPH: Limited to runners in 7th through 10th grade

MEDALS: Top 4 in each class

No cards necessary for the 55 or the 55 HH

The 55 and 55 HH will be seeded at the meet by the clerks at the starting line area. The 55 HH will be clerked by the pole vault area.

FIRST EVENTS: Will be clerked at **4:30**

ORDER OF EVENTS: START AT 5PM SHARP!!!!

Inside the track: In the 55 and 55 HH the **top 24 will be seeded**. All others will be RAPID FIRE.

Coaches you MUST GET TIMES!!!

EVENT	NOTES	
55	1 Division; Open only; Unlimited entries; seeding by clerk NO CARDS	Inside Oval
55 HH	1 Division; Open only; Unlimited entries; seeding by clerk NO CARDS	Inside Oval
1000	Limited 2 heats boys/2 heats girls; 2 per school limit; Boys must be able to run faster than 3:05. Girls must be faster than 3:45.	On track
4 x 400	3 Divisions: Open, Frosh, Soph	
DMR	1200, 400, 800, 1600; 1 Division; Open only; Top 18 teams accepted	
4 x 200	3 Divisions: Open, Frosh, Soph	
4 x 800	2 Divisions: Open & Frosh/Soph	
1600 Medley Relay	400, 200, 200, 800: 2 Divisions – Open & Frosh/Soph WILL ONLY BE RUN IF 4 x 200 STARTS BY 8PM	

FIELD EVENT ORDER OF EVENTS:

All field events are 1 Division: Open Only

SHOT PUT	Girls followed by Boys	Can be individual OR a relay.
POLE VAULT	Boys followed by Girls	
LONG JUMP	Boys and Girls	Open Pit: 5pm – 8pm
TRIPLE JUMP	Boys and Girls (following the Long Jump)	Open Pit: times announced at meet
HIGH JUMP	2 pits; follows the hurdles	

MEET INFO:

- Athletes limited to TWO EVENTS
- The meet is open to all NASSAU COUNTY SCHOOLS ONLY
- We are limiting the meet to 55 schools
- All meet info will be on the Section VIII website: www.trackconference.com
- SPIKES: Only in 55, HH, 4 x 2 and 4 x 4: Open Only (No Frosh/Soph)
1/4" pyramid or Christmas spikes

FIELD EVENT RELAYS:

- Only 2 relays per school per field event
- All relays are two scorers (three may compete but it is not necessary)
- In Shot; Long and Triple: 3 attempts per athlete
- Minimum marks will be established for measurement.
- *Individual entries are always welcome in these events.*

INDIVIDUAL FIELD EVENTS:

- The HIGH JUMP and POLE VAULT are INDIVIDUAL EVENTS only.
- Starting heights: High Jump: Boys 5'0
Girls 4'0
Pole Vault: Boys 8' 6
Girls 6'6

MEET DIRECTORS:

Fred DeRuvo & Eamon McHugh

- Meet is co-sponsored by MEPHAM HS and is sanctioned by NYSPHSAA
- Medical staff is on site
- Certified NYS Officials
- The Armory provides general supervision. Coaches~Please supervise your teams. Athletes must secure their personal property.

AWARDS:

Open: Top 4 get medals

Class A: Top 4 get medals

Class B: Top 4 get medals

Frosh/Soph: Top 3 get medals

Frosh: Top 3 get medals

Soph: Top 3 get medals

PRE-SEEDING:

The 1000 is the only pre-seeded event. You must enter no more than 2 athletes on your entry blank. There will be a maximum of 2 heats for boys and 2 heats for girls if they meet the standard. Boys standard is 2:55. Girls standard is 3:30.

DAY OF MEET SEEDING:

Your 3 x 5 cards must contain the following information when submitted:

Team or Individual Name (include HS)

Event

Division (Open, Frosh, Soph or Frosh/Soph)

Class A or Class B

All athlete's names and numbers

ENTRY FEES:

Individual events: \$10

Relays: \$35

Non-Refundable: This is an entry fee, not a participation fee.

Complete the entry page, including the grid, and list seed info for individuals in the 1000m and DMR.

Blanket entry fee of \$500 will be offered where necessary. HOWEVER, if you are using the blanket entry fee, you must still list ALL competitors you are bringing (for meet management purposes). Please remember that you will receive tags for entered relays only. If you do not report the correct number of relays you will not have the correct number of tags. Relays cannot run without a tag.

ADDITIONAL INFORMATION:

Please contact Meet Directors:

Fred DeRuvo - Phone: 516-334-5461 or E-mail: fderuvo@optonline.net

Eamon McHugh – hewlettctf@yahoo.com

NOTES:

Please do all paperwork ASAP. Some schools still owe from past years. They could be denied entry this year unless past due balances are paid, or PO number given.

~Please forward your paperwork to the address below immediately after giving it to your school. Schools can sometimes take weeks to process the paperwork. If we do not have your paperwork prior to Monday, November 28th you will not be entered in the meet.

All entries must be RECEIVED by Monday, November 28th before noon. The seeding meeting will be on Tuesday, Nov. 29th. All accepted 1000 and DMR entries will be posted online at www.trackconference.com on Wednesday, November 30th.

ENTERED teams will be listed on our site as they come in. Please check to see if your team is entered. We cannot accept any teams at the door who have not entered the meet. If you sent in your entry and your team name does not appear on the "Entered Teams" link, please contact Fred DeRuvo 334-5461.

ENTRY GRID IS ON PAGE 4. PLEASE SEND IN PAGE 4 ONLY!!!!

COACHES~ PLEASE SEND A COPY OF YOUR ENTRY TO DAVE FRAZER AT THE ADDRESS / E-MAIL / OR FAX LISTED BELOW THE ENTRY GRID. DO NOT WAIT FOR YOUR BUSINESS OFFICE TO SEND IT.

(Business offices will forward the payments at a later time but your entry must be received by Monday, November 28th or you will not be able to run)

THANK YOU!!!

ENTRY GRID:

Please place the CORRECT number of athletes/teams you are entering in each of the events listed.

Running Relays: Unlimited but you MUST TELL US HOW MANY YOU ARE ENTERING

Field Event Relays: 2 per school

BOYS & GIRLS TEAMS: **MUST USE SEPARATE ENTRY FORMS**

EVENT	OPEN	FROSH	SOPH	FROSH/SOPH
4 x 200				NA = do not enter
4 x 400				NA = do not enter
4 x 800		NA = do not enter	NA = do not enter	
DMR		NA = do not enter	NA = do not enter	NA = do not enter
1600 Medley relay		NA = do not enter	NA = do not enter	

FIELD EVENT RELAYS	DIVISION	STANDARDS	# OF TEAMS (MAX 2)
Long Jump	Open Only	2 scorers; 3 may compete	
Shot put	Open Only	2 scorers; 3 may compete	
Triple Jump	Open Only	2 scorers; 3 may compete	

INDIVIDUAL FIELD EVENTS	DIVISION	NUMBER OF ATHLETES
High Jump	Open Only	
Pole Vault	Open Only	

PRE-SEEDED EVENTS					
1000	ATHLETE #1 Name	Seed Time	ATHLETE #2 Name	Seed Time	
DMR	Athlete's Names				Seed Time

SCHOOL _____ BOYS OR GIRLS _____

SCHOOL PHONE _____

COACH _____ HOME PHONE _____

FAX _____ E-MAIL _____

Billing Information: Please complete. All fees are non-refundable.

Total number of Individuals at \$10 each: _____
 Total number of Field relays at \$35 each: _____
 Total number of Running relays at \$35 each: _____

TOTAL ENTRY FEE: _____

Meet entries and payment must be sent to:

Fred DeRuvo

730 Boelsen Dr.

Westbury, NY 11590

fderuvo@optonline.net (Please put *NCTCA Entry* in the subject line)

Fax entries to: 516-374-4571 (during school hours only)

Make all checks payable to: NCTCA