

The 1st Annual Paul Limmer Pirate Invitational

W.C. Mephram High School – 2401 Camp Avenue, Bellmore, NY 11710

Saturday, March 31, 2007 – 9:00 a.m.

Dear Coach:

of events: Each competitor may compete in any three events. Frosh/Soph's compete as Varsity, *if they place in the top 6 in the Varsity event, they will be scored as Varsity, the next FIVE Frosh/Soph's not to finish in the top 6 Varsity receive 1st-6th place Frosh/Soph awards, this gives all Frosh/Soph a chance to run in the seeded sections, but still compete as Frosh/Soph. **RELAYS ARE VARSITY ONLY; there are NO Frosh/Soph Relays.**

of entries: Unlimited in each event except; Both 5,000m runs (maximum 18 total entrants).

Spikes: 1/4" pin spikes in recessed shoes and 1/8" spikes in plastic plates only; starting blocks may be used ONLY for Finals and may have only 1/4" spikes or less.

Batons / Starting Blocks: Bring your own.

Prizes: Medals will be awarded for the first SIX in each Varsity event and first SIX in each Frosh/Soph event (that do not score in Varsity); awards will be given to the top outstanding male & female Track as well as Field athletes as nominated by the coaches and chosen by the meet games committee prior to relays.

Scoring: All Varsity events will be 10, 8, 6, 4, 2, and 1

Team Awards: Trophies will be awarded to the first THREE Girls' & Boys' teams as well as the first THREE combined teams.

Entry: Please complete separate entry for Boys' and Girls'. Entries Close: Thursday, March 29 at 5:00 p.m.

Entry fees: Maximum entry fee: Nassau County Public Schools - \$175.00 blanket entry for boys' or girls' team// Plus the cost of one official - billed through BOCES per team. Non-Nassau County Public Schools - \$225.00, Individual entries - \$10.00 per individual event; \$30.00 per relay; Minimum entry fee: \$25.00. A Check or Voucher must be sent to Meet Director upon entry. This is an entry fee NOT a participation fee.

Seeding: All seeding will be done day of meet. Individual events will be by verbal seeding. For the Relays; cards will be needed; and must include the following information: Runner's Names, School Name, Event, and Seed Time. Relay Anchor Legs need a sticker. All running athletes will need a sticker with the following information: Name, School Name, Event, and list if Frosh or Soph. Field events check in at event (NO STICKERS NEEDED in Field Events). When checking in to Field Event state if Frosh/Soph or Varsity..

Field events: In the following throws & jumps the first legal effort will be measured. After that, the attempt must make the following minimum standards:

BOY'S: LJ – 15'; TJ – 30'; SP – 30', DT – 75'; HJ – starts at 4' 10" – up 2" to 6' 0" – then up 1" thereafter
GIRL'S: LJ – 12'; TJ – 25'; SP – 25', DT – 65'; HJ – starts at 3' 10" – up 2" to 5' 0" – then up 1" thereafter

T-shirts: Will be on sale the day of the meet: short sleeve for \$12.00.

Food: Will be on sale the day of the meet. Both hot and cold foods will be available.

Directions and Questions: If you have any, please call Dave Frazer at 516-749-3144, or e-mail at Mephramtrack@yahoo.com. We hope to see you at the meet. Good luck this season.

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9:00 am - All running events are Girls' followed by Boys'

Girls' 5,000m Run One heat each – Maximum of 18 boys and & 18 girls. Varsity only.
Boys' 5,000m run If entries warrant, we will race one combined heat of Boys & Girls.

400m IH will start at 10:00am

Girls'/Boys' 400 IH Will be run in lanes 4-6 during the 5,000m run & 1500m Race Walk.

Girls'/Boys' 4x100m Relay Semi-Final *top 6 advance to finals

Girls'/Boys' 800m Run Final on Time

Girls'/Boys' 100HH/110HH Final on Time

Girls'/Boys' 100m Dash Semi-Final *top 6 advance to finals

Girls'/Boys' 400m Dash Final on Time

Girls'/Boys' 100m Dash Final on Time

Girls'/Boys' 1500m/1600m Run Final on Time

Girls'/Boys' 200m Dash Final on Time

Girls'/Boys' 4x800m Relay Final on Time

Girls'/Boys' 4x100m Relay Final on Time

Girls'/Boys' 4x400m Relay Final on Time

Field events: Athletes MUST be registered at start of event in order to compete, NO LATE ENTRIES

Girls' High Jump begin at 10:00 a.m., Boys' High Jump to follow the girls

Girls' Starting height is 3' 10" – up 2" to 5' 0" – then up 1" thereafter

Boys' Starting height is 4' 10" – up 2" to 6' 0" – then up 1" thereafter

*All Long Jump, Triple Jump, Shot Put, & Discus are 3 attempts with NO FINAL. 1st legal mark will be measured, all others must make minimum measurement.

**In the Long Jump & Triple Jump – Boys' & Girls' will jump at the same time in an open pit

Girls' Long Jump Open pit – 10:00 – 1:00 Boys' & Girls' will jump at the same time
Boys' Long Jump

Girls' Triple Jump Open pit – 1:30 – 3:00 Boys' & Girls' will jump at the same time
Boys' Triple Jump

Boys' Shot Put Starts at 10:00
Girls' Shot Put Starts – ½ hour after completion of Boys' Shot Put

Girls' Discus Starts at 10:00
Boys' Discus Starts – ½ hour after completion of Girls' Discus

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USE SEPARATE ENTRY FOR BOYS' & GIRLS'

School _____ Coach _____
School Address _____ Coach's Email _____
_____ Coach's Phone _____
School Phone _____

UNLIMITED ENTRIES: Circle one if using unlimited entry

Nassau County Public Schools

Non Nassau County Public Schools

\$175.00 + cost of one official per team
(NOT per School) billed through BOCES

\$225.00

or

Number of Individual Events _____ @ \$10.00 = \$ _____

Number of Relays _____ @ \$30.00 = \$ _____

Total entry fee = \$ _____

Minimum entry is \$25.00

Checks: Make checks payable to: Mephram Track

Entries are DUE ON THURSDAY, March 29, 2007 – 5:00 p.m.

Mail to: Mr. Dave Frazer, Meet Director
W.C. Mephram High School
2401 Camp Avenue
North Bellmore, NY, 11710

Phone #: (516) 749-3144
FAX #: (516) 390-9415 Between 10am-1pm
E-Mail: MephramTrack@Yahoo.com