

NASSAU COUNTY TRACK COACHES ASSOCIATION HOLIDAY RELAYS  
FRIDAY DECEMBER 1, 2006 AT THE 168<sup>TH</sup> STREET ARMORY 5 PM  
ATHLETES LIMITED TO ANY TWO EVENTS

All running events are Boys' Class B, Boys' Class A, Girls' Class B and Girls Class A  
First events will be clerked at 4:30 p.m. Plan your day. Thank you for your support.

ORDER OF EVENTS – Start at 5:00 PM

**Inside of Track Oval:** In the 55 m Dash & the 55m HH, the Top 24 will be seeded – all others  
Will be rapid fire [Coach's – YOU MUST get times]

55m Dash 1 division – Open only – Unlimited Entries [Pre-seed on separate sheet]

55m HH 1 division – Open only – Unlimited Entries [Pre-seed on separate sheet]

**On the Track Oval**

1,000 Run 2 per school minimum times for entry Boys' [3:05] Girls' [3:50] – pre-seed

4x400 3 divisions – Open-Freshmen- Sophomore

DMR [1200, 400, 800, 1600] 1 division – Open only

4x200 3 divisions – Open-Freshman-Sophomore

4x800 2 divisions – Open & Freshman/Sophomore

\*\*1,600 Medlay Relay [ 400,200,200,800] 2 divisions – Open & Freshman/Sophomore

\*\*WILL ONLY BE RUN IF 4X200 STARTS BY 8:00 PM

Field events: All are 1 division – OPEN ONLY

Shot Put [Girls followed by Boys]

Pole Vault [ Boys followed by Girls]

Long Jump [Boys and Girls] [OPEN PIT – 5:00 pm to 8:00 pm]

Triple Jump [Following LJ] [OPEN PIT - times to be determined at start of event]

High Jump [Follows HH] 2 Pits

**FRESHMAN/SOPHMORE OR FROSH/SOPH IS LIMITED TO RUNNERS IN 7<sup>TH</sup> THROUGH 10<sup>TH</sup> GRADE**

MEET INFO: Athletes limited to two events. The meet is open to all Nassau County Public High Schools only. We are limiting the meet to 55 schools. All meet info will be on the Section VIII website- <http://sectionviiiixctf.com>

SPIKES: 1/8<sup>TH</sup>" on the track ¼" on the runways

FIELD EVENT RELAYS: [Only 2 relays per school] All relays are two scorers, 3 may compete [not necessary]. In SP,LJ, TJ – 3 attempts each athlete. Minimum marks may be established for measurement. Individual entries are always welcome in these events.

INDIVIDUAL FIELD EVENTS: The HJ & PV are individual events. Starting heights – HJ – Girls 4'0" Boys/5'0" & PV – Girls/6'6" Boys/8'6"

AWARDS: Both Classes A & B 4 places in all open events. 3 places in all Frosh, Soph &Fr/So events.

PRE-SEEDING: Only SEND seeds for your 55m [unlimited] 55hh [unlimited] & 1,000 runners [2 entrants per team]

DAY OF MEET SEEDING: Cards with the following information: Team or Individual Name, Event, Division [open, frosh, soph, or frosh/soph. Class [A or B], All athletes names and numbers.

ENTRY FEES: Individuals \$10, Relays 35 – non-refundable – This is an entry fee not a participation fee. Complete entry page, including the grid, and list seed info for individual events.

MEET DIRECTOR: FRED DERUVO. Meet is co-sponsored by W.T. Clarke HS and is sanctioned by NYSPHSAA. Medical staff is on site. Certified NYS Officials. The Armory provides general supervision. Coaches supervise your teams; athletes must secure their personal property.

**SCHOOLS ENTERING BOYS AND GIRLS TEAMS MUST USE  
SEPARATE ENTRY FORMS**

SCHOOL \_\_\_\_\_ BOYS \_\_\_\_\_ OR GIRLS \_\_\_\_\_

SCHOOL PHONE \_\_\_\_\_

COACH \_\_\_\_\_ HOME PHONE \_\_\_\_\_

FAX \_\_\_\_\_ E-MAIL \_\_\_\_\_

RUNNING RELAYS ARE UNLIMITED - - - FIELD EVENT RELAYS - 2 PER SCHOOL  
RELAYS - WRITE IN NUMBER OF TEAMS

| EVENT  | OPEN | SOPH  | FR/SO | FROSH | XXXXX | FIELD | OPEN | XXXXXX |
|--------|------|-------|-------|-------|-------|-------|------|--------|
| 4X200  |      |       | XXXXX |       | XXXXX | HJ    |      | INDIV  |
| 4X400  |      |       | XXXXX |       | XXXXX | PV    |      | INDIV  |
| 4X800  |      | XXXXX |       | XXXXX | XXXXX | SP    |      | 3 ATH  |
| 1600MR |      | XXXXX |       | XXXXX | XXXXX | LJ    |      | 3 ATH  |
| DMR    |      | XXXXX | XXXXX | XXXXX | XXXXX | TJ    |      | 3 ATH  |
|        |      |       |       |       |       |       |      |        |

INDIVIDUAL EVENTS - - - SEED TIMES RELATED TO FAIRNESS-SPORTSMANSHIP

| EVENT        | NAME | SEED | NAME | SEED |
|--------------|------|------|------|------|
| 55M DASH     |      |      |      |      |
| 55M DASH     |      |      |      |      |
| 55M DASH     |      |      |      |      |
| 55M DASH     |      |      |      |      |
| 55M HH       |      |      |      |      |
| 55M HH       |      |      |      |      |
| 55M HH       |      |      |      |      |
| 1,000M 2 ATH |      |      |      |      |

1,000 minimum seed times are: Boys [3:05] & Girls [3:50]

All entries MUST BE RECEIVED by Monday, 11/27 noon. Seeding meeting will be on Tues. 11/28. All accepted 1000m seeds will be on the internet by 11/30 on <http://sectionviiiixctf.com>. Late individual entries will not be accepted

**BILLING INFORMATION: ALL FEES ARE NON-REFUNDABLE**

FEE FOR OFFICIALS- - - - - @ \$50 = \$ \_\_\_\_\_

TOTAL NUMBER OF INDIVIDUALS - - - - - @ \$10 = \$ \_\_\_\_\_

TOTAL NUMBER OF FIELD RELAYS- - - - - @ \$25 = \$ \_\_\_\_\_

TOTAL NUMBER OF RUNNING RELAYS- - - - - @ \$35 = \$ \_\_\_\_\_

LATE FEE- - - - - @ \$35 = \$ \_\_\_\_\_

This is an Entry Fee not a Participation Fee TOTAL \$ \_\_\_\_\_

WE ARE CHARGING A FEE OF \$50 FOR THE OFFICIALS THIS YEAR PER TEAM

ENTRIES: Only meet entries and payments are to be sent to: Sue Kornfield, 209 Peters Ave, East Meadow, NY 11554; 516-357-0001 or e-mail to [Suziekorn@aol.com](mailto:Suziekorn@aol.com) - fax 516-357-0002  
Make Check payable to NCTCA

ADDITIONAL INFORMATION: Please contact Meet Director Fred DeRuvo, [516-] 334-5461 or e-mail at [Fderuvo@optonline.net](mailto:Fderuvo@optonline.net)

PLEASE DO PAPER WORK ASAP. SOME SCHOOLS STILL OWE FROM PAST YEARS. THEY COULD BE DENIED ENTRY THIS YEAR UNLESS PAST DUE FEES ARE PAID, OR P.O. NUMBER GIVEN. ALL ENTRIES MUST BE RECEIVED MONDAY, NOV 27 BY NOON. MAIL, FAX, EMAIL. MEET STARTS AT 5 PM. CLERKING STARTS AT 4:30 PM

FIELD EVENT RELAYS AND FIELD INDIVIDUALS - CARDS TO CLERK OF THE EVENT

INDIVIDUAL RUNNERS 55M/55HH/ 1000 - NO CARDS NECESSARY. PRE-SEEDED

RUNNING RELAYS - CARDS IN THE GENDER CORRECT BOXES NEXT TO THE CLERK

3X5 CARDS

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| SCHOOL                   | CLASS A/B | BOYS /GIRLS          |
|--------------------------|-----------|----------------------|
| EVENT                    |           |                      |
| OPEN/SOPH/FROSH          |           |                      |
| ATHLETES NAME AND NUMBER |           |                      |
|                          |           | EXPECTED PERFORMANCE |

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