

MASSAPEQUA CHIEF INVITATIONAL  
"UNDER THE LIGHTS"



FRIDAY-MAY 10<sup>th</sup>, 2019

Help us open our new track and field complex at Berner Middle School

**Please contact the following coaches with any questions or concerns:**

**Rich Degnan:** [mbundr8029@aol.com](mailto:mbundr8029@aol.com) 516-458-6110

**Mike Dellicurti:** [MDellicurti@msd.k12.ny.us](mailto:MDellicurti@msd.k12.ny.us), 516-695-5076

**\*\*\*New Location:**

Berner Middle School  
50 Carman Mill Road  
Massapequa NY 11758

Time: 4:15 PM-10:00 PM

Clerking: Begins at 4:00 pm

FAT TIMING BYJUST IN TIME RACING

**We will use section viii, section xi and NSCHSAA NUMBERED STICKERS.**

**We will provide other schools with stickers**

**Seeding for the Championship Events:**

Please enter your entries at [www.just-in-time-racing.com](http://www.just-in-time-racing.com) by Monday May 6<sup>th</sup>.

- **Accepted athletes and alternates will be posted on [TrackConference.com/just-in-time-racing.com](http://TrackConference.com/just-in-time-racing.com) by Wednesday May 8<sup>th</sup>.**
- Three-event limit: An athlete may compete in two open events, and one relay, verbal seeding in open running events.
- **The Shot and Discus will be limited to the top 40 entries in each event**

**Awards:** Medals will be given to the top five finishers in all finals.

**Equipment:** Spikes ¼ in length can be worn on all runways and the track. Please supply your own relay batons.

**Event Information:**

- **The high jump will start at 4'00" for girls and 5'00" for boys.**
- **Two pits will be used in the long and triple jump simultaneously.**
- **Depending on the amount of entries in the jumps and throws there may be a minimum measurement standard.**
- **The Mile Medley after the top three seeded heats will run as 800-200-200-400.**

**Food/Souvenir Shirts:** Will be on sale the day of the meet.

**Please support the Massapequa Track & Field Booster Club**

**Entry Fees: This is an entry fee not a participation fee.**

**Section VIII teams:** \$180.00 boys, \$180.00 girls team or \$350.00 combined team.

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

**Non Section VIII teams:** \$190.00 and \$370.00 for a combined team

MASSAPEQUA CHIEF INVITATIONAL  
"Under the Lights"

FRIDAY MAY 10<sup>TH</sup>, 2019  
Berner Middle School



School: \_\_\_\_\_

School Phone Number: \_\_\_\_\_

Please circle one: **This is an entry fee not a participation fee.**

Section VIII team

BOYS	GIRLS	BOYS & GIRLS
\$180	\$180	\$350

Non Section VIII team

BOYS	GIRLS	BOYS & GIRLS
\$190	\$190	\$370

Boys Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

Approximate # of athletes: Runners \_\_\_\_\_ Jumpers \_\_\_\_\_ Throwers \_\_\_\_\_

Girls Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

Approximate # of athletes: Runners \_\_\_\_\_ Jumpers \_\_\_\_\_ Throwers \_\_\_\_\_

Send Entry to: Massapequa High School **\*\*School fax number 516-308-5089**

C/o John Piropato

4925 Merrick Road

Massapequa, NY 11758

Make checks or PO's payable to: Massapequa High School

Entries Due: MAY 7<sup>th</sup>, 2019

**MASSAPEQUA CHIEF INVITATIONAL  
FRIDAY MAY 10<sup>TH</sup>, 2019  
Berner Middle School**

**ORDER OF EVENTS**

**RUNNING EVENTS START AT 4:15 PM**

**BOY'S SHUTTLE HURDLE RELAY (4 HURDLERS)  
GIRL'S SHUTTLE HURDLE RELAY (4 HURDLERS)  
BOY'S 2000-meter Steeplechase  
GIRL'S 2000-meter Steeplechase  
BOY'S MILE MEDLEY 200-200-400-800 (2 team limit per school)  
GIRL'S MILE MEDLEY 200-200-400-800 (2 team limit per school)  
BOY'S CLASS 1600 (4 athletes per school)  
GIRL'S CLASS 1500 (4 athletes per school)  
BOY'S CLASS 200 METER (6 athletes per school)  
GIRL'S CLASS 200 METER (6 athletes per school)  
BOY'S CHAMPIONSHIP 400 IH TOP 18 ENTRIES ACCEPTED  
GIRL'S CHAMPIONSHIP 400IH TOP 18 ENTRIES ACCEPTED  
BOY'S CLASS 400  
GIRL'S CLASS 400  
BOY'S CLASS 800 (4 athletes per school)  
GIRL'S CLASS 800 (4 athletes per school)  
BOY'S 100 TRIALS (TOP 24 SEEDED) Winner of each heat make it to final plus next two fastest  
GIRL'S 100 TRIALS (TOP 24 SEEDED) Winner of each heat make it to final plus next two fastest**

**MASCOT RACE**

<b>BOY'S CHAMPIONSHIP Mile (Born to Run )</b>	<b>(TOP TWELVE ENTRIES)</b>
<b>GIRL'S CHAMPIONSHIP 1500</b>	<b>(TOP TWELVE ENTRIES)</b>
<b>BOY'S CHAMPIONSHIP 100 METER FINAL</b>	
<b>GIRL'S CHAMPIONSHIP 100 METER FINAL</b>	
<b>BOY'S CHAMPIONSHIP 400</b>	<b>(TOP TWELVE ENTRIES)</b>
<b>GIRL'S CHAMPIONSHIP 400</b>	<b>(TOP TWELVE ENTRIES)</b>
<b>BOY'S 200 METER FINAL</b>	<b>(TOP TWELVE ENTRIES)</b>
<b>GIRL'S 200 METER FINAL</b>	<b>(TOP TWELVE ENTRIES)</b>
<b>BOY'S CHAMPIONSHIP 800</b>	<b>(TOP TWELVE ENTRIES)</b>
<b>GIRL'S CHAMPIONSHIP 800</b>	<b>(TOP TWELVE ENTRIES)</b>
<b>BOY'S TEXAS SPRINT MEDLEY 100-100-200-400</b>	
<b>GIRL'S TEXAS SPRINT MEDLEY 100-100-200-400</b>	

# **FIELD EVENTS START AT 4:30, CHECK IN AT 4:00**

**FIELD EVENT CARDS WILL BE PROVIDED**

**\*\*ALL FIELD EVENT CARDS MUST BE HANDED BY FIRST CALL \*\***

## **CHAMPIONSHIP BOY'S AND GIRL'S JUMP MEDLEY RELAY**

**HJ-TJ PV-LJ**

**4 COMPETITORS Must have a different athlete in the 4 jumps.  
Put names on a card and we will add up their performances  
( does not count as one of the athletes events)**

**4:30 PM Girl's SHOT-PUT CHAMPIONSHIP (Top 12 entries)-  
top 6 make into finals for 3 additional throws**

**Followed by Girl's CLASS SHOT PUT 3 throws/no final No measurement under 25 feet**

**4:30 PM BOY'S/ DISCUS CHAMPIONSHIP (Top 12 entries)-  
top 6 make into finals for 3 additional throws**

**Followed by BOY'S CLASS DISCUS 3 throws/no final No measurement under 80 feet**

**6:30 PM GIRL'S DISCUS CHAMPIONSHIP (Top 12 entries)-  
top 6 make into finals for 3 additional throws**

**Followed by GIRL'S CLASS DISCUS 3 throws/no final No measurement under 60 feet**

**6:30 PM BOY'S SHOT-PUT CHAMPIONSHIP (Top 12 entries)-  
top 6 make into finals for 3 additional throws**

**Followed by BOY'S CLASS SHOT PUT 3 throws/no final No measurement under 30 feet**

**4:30 PM GIRL'S HIGH JUMP FOLLOWED BY BOYS'S HIGH JUMP-Opening height 4'**

**4:30 PM BOY'S AND GIRL'S POLE VAULT -Girl's Championship (Top 12 entries) first-opening  
height will open at 9'3" then 9'9 and go up in 6' increments thereafter, f**

**Followed by boy's championship will open at 10'9" and go up in 6" increments.**

**Class Pole Vault will follow and run concurrently  
beginning with the girl's opening height of 6' boys can join in at 8"**

**4:30 PM BOY'S/GIRL'S LONG JUMP CHAMPIONSHIP (Top 12 entries)- /3 jumps,  
top 6 make into finals for 3 additional jumps**

**4:30 PM BOY'S/GIRL'S CLASS LONG JUMP- 3 jumps/no final**

**6:30 PM BOY'S/GIRL'S TRIPLE JUMP CHAMPIONSHIP-  
top 6 make into finals for 3 additional jumps**

**6:30 PM BOY'S/GIRL'S CLASS TRIPLE JUMP- 3 jumps/no final**

