

**14<sup>th</sup> ANNUAL**  
**KNIGHT-TIME INVITATIONAL**  
**SATURDAY, APRIL 8<sup>TH</sup>, 2017 - Rain Date SUNDAY, APRIL 9TH**  
**UNIONDALE HIGH SCHOOL**

**THIS MEET IS OPEN TO ALL SCHOOLS IN NEW YORK, NEW JERSEY, PENNSYLVANIA AND CONNECTICUT. SANCTIONS HAVE BEEN APPLIED FOR.**

INVITATIONAL EVENTS WILL BE OPEN TO **TOP 24 IN EACH EVENT**. ENTRIES WILL BE **ACCEPTED UNTIL WEDNESDAY, APRIL 5TH, 2017 AT 6:00 P.M.** AT WHICH POINT THE ENTRIES WILL BE CLOSED. ACCEPTED INDIVIDUALS IN INVITATIONAL EVENTS WILL BE POSTED ON THURSDAY, APRIL 6<sup>TH</sup>.

**ENTRY PROCEDURE:**

We are using Just-in-time-racing.com for our FAT. You need to put your full roster on line at that website. If you have never used this website before, you will have to e-mail Tony Toro at [eltorotf@optonline.net](mailto:eltorotf@optonline.net) to get a password.

Once you get the password

1. Go. to [www.just-in-time-racing.com](http://www.just-in-time-racing.com)
2. Go to Spring track
3. Go to rosters [your athlete must be listed before you can seed them]
4. Chose meet entries.
5. Once you've completed seeding your athletes save all entries at the bottom of page. Seeding is required for ALL VARSITY AND INVITATIONAL EVENTS. This is new this year.
6. Make a copy for your records. [Your proof that you entered your athletes]
7. If you have any problems with your entries: 631-928-0991

**MAIL OR FAX YOUR MEET ENTRY WITH PAYMENT OR VOUCHER TO:**  
**UNIONDALE TRACK CLUB**  
**209 PETERS AVENUE**  
**EAST MEADOW, NY 11554**  
**FAX 516-357-0002**

NO ENTRIES THE DAY OF MEET. NO EXCEPTIONS.

**RELAYS: YOU DO NOT HAVE TO GIVE SEED TIMES FOR YOUR RELAYS. YOUR RELAYS WILL BE SEEDED THE DAY OF THE MEET**

**TEAM SCORING:**

The top three teams will be awarded plaques. Team Points will be given to the top 6 finishers in all events including Frosh/Soph and field events.

10-8-6-4-2-1

ENTRY FEE: ALL INDIVIDUAL EVENTS ARE \$5.00 PER ATHLETE  
ALL RELAYS ARE \$15.00

\*\*\*\*\*MINIMUM ENTRY \$25.00\*\*\*\*\*

**THIS IS AN ENTRY FEE NOT A PARTICIPATION FEE.**

VARSIY STANDARDS:

	GIRLS	BOYS
HIGH JUMP	4'4"	5'
POLE VAULT	6'	8'
SHOT PUT TO BE MEASURED	28'	38'
DISCUS TO BE MEASURED	80'	90'
LONG JUMP TO BE MEASURED	14'	18'
TRIPLE JUMP TO BE MEASURED	30'	38'

FROSH SOPH STANDARDS:

HIGH JUMP	4'	4'9"
SHOT PUT	25'	30"
DISC	50'	60"
LONG JUMP	12'	14'
TRIPLE JUMP	28'	35"

HIGH JUMP INTERVALS: GIRLS 4'3"-4'6"-4'9" 5' THEN ONE INCH  
BOYS 5' - 5'3"-5'6"- 5'9" - 6' THEN ONE INCH  
FROSH SOPH GIRLS 4' - 4'3"- 4'6" - 4'8" - 4'10" - 5' THEN ONE INCH  
BOYS 4-9" - 5' - 5'3" - 5'6"- 5' 8" - 5'10" - 6' THEN ONE INCH  
POLE VAULT GIRLS 6' -7' - 7'6" - 8' - 8'6" - 9' - 9'6" - 10'  
BOYS 8'-9' - 10' -11'- 11'6" - 12' - 12'6" - 13' - 13' 6 -14'

NOTES: ALL VARSITY RUNNING EVENTS MUST BE SEEDED ON LINE  
FIELD EVENT INDEX CARDS MUST BE USED WITH ATHLETES NAME/SEED/EVENT/  
COMPETITION NUMBER

**THE JUMP PIT WILL BE OPEN FOR 1/1/2 HOURS GIRLS FIRST THEN BOYS IN TRIPLE JUMP. BOYS THEN GIRLS IN THE LONG JUMP. THE TOP 7 VARSITY ATHLETES WILL HAVE 3 MORE JUMPS AFTER THE OPEN PIT TRIAL.**

**VARSIY ATHLETES WILL JUMP FIRST, THEN FROSH/SOPH**

**FIRST THROW OR JUMP WILL BE MESURED, THEN ONLY JUMPS AND THROWS MEETING STANDARDS WILL BE MESURED.**

**SHOT PUT , DISCUS & HIGH JUMP - VARSITY FIRST, THEN COMBINED FROSH/SOPH**

SEND INTENTIONS TO SUZIEKORN@AOL.COM

INVITATIONAL RUNNING EVENTS: TOP 24 ONLY

1500/1600 800  
400 HURDLES 200

WE WILL ACCEPT ALL ENTRIES IN THE FOLLOWING EVENTS:

100 400 100/110 HURDLES STEEPLECHASE 3200/3000  
RELAYS (3 PER SCHOOL) ALL FIELD EVENTS

3 EVENT LIMIT PER ATHLETE

AWARDS:	T SHIRT TO ALL VARSITY WINNERS INCLUDING RELAYS	
INVITATIONAL EVENTS	PLAQUE TO WINNER	MEDALS 2-6
INDIVIDUAL OPEN EVENTS	PLAQUE TO WINNER	MEDALS 2-6
RELAYS	PLAQUE TO WINNING COACH	MEDALS 1-6
FROSH-SOPH EVENTS		MEDALS 1-5

IN THE 400 THE FIRST FOUR SECTIONS OF 6 WILL BE THE TOP SEEDED SECTIONS AND WILL BE RUN IN LANES,. AFTER THAT, WE WILL HAVE LARGER FIELDS USING THE CALIFORNIA/WATERFALL START **MEDALS WILL BE AWARDED TO ALL HEAT WINNERS IN THE 400**

INVITATIONAL AWARDS WILL BE AWARDED AFTER EACH EVENT ON THE INFIELD.

**ALL OTHER AWARDS WILL BE BAGGED TO BE PICKED UP AT THE END OF THE MEET. INFIELD AREA**

MEET T SHIRTS WILL BE ON SALE

FOOD CONCESSION WILL BE AVAILABLE FOR BREAKFAST AND LUNCH

TENTS ARE WELCOME!!

PLEASE NO RADIOS (BOOM BOXES) [PERSONAL MUSIC DEVICES ONLY]

¼ "SPIKES ONLY

MEET DIRECTOR: DENNIS KORNFELD & LEIGH POLLET

QUESTIONS CONTACT: SUE KORNFELD 516-357-0001  
E MAIL [SUZIEKORN@AOL.COM](mailto:SUZIEKORN@AOL.COM)  
FAX 516-357-0002

IF YOU HAVE QUESTIONS, PLEASE CALL US OR E-MAIL US

**Girls Frosh**

\_\_\_\_ Sprint Medley \_\_\_\_\_  
 \_\_\_\_ 100 Meter \_\_\_\_\_  
 \_\_\_\_ 400 Meter \_\_\_\_\_  
 \_\_\_\_ 800 Meter \_\_\_\_\_  
 \_\_\_\_ High Jump \_\_\_\_\_  
 \_\_\_\_ Long Jump \_\_\_\_\_  
 \_\_\_\_ Triple Jump \_\_\_\_\_  
 \_\_\_\_ Shot Put \_\_\_\_\_  
 \_\_\_\_ Discus \_\_\_\_\_

**Girls Soph****Boys Frosh**

\_\_\_\_ Sprint Medley \_\_\_\_\_  
 \_\_\_\_ 100 Meter \_\_\_\_\_  
 \_\_\_\_ 400 Meter \_\_\_\_\_  
 \_\_\_\_ 800 Meter \_\_\_\_\_  
 \_\_\_\_ High Jump \_\_\_\_\_  
 \_\_\_\_ Long Jump \_\_\_\_\_  
 \_\_\_\_ Triple Jump \_\_\_\_\_  
 \_\_\_\_ Shot Put \_\_\_\_\_  
 \_\_\_\_ Discus \_\_\_\_\_

**Boys Soph****Varsity Girls**

\_\_\_\_ 100 \_\_\_\_\_  
 \_\_\_\_ 100 HH \_\_\_\_\_  
 \_\_\_\_ 400 \_\_\_\_\_  
 \_\_\_\_ 4X100 \_\_\_\_\_  
 \_\_\_\_ 4X400 \_\_\_\_\_  
 \_\_\_\_ 4x800 \_\_\_\_\_  
 \_\_\_\_ Sprint Medley \_\_\_\_\_  
 \_\_\_\_ Shuttle Hurdle [4per] \_\_\_\_\_  
 \_\_\_\_ 3000 \_\_\_\_\_  
 \_\_\_\_ Steeplechase \_\_\_\_\_  
 \_\_\_\_ Hammer \_\_\_\_\_  
 \_\_\_\_ High Jump \_\_\_\_\_  
 \_\_\_\_ Long Jump \_\_\_\_\_  
 \_\_\_\_ Triple Jump \_\_\_\_\_  
 \_\_\_\_ Shot Put \_\_\_\_\_  
 \_\_\_\_ Discus \_\_\_\_\_  
 \_\_\_\_ Pole Vault \_\_\_\_\_

**Varsity Boys**

\_\_\_\_ 100 \_\_\_\_\_  
 \_\_\_\_ 110 HH \_\_\_\_\_  
 \_\_\_\_ 400 \_\_\_\_\_  
 \_\_\_\_ 4X100 \_\_\_\_\_  
 \_\_\_\_ 4X400 \_\_\_\_\_  
 \_\_\_\_ 4x800 \_\_\_\_\_  
 \_\_\_\_ Sprint Medley \_\_\_\_\_  
 \_\_\_\_ Shuttle Hurdle [4 per] \_\_\_\_\_  
 \_\_\_\_ 3200 \_\_\_\_\_  
 \_\_\_\_ Steeplechase \_\_\_\_\_  
 \_\_\_\_ Hammer \_\_\_\_\_  
 \_\_\_\_ High Jump \_\_\_\_\_  
 \_\_\_\_ Long Jump \_\_\_\_\_  
 \_\_\_\_ Triple Jump \_\_\_\_\_  
 \_\_\_\_ Shot Put \_\_\_\_\_  
 \_\_\_\_ Discus \_\_\_\_\_  
 \_\_\_\_ Pole Vault \_\_\_\_\_

**Girls Invitational Events**

\_\_\_\_ 400 IH \_\_\_\_\_  
 \_\_\_\_ 200 \_\_\_\_\_  
 \_\_\_\_ 800 \_\_\_\_\_  
 \_\_\_\_ 1500 \_\_\_\_\_

**Boys Invitational Events**

\_\_\_\_ 400 IH \_\_\_\_\_  
 \_\_\_\_ 200 \_\_\_\_\_  
 \_\_\_\_ 800 \_\_\_\_\_  
 \_\_\_\_ 1600 \_\_\_\_\_

**\*\*TOTAL ATHLETES****Girls Entry**

Total # of Individuals \_\_\_\_ x \$5.00= \_\_\_\_\_  
 Total # of Relays \_\_\_\_ x \$15.00= \_\_\_\_\_  
 Total Entry Fee \$ \_\_\_\_\_

**Boys Entry**

Total # of Individuals \_\_\_\_ x \$5.00 = \_\_\_\_\_  
 Total #of Relays \_\_\_\_ x \$15.00= \_\_\_\_\_  
 Total Entry Fee \$ \_\_\_\_\_

MAKE CHECKS PAYABLE TO: **UNIONDALE TRACK CLUB**

209 PETERS AVENUE, EAST MEADOW, NY 11554

**SCHOOL:** \_\_\_\_\_ **COACH** \_\_\_\_\_  
**ADDRESS** \_\_\_\_\_ **SCHOOL PHONE:** \_\_\_\_\_  
**CITY:** \_\_\_\_\_ **COACH'S HOME PHONE:** \_\_\_\_\_  
**STATE:** \_\_\_\_\_ **ZIP** \_\_\_\_\_ **COACH'S E-MAILADDRESS** \_\_\_\_\_

## ORDER OF EVENTS

**ALL RUNNING EVENTS WILL BE BOY,GIRL EXCEPT WHERE NOTED IN HURDLES**

FIRST EVENT PROMPTLY AT 8:30 A.M.

STEEPLECHASE			<b>IF ENOUGH PEOPLE ENTER!!!!!!</b>
400 IH	FINAL ON TIME		[INVITATIONAL]
SPRINT MEDLEY	FROSH	200-100-100-400	
SPRINT MEDLEY	SOPH		
SPRINT MEDLEY	VARSIITY		
4 X 800			
4 X 100	VARSIITY TRIALS		6 FASTEST TIMES TO FINAL
SHUTTLE HURDLE RELAY [4 PERSON TEAM]			
200	FINAL ON TIME		[INVITATIONAL]
800	FINAL ON TIME	VARSIITY	[INVITATIONAL]
800	FINAL ON TIME	FROSH	
800	FINAL ON TIME	SOPH	
100	FROSH FINAL ON TIME		[OPPOSITE SIDE OF TRACK –NO FAT]
100	SOPH FINAL ON TIME		[OPPOSITE SIDE OF TRACK –NO FAT]
100	VARSIITY TRIALS		6 FASTEST TO FINAL

Brief Opening Ceremony [National Anthem]

3200	FINAL ON TIME		
3000	FINAL ON TIME		
100 HURDLES	VARSIITY TRIALS		6 FASTEST TO FINAL
110 HURDLES	VARSIITY TRIALS		6 FASTEST TO FINAL
400	FINAL ON TIME	VARSIITY	<b>TOP FOUR HEATS IN LANES</b>
400	FINAL ON TIME	FROSH	
400	FINAL ON TIME	SOPH	
100	FINAL		
110 HURDLES	FINAL		
100 HURDLES	FINAL		
1600	FINAL ON TIME		[INVITATIONAL]
4 X 100	FINAL		
1500	FINAL ON TIME		[INVITATIONAL]
4 X 400			

HAMMER	BOYS	GIRLS [START TIME 8:30 A.M.]
HIGH JUMP	GIRLS	BOYS VARSITY-FROSH SOPH[COMBINED]
LONG JUMP	BOYS	GIRLS VARSITY-FROSH SOPH[COMBINED]
TRIPLE JUMP	GIRLS	BOYS VARSITY-FROSH SOPH[COMBINED]
SHOT PUT	BOYS	GIRLS AFTER HAMMER
		VARSIITY-FROSH SOPH[COMBINED]
DISCUS	GIRLS	BOYS VARSITY –FROSH SOPH [COMBINED]
POLE VAULT	GIRLS	BOYS VARSITY ONLY

THE FROSH /SOPH FIELD EVENTS WILL BE COMBINED AND THEN MEDALS WILL BE AWARDED ACCORDINGLY FOR EACH DIVISION. IN THE HIGH JUMP ALL LEVELS WILL COMPETE TOGETHER