

JOE BRANDI RELAYS 2020

High School Girls Meet
Friday and Saturday, April 17th and 18th, 2020
Connetquot HS

Friday Elite Individual Events Under the Lights: Every team can enter up to two athletes per Friday event regardless of seed time but if you want to enter more than 2 they ALL must be able to break the seed time. **WE WILL RUN AHEAD OF SCHEDULE IF POSSIBLE.**

| | |
|---------|------------------------------------|
| 6:00 pm | Pentathlon Long Jump |
| 7:00 | 1500 (5:30) |
| 7:15 | Pentathlon Hurdles |
| 7:20 | 100 Hurdles trials (19.0) |
| 7:35 | 100 trials (14.0) |
| 7:50 | 400 (66.0) |
| 8:00 | Pentathlon High Jump |
| 8:05 | 3000 Racewalk (8:45 for 1500 walk) |
| 8:25 | 100 Hurdles final |
| 8:30 | 100 final |
| 8:35 | 800 (2:40) |
| 8:45 | 3000 (12:00) |
| 9:00 | 200 (29.0) |

Saturday Events:

Track Events

| | |
|-------|-------------------------------------|
| 9:30 | 2 x 400 Hurdles |
| 9:55 | 4 x 1600 |
| 10:30 | 4 x 100 |
| 11:00 | 2 x 1500 Walk |
| 11:30 | Mile Medley (400-200-200-800) |
| 12:10 | 4 x 400 |
| 12:40 | Shuttle Hurdles (4-girl) |
| 12:55 | 2 x 2000 Steeplechase |
| 1:30 | Pentathlon 800 |
| 1:35 | 4 x 200 |
| 2:00 | Swedish Medley (100-200-300-400) |
| 2:15 | 4 x 800 |
| 2:50 | Sprint Medley (100-100-200-400) |
| 3:10 | Distance Medley (1200-400-800-1600) |

Field Events

| | |
|------|--------------------------------------|
| 9:30 | 2 x Long Jump (3 team max) |
| TBA | 2 x Triple Jump (3 team max) |
| 9:30 | 2 x High Jump |
| 9:30 | 2 x Shot Put (Pentathlon shot first) |
| 9:30 | 2 x Discus |
| 9:30 | 2 x Pole Vault |

Things you should know...

- We will be selling Joe Brandi short sleeve shirts for \$12. Two dollars from every sale will be donated to the **DEZYSTRONG FOUNDATION**. Please support this great cause!
- Pentathlon athletes cannot do any other event.
- Maximum events: 4 events total, however no more than 3 on any day.
- The meet will be timed by Just In Time. Use your “Just In Time numbers” on all your relay cards. Wear your “Just In Time stickers” in all the individual events on Friday and the 400 Hurdles, Walk and Steeple on Saturday.
- Verbal seeding on Friday.
- **Every relay needs to have a relay card. Bring it to the clerk or to the event when it is called. Include: Event, School, (A, B, C ... etc. if necessary) and Seed Time. Also attach Just In Time stickers or write names and COMPETITOR NUMBERS.**
- **Use 3 x 5 cards for most of the relays but use the large “2-person relay cards” for the LJ, TJ, Shot and Disc. I will provide these if you don’t have any.**
- You may enter as many relay teams as you want in all events except the LJ and TJ. Notice the 3 team limits for the LJ and TJ.
- In all field events, the intermediate hurdles, the steeple and the 1500 walk we will add the times or distances.
- The LJ will go first, followed by the TJ. We only have one runway.
- The schools whose name starts with the letters A – L will throw the discus first; the others, M – Z, will throw the shot first. We will then switch. This way your athletes will stay together, and a coach can watch all their throwers at once.
- You can pick up your medals at any time or wait until the meet is over. They will be placed in a bag for you as the meet progresses. (TOP 10 get medals!)
- Bathrooms are available in the school. Go through the doors between the gyms. There are 2 sets of bathrooms available.
- HJ: starts at 4’ up 2” to 5’, up 1” the rest of the way
- PV: starts at 6’ up 6” to 10’, up 3” the rest of the way
- Ties in the events that are added will be broken by the top performer.
- Keep your athletes out of the infield. We want to keep the middle of the infield as clear as possible.
- Of course, you can have a field event, steeplechase, or walk relay with just one competitor if you don’t have someone else to enter. They probably won’t score though!
- We want to get the PV started quickly. Please get your athletes there early.
- Swedish Relay will start at the normal start line. The 100 and 200 will stay in lanes, the 300 will take it in lanes then cut in. The race will finish on the opposite side of the track (the normal 200 start.)
- PLEASE enter by mail, email or text by April 14th so we know who is coming.

JOE BRANDI RELAYS 2020

High School Girls Meet
Friday and Saturday, April 17th and 18th
Connetquot HS

Blanket entry of \$200 or

___ x \$15 individual event = _____

___ x \$20 per 2-girl relay = _____

___ x \$30 per 4-girl relay = _____

Total _____

Make checks payable to: Connetquot Track

Due by April 14th

Send entry to: Jim Crowley email: jcrowley@sjcny.edu
Connetquot HS Athletics fax: 631-244-2347
190 7th St. cell: 631-786-1532
Bohemia, NY 11716

School _____

Coach _____

Email _____

MEET RECORDS

| | | | | |
|---------------------|---|-------------------------------------|-------------------------------------|-------------|
| 2 x 400 Hurdles | Mt. Sinai <i>(Janie Turek, Janet Mellor)</i> | 2:08.5 | 2009 | |
| 4 x 1600 | West Islip <i>(Annie O'Connell, Alison Cappetta, Julie Laudenschlager, Jessica Ball)</i> | 21:28.2 | 2012 | |
| 4 x 100 | Brentwood <i>(Sabrina Mozart, Ashley Mack, Briana Shand, Alexia Douglas)</i> | 49.1 | 2015 | |
| 2 x 1500 Walk | Sachem North <i>(Natalie DeQuarto, Kaitlin Martins)</i> | 14:29.5 | 2014 | |
| Mile Medley | West Babylon <i>(Dana Beggins, Nadja Ashley, Brittany Korsah, Paige Keefer)</i> | 4:08.27 | 2017 | |
| 4 x 400 | Garden City <i>(DeAngelo, Yebdah-Kodie, Schmelzinger, Cafaro)</i> | 3:58.3 | 2010 | |
| 2 x 2000 Steeple | Ward Melville <i>(Juliana Marcucci, Caroline O'Hea)</i> | 14:35.0 | 2012 | |
| 4 x Shuttle Hurdles | Ward Melville <i>(Emily Mantz, Marina Vostrova, Kiera Hughes, Kathryn O'Sullivan)</i> | 1:08.11 | 2017 | |
| 4 x 200 | Middle Country <i>(Maritza Blanchard, Dana Cerbone, Grace Sargent, Jessica Faustin)</i> | 1:46.62 | 2018 | |
| Swedish Medley | West Babylon <i>(Grace Glennon, Nadja Ashley, Brittany Korsah, Paige Keefer)</i> | 2:17.90 | 2017 | |
| 4 x 800 | Kellenberg <i>(Nora Bennett, Maya Richardson, Julia Bryant, Maureen Lewin)</i> | 9:29.14 | 2018 | |
| Sprint Medley | West Babylon <i>(Brittany Korsah, Myaysa Evans, Grace Glennon, Dana Beggins)</i> | 1:49.7 | 2016 | |
| Distance Medley | Shoreham-Wading River <i>(Kaitlyn Ohrtman, Amanda Dwyer, Alexandra Hayes, Katherine Lee)</i> | 12:35.9 | 2015 | |
| 2 x Long Jump | Commack <i>(Alissa Braxton, Rachel Goedel)</i> | 34' 2 ³ / ₄ " | 2019 | |
| 2 x Triple Jump | Riverhead <i>(Kyra Braunskill, Dezarae Brown)</i> | 72' 9 ¹ / ₂ " | 2013 | |
| 2 x High Jump | Bayport-Blue Point <i>(Kathleen Cibuls, Kerri Nickel)</i> | 10' 1" | 2014 | |
| 2 x Pole Vault | Commack <i>(Brianna Law, Amanda McNelis)</i> | 21' 0" | 2015 | |
| 2 x Shot Put | Sachem East <i>(Brittany Sepe, Diamond Jackson)</i> | 76' 0" | 2012 | |
| 2 x Discus | Sachem East <i>(Brittany Sepe, Diamond Jackson)</i> | 241' 3" | 2013 | |
| 100 Hurdles | Aviana Goode | Bay Shore | 14.3 | 2014 |
| 100 | Zhanna Green | St. John the Baptist | 12.72 | 2017 |
| 200 | Samantha Quigley | North Babylon | 26.61 | 2017 |
| 400 | Gabriella Buissereth | Kellenberg | 60.52 | 2018 |
| 800 | Allyson Gaedje | Ward Melville | 2:18.86 | 2017 |
| 1500 | Kaitlyn Chandrika | Mt. Sinai | 4:45.11 | 2018 |
| 3000 | Katherine Lee | SWR | 10:11.19 | 2017 |
| 3000 Walk | Kayla Torres | Sayville | 15:24.98 | 2017 |
| Shot Put | Brittany Curtin | Connetquot | 43-06.00 | 2017 |
| Discus | Diamond Jackson | Sachem East | 128-09 | 2013 |
| High Jump | Soledad Jean | HHH East | 5' 4 ¹ / ₂ " | 2019 |
| Pole Vault | Amanda McNelis | Commack | 12-04 | 2016 & 2017 |
| Long Jump | Nikki Fogarty | Sachem North | 18-05.00 | 2014 |
| Triple Jump | Alissa Braxton | Commack | 38' 9 ³ / ₄ " | 2019 |
| 2000 Steeple | Carolyn O'Hea | Ward Melville | 7:10.5 | 2012 |
| 1500 Walk | Katie Michta | Sachem North | 6:57.3 | 2014 |
| 400 Hurdles | Janet Mellor | Mt. Sinai | 63.5 | 2009 |
| Pentathlon | Jillian Patterson | Miller Place | 2984 pts. | 2018 |