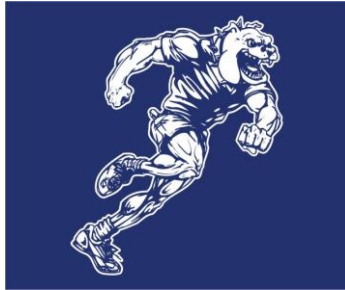


# 15<sup>th</sup> Annual Bulldog Invitational

## Hewlett High School



**May 20, 2017**

### Coaches' Notes

- 1) Remember that this is an entry fee, not a participation fee. This meet is sponsored by Hewlett High School and enforces all NF, NYSPHAA and Section VIII rules.
- 2) **Entry Fee:** Flat Fee of \$160/team or \$320 for combined B/G entry (not school).
  - a. Schools will also be billed for one official each through BOCES.

**\*\*Make checks payable to "Hewlett Varsity Club"\*\***

**Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!**

- 3) 3 event limit. (Pentathlon counts as 3 events.)
- 4) Awards: Medals to top 6 in all elite events and top 3 in all open events.
- 5) Send in your paperwork ASAP! If you have any questions feel free to contact us.
  - a. Eamon McHugh – [runhard400@gmail.com](mailto:runhard400@gmail.com)
  - b. Stephen Honerkamp – [coachh101@aol.com](mailto:coachh101@aol.com)
- 6) Concessions: Once again we have gone out of control this year! The Barbeque Pit will be open for concessions, and will be selling great gear and t-shirts.

### Instructions for Seeded Events

- **AGAIN!**- We will be using Fulton Accurate Timing for results and timing.
- Based upon coaches input, ***the only seeded events that will need to be pre-entered are the pentathlon, field events, Swedish Relay and MMR.***
- Instructions on how to enter online seeds will follow upon receipt of your entry.

**Bulldog Invitational**

**\*\*Pole Vault starts at 8:45!!\*\***

**Order of Events** (9:30 start – First event called at 9:15 – Boys followed by Girls)

Girls' 1500m racewalk – 9:00 START TIME

Pentathlon 110HH (**limited to 12 – limit to 2 per team**)

110HH – seeded only (no limit on entries)

Pentathlon 100HH (**limited to 12 – limit to 2 per team**)

100HH – seeded only (no limit on entries)

4x100m – semi (**seeded only - limited to two entries per team**)

1600m/1500m (**seeded – limited to three entries per team – all others can run in open sections**)

100m – semi (**seeded followed by open – no limit on entries**)

400IH – seeded only (no limit on entries)

100m – final (**open followed by seeded**)

400m – (**seeded sections**)

440yards – (**these are the open sections – set a school record**)

4x100m – final

Elementary School 4x100m

800m – seeded only (no limit on entries)

800m – seniors only (**A last chance for a non-seeded senior to run. Every entrant gets an award!**)

4x400m (**limited to two entries per team**)

Swedish Relay (100-200-300-400) - (**pre-entered – two heats only – one entry per team**)

Coaches/Alumni SMR Relay (200-100-100-400)

200m – seeded only (no limit on entries)

Throwers 4x100m (Each athlete must have been in either the shot or the disc to be eligible.)

4x300m (**limited to two entries per team – Set a school record in a different event!**)

1600m/1500m – open (no limit on entries)

**Field Events**

Pole Vault – Girls / Boys (8:45 start) (**SEEDED ONLY – 3 entrants/team**)

**Starting Heights – Will be at least 7' & 9' since we want this event to move.**

High Jump – Boys & Girls together – 2 mats (**SEEDED ONLY** after pent HJ is finished)

**Starting Heights – Boys = 5'4" / Girls = 4'4"**

**The first legal mark will be measured then athletes must meet the minimum to be measured.**

Shot Put – Boys / Girls

**Minimum Distances – Boys = 35' / Girls = 25'**

Discus – Girls / Boys (**SEEDED ONLY – 40 entrants maximum**)

**Minimum Distances – Boys = 90' / Girls = 70'**

Long Jump/Triple Jump – Boys / Girls (**Triple Jump is SEEDED ONLY due to time**)

**Minimum Distances – Boys = 18' and 36' / Girls = 14' and 28'**

## Event Grid

**You do NOT need to send this in!**

This is for your purposes only to make sure you email any entries that are required and that you do not plan to enter more athletes than you are allowed to in any event.

<b>Event</b>	<b>Seeded</b>	<b>Open</b>
100m	no limit	no limit
200m	no limit	not contested
400m	no limit	no limit
800m	no limit	no limit
1600m/1500m	3 entrants maximum	no limit
110HH/100HH	no limit	not contested
400IH	no limit	not contested
Girls 1500m Walk	no limit – 9:00 START	not contested
4x100m	two teams maximum	not contested
4x400m	two teams maximum	not contested
4x300m	two teams maximum	not contested
Swedish Relay (1-2-3-4)	two teams maximum – Only two heats will be run. – <b>email entries</b>	not contested
Throwers 4x100m	two teams maximum	not contested
Pole Vault	3 entrants maximum - <b>email entries</b>	not contested
Shot Put	3 entrants maximum - <b>email entries</b>	2 entrants maximum
Discus	4 entrants maximum - <b>email entries</b>	not contested
High Jump	3 entrants maximum - <b>email entries</b>	not contested
Long Jump	3 entrants maximum - <b>email entries</b>	2 entrants maximum
Triple Jump	3 entrants maximum - <b>email entries</b>	not contested
Pentathlon	2 entrants maximum - <b>email entries</b>	not contested

**15<sup>th</sup> Annual Bulldog Invitational**  
**May 21, 2017 - @Hewlett High School**  
**Entry Form**

Boys Entry Fee- Flat Fee = \$160 \_\_\_\_\_

Girls Entry Fee- Flat Fee = \$160 \_\_\_\_\_

OR

OR

Call for small team entry.

Call for small team entry.

OR

Combined Boys / Girls Entry Fee = \$320 = \_\_\_\_\_

**\*\*All schools will also be billed for one official through BOCES\*\***

**Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!**

**Information:**

School \_\_\_\_\_

Boys' Coach \_\_\_\_\_

Email \_\_\_\_\_

Phone # \_\_\_\_\_

---

School \_\_\_\_\_

Girls' Coach \_\_\_\_\_

Email \_\_\_\_\_

Phone # \_\_\_\_\_

**Notes**

- Make checks payable to "Hewlett Varsity Club".
- Entry due date is Wednesday, May 6, 2015.
- Fax # - 516-374-4571 – c/o Eamon McHugh
- Mail entry to: Woodmere Middle School  
Eamon McHugh  
1170 Peninsula Blvd.  
Hewlett, NY 11557