

16th ANNUAL
LAST CHANCE MEET at MASSAPEQUA HIGH SCHOOL



MONDAY-JUNE 9th, 2025

Please contact the following coaches with any questions or concerns:

Rich Degnan: mbundr8029@aol.com

Mike Dellicurti: MDellicurti@msd.k12.ny.us

Location: Massapequa High School
4925 Merrick Road
Massapequa, NY 11758

Time: 4:30 PM-8:30 PM
Clerking: Begins at 4:45 pm
Coaches meeting at 4:15 pm

Coaches Instruction Sheet

Entries Entry due date is 11 pm Sunday, June 8, 2025 . Email entry to mbundr8029@aol.com
Just a reminder, that once an entry is accepted, the entry fee must follow.
The fee is an entry fee and not a participation fee.

CASH WILL NOT BE ACCEPTED

You must enter events online at NY milesplit.

Eligibility An athlete may compete in any **three events**. Only New York Schools will be accepted.

Relays You do not have to seed your relays. Your relays will be seeded the day of the meet. Seeded sprint heats will be run in lane. All others may run off common start.

Field Events **Boys Opening Heights**
High Jump 5' 4"

Girls Opening Heights
High Jump 4' 4"

In the shot put, discus, long and triple jump: all the first jumps and throws will be measured. After that only those over a certain distance will be measured.

Entry Fees: **Section VIII** **Individuals: \$25.00 per event.**
Non-Section VIII **Individuals \$30.00 per event.**
Relays: \$60.00 per event or use the blanket entry option.

Section VIII teams: \$200.00 Boys team, \$200.00 Girls team or \$380.00 combined team.

Officials will be split between Section VIII schools and billed through BOCES.

Non-Section VIII teams: \$30 per individual, \$220 per team and \$400 for combined team

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BOYS INDIVIDUAL EVENTS

____ 400 METER HURDLES
 ____ 100 METER DASH
 ____ 1600 METER RUN
 ____ 200 METER DASH
 ____ 800 METER RUN
 ____ 3,200 METER RUN
 ____ 110 HIGH HURDLES

GIRLS INDIVIDUAL EVENTS

____ 400 METER HURDLES
 ____ 100 METER DASH
 ____ 1500 METER RUN
 ____ 200 METER DASH
 ____ 800 METER RUN
 ____ 3,000 METER RUN
 ____ 100 HURDLES

BOYS FIELD EVENTS

____ HIGH JUMP
 ____ LONG JUMP
 ____ SHOT PUT
 ____ DISCUS
 ____ TRIPLE JUMP
 ____ POLE VAULT

GIRLS FIELD EVENTS

____ HIGH JUMP
 ____ LONG JUMP
 ____ SHOT PUT
 ____ DISCUS
 ____ TRIPLE JUMP
 ____ POLE VAULT

BOYS RELAYS EVENTS

____ 400 METER RELAY
 ____ 800 METER RELAY
 ____ 1600 METER RELAY
 ____ 3200 METER RELAY
 ____ 4 X 1600 METER RELAY
 ____ TEXAS SPRINT MEDLEY RELAY (1-1-2-4)
 ____ SWEDISH RELAY (1-2-3-4)
 ____ SPRINT MEDLEY (2-2-4-8)
 ____ SHUTTLE HURDLE RELAY (4)

GIRLS RELAYS EVENTS

____ 400 METER RELAY
 ____ 800 METER RELAY
 ____ 1600 METER RELAY
 ____ 3200 METER RELAY
 ____ 4 X 1600 METER RELAY
 ____ TEXAS SPRINT MEDLEY RELAY (1-1-2-4)
 ____ SWEDISH RELAY (1-2-3-4)
 ____ SPRINT MEDLEY (2-2-4-8)
 ____ SHUTTLE HURDLE RELAY (4)

ENTRY FEE:

| <u>Option A</u> Blanket entry: | <u>Section VIII</u> | <u>Non-Section VIII</u> |
|--|---------------------|-------------------------|
| <u>Team entry fee:</u> | \$200.00 | \$220.00 |
| <u>Boys/Girls program blanket entry:</u> | \$380.00 | \$400.00 |

Option B

| | | |
|------------------------|----------------|-------|
| TOTAL # OF INDIVIDUALS | ____ X \$25.00 | _____ |
| Non-Section VIII teams | ____ X \$30.00 | _____ |
| TOTAL # OF RELAYS | ____ X \$60.00 | _____ |
| TOTAL ENTRY FEE | | _____ |

MINIMUM ENTRY FEE IS \$25.00

TOTAL # OF ATHLETES COMPETING _____

- **Each participating Section VIII school will be billed through BOCES for one official**

**ENTRIES ARE DUE BY Sunday, June 8, 2025 LATE ENTRIES ARE SUBJECT TO REJECTION.
 JUST A REMINDER, ONCE AN ENTRY IS ACCEPTED, THE ENTRY FEE MUST FOLLOW.
THE FEE IS AN ENTRY FEE AND NOT A PARTICIPATION FEE.**

MAKE CHECKS PAYABLE TO: Massapequa High School TAX ID NUMBER AVAILABLE UPON REQUEST

MAIL TO: Massapequa High School **email entries to mbundr8029@aol.com
 C/O Shannon McEntee
 4925 Merrick Road
 Massapequa, NY 11758

SCHOOL NAME _____ COACH'S NAME _____ COACH'S PHONE # _____

SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP _____ SCHOOL PHONE # _____

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UPDATED ORDER OF EVENTS

Monday, June 3 – Field Events

- 4:45 Girls and Boys High Jump will be run concurrently
- 4:45 Pole Vault will run concurrently
- 4:45 Boys Discus followed by Girls Discus Fields may be limited
- 4:45 Boys Long Jump followed by Girls Long Jump
- 6:00 Boys Triple Jump followed by Girls Triple Jump
- 4:45 Girls Shot followed by Boys Shot Fields may be limited

Monday, June 3 - Running Events

4:15 Coaches Meeting and event auction DO NOT BE LATE SEND A REPRESENTATIVE

- 4:30** Boys Shuttle Hurdle Relay (4-person relay)
- Girls Shuttle Hurdle Relay (4-person relay)
- Boys 4 x 1600-Run Simultaneously with the SHR
- Girls 4 x 1600-Run Simultaneously with the SHR
- Boys 1600 Meter Run
- Girls 1500 Meter Run
- Boys SMR (2-2-4-8)
- Girls SMR (2-2-4-8)
- Boys 400 Meter Relay – Final on time
- Girls 400 Meter Relay – Final on time
- Boys 200 meter- Final on time top 18 verified entries only
- Girls 200 meter- Final on time top 18 verified entries only
- Boys 3200 Meter Run
- Girls 3000 Meter Run
- Mixed Coed 4x400 **Added Event
- Boys 400 IH Final on time top 18 verified entries only
- Girls 400 IH Final on time top 18 verified entries only
- Boys 800 Meter Run
- Girls 800 Meter Run
- Boys Swedish Relay (1-2-3-4)
- Girls Swedish Relay (1-2-3-4)
- Boys 100 Final Final on time top 18 verified entries only
- Girls 100 Final Final on time top 18 verified entries only
- Boys 800 Meter Relay – Final on time
- Girls 800 Meter Relay – Final on time
- Boys 110 Meter Hurdles – Final on time
- Girls 100 Meter Hurdles – Final on time
- Boys 400 Finals Final on time top 18 verified entries only
- Girls 400 Finals Final on time top 18 verified entries only
- Boys 3200 Meter Relay
- Girls 3200 Meter Relay
- Boys Texas Sprint Medley (100-100-200-400) Final
- Girls Texas Sprint Medley (100-100-200-400) Final
- Varsity Boys 1600 Meter Relay
- Varsity Girls 1600 Meter Relay

