

**The 10th Annual
Paul Limmer Invitational
at W.C. Mepham High School**



In its tenth year, we here at Mepham are looking to make this meet bigger and better than ever. Paul Limmer is a legendary figure in W.C. Mepham's history, as well as in the history of track and field here on Long Island. We invite any all who would like to come and compete at a very fun and very competitive invitational on May 14th, 2016 at Mepham High School.

The 10th Annual Paul Limmer Invitational

W.C. Mephram High School – 2401 Camp Avenue, Bellmore, NY 11710

Saturday, May 14, 2016 first race at 10a.m.

of events: Each competitor may compete in any three events.

of entries: Unlimited in each event.

Spikes: 1/4" pin spikes in recessed shoes and 1/8" spikes in plastic plates only; starting blocks may be used ONLY for Finals and may have only 1/4" spikes or less.

Batons / Starting Blocks: Bring your own.

Prizes: Medals will be awarded for the TOP FIVE in each event. Plaques will be awarded to the top 3 teams in the boys and girls meet.

Scoring: Top 5 per event: 6-4-3-2-1

Entry: Please complete separate entry for Boys' and Girls'. Entries Close: Tuesday, April 19th at 5:00 p.m.

Entry fees: Maximum entry fee: Nassau County Public Schools - \$150.00 blanket entry for boys' or girls' team// Plus the cost of one official - billed through BOCES per team. Non-Nassau County Public Schools - \$175.00, Individual entries - \$10.00 per individual event; \$20.00 per relay; Minimum entry fee: \$20.00. A Check or Voucher must be sent to Meet Director upon entry. This is an entry fee NOT a participation fee.

Seeding: Individual events will be by verbal seeding. For the Relays; cards will be needed; and must include the following information: Runner's Names, Section VIII #, School Name, Event, and Seed Time.

Field events: In the following throws & jumps the first legal effort will be measured. After that, the attempt must make the following minimum standards:

BOY'S: LJ – 15'; TJ – 30'; SP – 28'; DT – 70'; HJ – starts at 4' 10" – up 2" to 6' 0" – then up 1" thereafter

GIRL'S: LJ – 12'; TJ – 25'; SP – 22'; DT – 65'; HJ – starts at 3' 10" – up 2" to 5' 0" – then up 1" thereafter

T-shirts: Will be on sale the day of the meet

Food: Will be on sale the day of the meet. Both hot and cold foods will be available.

Directions and Questions: If you have any, please call either Pete Alfano at 718-490-2657 or email at PLA1981@aol.com or Anthony Augugliaro at 516-603-7340 or email at aaugugliaro@bellmore-merrick.k12.ny.us
We hope to see you at the meet. Good luck this season.

This meet is sponsored by W.C. Mephram High School and enforces all National Federation, NYSPHAA, and Section VIII rules.

THE 10TH ANNUAL PAUL LIMMER INVITATIONAL
W.C. MEPHAM HIGH SCHOOL – 2401 Camp Avenue, Bellmore, NY 11710
Saturday, May 14, 2016 – 10:00a.m.
All running events are girls followed by boys

Order of Events

10am – Girls 400 IH
Boys 400 IH
Girls 3000
Boys 3200
Girls 110 HH
Boys 110 HH
Girls 100
Boys 100
Girls 400
Boys 400
Girls 800
Boys 800
Girls 1500
Boys 1600
Girls 200
Boys 200
Mark Peters Memorial Discus Award Presentation
Hughes Memorial Scholarship Presentation
Girls 4x100
Boys 4x100
Girls 4x800
Boys 4x800
Girls 4x400
Boys 4x400

Field Events: Athletes MUST be registered at start of event in order to compete, NO LATE ENTRIES

Girls' High Jump begins at 10:00a.m., Boys' High Jump to follow the girls
Girls' starting height is 3'10" – up 2" to 5'0" – then up 1" thereafter
Boys' starting height is 4'10" – up 2" to 6'0" – then up 1" thereafter

***All Long Jump, Triple Jump, Shot Put & Discus events are 3 attempts with NO FINAL. 1st legal mark will be measured, all others must make minimum measurement.**

Boys Long Jump	Starts at 10a.m.
Girls Long Jump	Starts directly following the completion of the Boys LJ
Boys Triple Jump	Starts directly following the completion of the Girls LJ
Girls Triple Jump	Starts directly following the completion of the Boys TJ

Boys Shot Put	Starts at 10a.m.
Girls Shot Put	Starts – 30 minutes after completion of Boys Shot Put
Girls Discus	Starts at 10a.m.
Boys Discus	Starts – 30 minutes after the completion of Girls Discus

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Saturday, May 14, 2016 – 10:00 a.m.

USE SEPARATE ENTRY FOR BOYS' & GIRLS'

(Please Circle one)

School _____ Coach _____

School Address _____ Coach's Email _____

_____ Coach's Phone _____

School Phone _____

UNLIMITED ENTRIES: Circle one if using unlimited entry

Nassau County Public Schools

Non Nassau County Public Schools

\$150.00 + cost of one official per team or
(NOT per School) billed through BOCES

\$175.00

Number of Individual Events _____ @ \$10.00 = \$ _____

Number of Relays _____ @ \$20.00 = \$ _____

Total entry fee = \$ _____

Minimum entry is \$20.00

**Checks: Make checks payable to: W.C. Mepham High School
C/O Track and Field Team**

Entries are DUE ON TUESDAY, May 10, 2016, – 5:00 p.m.

Mail or Fax to: Pete Alfano and Anthony Augugliaro Co- Meet Directors

W.C. Mepham High School
2401 Camp Ave.
Bellmore, NY, 11710

FAX #: (516) 349-9157

E-Mail: aaugugliaro@bellmore-merrick.k12.ny.us or PLA1981@aol.com