

4th Annual East Meadow Invitational
East Meadow High School
Wednesday, April 12th, 2017 – 9 AM Start



- Time: Coaches Meeting and Clerking Begin at 8:45 am
1st Event (Pentathlon 110H/100H) Goes Off at 9 am
- Seeding: Running Events – Athletes need a sticker to be seeded verbally
Field Events and Relays – 3x5 card with name(s), school and seed
- Awards: Medals to the Top 4 in All Events
Plaques to the Winning Team and 2nd Place Overall Teams
(All Events Scored: 10-8-6-4-2-1)

*Please Provide Your Own Starting Blocks and Relay Batons.
Only ¼ Inch Spikes Allowed.*

Notes:

- The Jets Booster Club will have food for sale all meet long.
- T-shirts will be available for purchase while supplies last.
- Schools may enter **two boys** and **two girls only** in the pentathlon.
- Blanket Entry of \$150 for Boys **or** Girls Teams **or**
\$6 per individual, \$24 per relay, \$25 per pentathlete.
- All Nassau Schools will split the cost of officials through BOCES.

Questions: Contact Michael Ringhauser (631) 245-1564
E-mail: michael.ringhauser@yahoo.com

East Meadow Invitational Order of Events:

8:45 am – Coaches Meeting on the In-Field and Start of Clerking

110 / 100 Hurdles	-	Open
SMR (200, 200, 400, 800)	-	Open, Frosh/Soph
1600 / 1500	-	Open, Frosh/Soph
100 Trials	-	Open, Frosh/Soph
400	-	Open
100 Finals	-	Open, Frosh/Soph
800	-	Open
400 Hurdles	-	Open
200	-	Open
DMR (1200, 400, 800, 1600)	-	Open
Swedish Medley (100, 200, 300, 400)	-	Open

Pentathlon (110/100H, LJ, HJ, SP, 1500/800) – ***TWO PER TEAM!***

Long Jump (Open, Frosh/Soph)	Open Pit from 10:00 – 11:30
Triple Jump (Open)	Open Pit from 11:30 – 1:00
High Jump (Open)	Girls Start at 9am; Boys Follow Girls Opening Height – 3-8 Boys Opening Height – 4-8
Shot Put (Open)	Girls Start at 9am; Boys Follow
Discus (Open)	Boys Start at 9am; Girls Follow

East Meadow Invitational Records

BOYS MEET RECORDS:

100 (Open)	Tim Gibson	East Meadow	10.8	2015
100 (Fr/So)	John Craine	Island Trees	11.7	2015
110 Hurdles	Isaiah Paige	Valley Stream North	15.5	2015
	Nikolas Sgaraglio	Hicksville	15.5	2016
200	Luke Germanakos	Lynbrook	22.2	2015
400	Luke Germanakos	Lynbrook	50.2	2015
400 Hurdles	Noah Serrette	Lawrence	55.8	2016
800	Michael Grady	East Meadow	1:59.2	2015
1600 (Open)	Alex Cowen	Great Neck South	4:27.7	2014
1600 (Fr/So)	Timothy Euler	East Meadow	4:44.7	2014
Long Jump	Jacob Marrero	Amityville	20-6 ½	2016
Long Jump (Fr/So)	Brandon James	Valley Stream North	20-0 ½	2016
Triple Jump	Jarred Times	Valley Stream North	43-0	2016
High Jump	Nick O'Malley	East Meadow	6-2	2015
Shot Put	Jake Finkelstein	Massapequa	47-1 ½	2015
Discus	Leon White	Massapequa	152-8	2016
Pentathlon	Ryan Cummings	JFK Bellmore	2,931	2016
SMR (Open)		East Meadow	3:38.6	2016
SMR (Fr/So)		Massapequa	3:55.7	2015
DMR		Valley Stream North	11:30.4	2016
Swedish Medley		Amityville	2:04.7	2016

GIRLS MEET RECORDS:

100 (Open)	Alexandra Greaves	Walt Whitman	12.3	2016
100 (Fr/So)	Morgan Lee	Hewlett	12.3	2016
100 Hurdles	Rondela Spooner	South Shore	15.4	2016
200	Alexandra Greaves	Walt Whitman	26.1	2016
400	Alexa Dolgos	Island Trees	1:01.2	2015
400 Hurdles	Emily Martino	Valley Stream North	1:09.0	2016
800	Tess Duignan	Wantagh	2:23.8	2016
1500 (Open)	Klaire Klemens	West Islip	5:04.1	2016
1500 (Fr/So)	Katherine Marsh	East Meadow	5:13.1	2016
Long Jump	Jessica Bilbro	Lawrence	16-9 ¼	2016
Long Jump (Fr/So)	Ronnie Hillel	Hewlett	15-8	2016
Triple Jump	Zenab Ojibe	Walt Whitman	33-10	2016
High Jump	Angeli Andre	Valley Stream North	5-2	2015
	Elaina Hobbs	Valley Stream North	5-2	2015
Shot Put	Celestina Pipia	Sewanhaka	35-9 ½	2014
Discus	Celestina Pipia	Sewanhaka	108-8	2014
Pentathlon	Emily Hagarty	Mepham	2,846	2014
SMR (Open)		Valley Stream North	4:14.4	2016
SMR (Fr/So)		Valley Stream North	4:44.4	2015
DMR		West Islip	13:34.8	2016
Swedish Medley		Valley Stream North	2:32.2	2016