

**The 11th Annual  
Paul Limmer Invitational  
at W.C. Mepham High School**



Paul Limmer is a legendary figure in W.C. Mepham's history, as well as in the history of track and field here on Long Island. In its eleventh year, we are looking to make this meet bigger and better than ever. **\*New this year, we will be holding the pole vault for boys and girls.\*** Also, we will be holding an 800-meter pizza challenge!

We invite any and all who would like to come and compete at a very fun and very competitive invitational on April 8th, 2017 at Mepham High School.

# The 11<sup>th</sup> Annual Paul Limmer Invitational

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

## Saturday, April 8, 2017 first race at 10a.m.

# of events: Each competitor may compete in any three events.

# of entries: Unlimited in each event.

Spikes: 1/4" pin spikes only.

Batons / Starting Blocks: Bring your own.

Prizes: Medals will be awarded for the TOP FIVE in each event. Plaques will be awarded to the top 3 teams in the boys and girls meet.

Scoring: Top 5 per event: 6-4-3-2-1

Entry: Please complete separate entry for Boys' and Girls'.

Entry fees: Maximum entry fee: Nassau County Public Schools - \$150.00 blanket entry for boys' or girls' team// Plus the cost of officials - billed through BOCES per team. Non-Nassau County Public Schools - \$175.00, Individual entries - \$10.00 per individual event; \$20.00 per relay: Minimum entry fee: \$20.00. A Check or Voucher must be sent to Meet Director upon entry. This is an entry fee NOT a participation fee.

Seeding: Individual events will be by verbal seeding. For the Relays; cards will be needed; and must include the following information: Runner's Names, Section VIII or XI #, School Name, Event, and Seed Time.

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 – 28'; DT – 70'; HJ – starts at 4' 10" – up 2" to 6' 0" – then up 1" thereafter

GIRL'S: LJ – 12'; TJ – 25'; SP – 22'; 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

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 either Pete Alfano at 718-490-2657 or email at [PLA1981@aol.com](mailto:PLA1981@aol.com) or Anthony Augugliaro at 516-603-7340 or email at [aaugugliaro@bellmore-merrick.k12.ny.us](mailto:aaugugliaro@bellmore-merrick.k12.ny.us)  
We hope to see you at the meet. Good luck this season.

**This meet is sponsored by W.C. Mephram High School and enforces all National Federation, NYSPHAA, and Section VIII rules.**

**THE 11TH ANNUAL PAUL LIMMER INVITATIONAL**  
**W.C. MEPHAM HIGH SCHOOL – 2401 Camp Avenue, Bellmore, NY 11710**  
**Saturday, April 8, 2017 – 10:00a.m.**  
**All running events are girls followed by boys**

**Order of Events**

**10am – Girls 400 IH**  
**Boys 400 IH**  
**Girls 3000**  
**Boys 3200**  
**Girls “Sub 2:20 Pizza Challenge” 800**  
**Boys “Sub 2:00 Pizza Challenge” 800**  
**Girls 100 Trials (Top 6 to finals)**  
**Boys 100 Trials (Top 6 to finals)**  
**Girls 100 HH**  
**Boys 110 HH**  
**Girls 100 Finals**  
**Boys 100 Finals**  
**Girls 400**  
**Boys 400**  
**Girls 1500**  
**Boys 1600**  
**Girls 200**  
**Boys 200**  
**Girls 4x100**  
**Boys 4x100**  
**Girls 4x800**  
**Boys 4x800**  
**Girls 4x400**  
**Boys 4x400**

**Girls’ High Jump begins at 10:00a.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**

**Girls’ Pole Vault begins at 10:00a.m., Boys’ Pole Vault to follow the girls**  
**Girls’ starting height is 6’ - then up 6” thereafter**  
**Boys’ starting height is 8’ - then up 6” thereafter**

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

<b>Boys Long Jump</b>	<b>Starts at 10a.m.</b>
<b>Girls Long Jump</b>	<b>Starts directly following the completion of the Boys LJ</b>
<b>Boys Triple Jump</b>	<b>Starts directly following the completion of the Girls LJ</b>
<b>Girls Triple Jump</b>	<b>Starts directly following the completion of the Boys TJ</b>
<b>Boys Shot Put</b>	<b>Starts at 10a.m.</b>
<b>Girls Shot Put</b>	<b>Starts – 30 minutes after completion of Boys Shot Put</b>
<b>Girls Discus</b>	<b>Starts at 10a.m.</b>
<b>Boys Discus</b>	<b>Starts – 30 minutes after the completion of Girls Discus</b>

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

Saturday, April 8 2017 – 10:00 a.m.

## USE SEPARATE ENTRY FOR BOYS' & GIRLS'

(Please Circle one)

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**

**\$150.00 + cost of one official per team or**  
**(NOT per School) billed through BOCES**

**\$175.00**

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

Number of Relays \_\_\_\_\_ @ \$20.00 = \$ \_\_\_\_\_

Total entry fee = \$ \_\_\_\_\_

**Minimum entry is \$20.00**

**Checks: Make checks payable to: W.C. Mepham High School  
C/O Track and Field Team**

**Intent to compete is DUE ON SATURDAY, April 1, 2017 by 5:00 p.m.**

**Mail or Fax to: Pete Alfano and Anthony Augugliaro Co- Meet Directors**

W.C. Mepham High School  
2401 Camp Ave.  
Bellmore, NY, 11710

FAX #: (516) 785-7590

E-Mail: [aaugugliaro@bellmore-merrick.k12.ny.us](mailto:aaugugliaro@bellmore-merrick.k12.ny.us) or [PLA1981@aol.com](mailto:PLA1981@aol.com)