**7th Annual East Meadow Invitational**

**East Meadow High School**

**Monday, April 13th, 2020 – 9 AM Start**

[](http://www.google.com/imgres?biw=1024&bih=671&tbm=isch&tbnid=K60NXapYDJyBNM:&imgrefurl=https://play.google.com/store/apps/details?id=com.ctthosting.emhs&docid=QpaqzXzJW-POcM&imgurl=https://lh6.ggpht.com/rp7zM41QHrHCKEa0Bm2pdhIcWCE-wKAXKrFAnI7qNSYhDgRLEbUpHsEbKHVj7TOVw2Y=w300&w=300&h=300&ei=-bUMU5a4NsmwyQHO1IC4Cw&zoom=1&ved=0CN8CEIQcMFc&iact=rc&dur=292&page=5&start=76&ndsp=20)

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 6 in All Events – Bagged for Pick-Up

*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**

$7 per individual, $25 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@gmail.com](mailto:michael.ringhauser@gmail.com)

**IF YOUR SCHOOL OWES MONEY FROM PREVIOUS YEARS YOUR ENTRY WILL NOT BE ACCEPTED UNTIL THE FEE OWED IS RECEIVED!**

**East Meadow Invitational Order of Events**:

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

*Boys Followed by Girls in All Running Events*

110 / 100 Hurdles - Pentathlon Boys, Open Boys,

Pentathlon Girls, Open Girls

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) Following the Conclusion of the Pent

Triple Jump (Open) Following the Conclusion of the LJ

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

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

*Option #1*

Blanket Entry Boys Only Girls Only Boys and Girls

(Circle One) $150 $150 $300

*Option #2*

# of Individuals \_\_\_\_\_\_\_\_\_\_ x $7 = \_\_\_\_\_\_\_\_\_\_

# of Relays \_\_\_\_\_\_\_\_\_\_ x $25 = \_\_\_\_\_\_\_\_\_\_

# of Pentathletes \_\_\_\_\_\_\_\_\_\_ x $25 = \_\_\_\_\_\_\_\_\_\_

***Total =*** \_\_\_\_\_\_\_\_\_\_

*The cost of officials will be split between competing Nassau County Schools and billed through BOCES.*

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

Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boy Pentathlete #1 - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boy Pentathlete #2 - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Girl Pentathlete #1 - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Girl Pentathlete #2 - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Send To:** East Meadow High School

c/o Kevin Regan – Athletic Director

101 Carman Avenue, East Meadow, NY 11554

**ALL ENTRIES DUE BY THURSDAY, APRIL 9th**

**Checks Payable**: East Meadow High School

**East Meadow Invitational Records**

***BOYS MEET RECORDS:***

100 (Open) Jonathan Gamarra Oceanside 10.7 2019

100 (Fr/So) Jamar Louis Hicksville 10.9 2019

110 Hurdles Anthony Romeo Oceanside 14.8 2017

200 Luke Germanakos Lynbrook 22.2 2015

400 Luke Germanakos Lynbrook 50.2 2015

400 Hurdles Noah Serrette Lawrence 55.8 2016

800 Jack Rosencrans North Shore 1:57.7 2019

1600 (Open) Alex Cowen Great Neck South 4:27.7 2014

1600 (Fr/So) Matt Zerbarini Island Trees 4:44.5 2019

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 Alton Kimbrough Amityville 52-1 2019

Discus Alton Kimbrough Amityville 161-3 2019

Pentathlon Jackson Bright Copiague 3,102 2019

SMR (Open) East Meadow 3:38.6 2016

SMR (Fr/So) Massapequa 3:55.7 2015

DMR Sachem North 10:34.2 2017

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

Aniyah Walters Walt Whitman 15.4 2019

200 Alexandra Greaves Walt Whitman 26.1 2016

400 Gianna Paul Walt Whitman 1:00.6 2019

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 Gianna Paul Walt Whitman 17-2 ½ 2019

Long Jump (Fr/So) Gabby Treble Oyster Bay 15-11 2018

Triple Jump Miracle Onuoha Valley Stream North 34-8 2017

High Jump Angeli Andre Valley Stream North 5-2 2015

Elaina Hobbs Valley Stream North 5-2 2015

Antoineete Miller Walt Whitman 5-2 2017

Jessica Bilbro Lawrence 5-2 2017

Anyia Wilson Hewlett 5-2 2017

Shot Put Juel Charles Valley Stream North 43-7 2017

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) Island Trees 4:42.4 2019

DMR Brooklyn Tech 13:27.7 2018

Swedish Medley East Meadow 2:31.2 2019