

The Oceanside Blue and White Meet

Invitational Track & Field Meet



Friday, May 19, 2017
@ Oceanside H.S.

Time: Clerking begins at 4:00PM, first event at 4:30PM
Seeding: Three-event limit. Verbal Seeding. CARDS FOR RELAYS AND FIELD EVENTS!
Please have athletes wear Nassau County Numbers!
Awards: Medals to top 6 in ALL events, including Relays
Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.

Event information:

- The high jump will start at 3' 10" for girls and 4' 10" for boys.
- Pole vault will start at 6'0 for girls and 8'0 for boys.

Food: Will be on sale the day of the meet.
Please support the Oceanside Track Club!!

Results: Be sure to check results at www.trackconference.com

Entry Fees: **Section VIII Schools:** \$160.00 boys team, \$160.00 girls team or \$275.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.
Non-Section VIII Schools: \$175.00 boys, \$175.00 girls team or \$325.00 combined team.
OR: \$10.00 per individual event/\$20 per relay
*Each school is expected to bring a supervisor

Entry Due: Please fill out entry information and send to:
Oceanside High School
c/o Kevin Carbonetti
3160 Skillman Ave
Oceanside, NY 11572
Fax: (516) 678-8595
Make checks/ P.O.'s payable to: Oceanside UFSD

Questions: Please contact Kevin Carbonetti
Phone: (516) 581-4579
Email: kcarbonetti@oceansideschools.org

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Oceanside High School

School: _____

School Phone Number: _____

Please circle one:

Section VIII:	BOYS	GIRLS	BOYS & GIRLS
	\$160.00	\$160.00	\$275.00
Non Section VIII:	\$175.00	\$175.00	\$325.00

OR

Total number of individuals at \$10.00: _____

Total number of relays at \$20.00: _____

Total entry: \$ _____

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 _____

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- 4:30pm 3200m Boys (1 Elite Heat - Only 14 max.)
 3000m Girls (1 Elite Heat - Only 14 max.)
 200m Boys
 200m Girls
 800m Boys
 800m Girls
 110m HH
 100m HH
 100m Boys
 100m Girls
 400m Boys
 400m Girls
 1600m Boys
 1500m Girls
 400IH Boys
 400IH Girls
 Mile Medley Boys (200-200-400-800)
 Mile Medley Girls (200-200-400-800)
- 4:30pm Triple Jump Boys
 Followed by Triple Jump Girls
 Followed by Long Jump Boys
 Followed by Long Jump Girls
- 4:30pm Pole Vault Girls Opening height 6'
 Pole Vault Boys Opening height 8'
- 4:30pm High Jump Girls Opening height 3' 10"
 Followed by High Jump Boys Opening height 4' 10"
- 4:30pm Shot Put Girls
 Discus Girls
- Discus Boys
 Shot Put Boys