



The WARRIOR

Invitational Track & Field Meet

Saturday, May 7, 2016, 1:30pm

Wantagh High School

NOTE: MUST PRE-SEED DISCUS THROWERS

Time: Clerking begins at 1:00pm, First event begins at 1:30pm, (SAT day!)
Seeding: Three event limit. Verbal seeding. Cards for Relays.
Awards: Medals to top 6 in each individual event and top 3 relay events
Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.
Event information:

- For safety and time reasons, the DISCUS event will be pre-seeded. You MUST email shot put and discus to jordan.ashley591@gmail.com by 3:00pm on 4/29/16. Please indicate name, Nassau number, grade, and seed. Accepted athletes will be emailed prior to the meet. . **There will be NO non-seeded discus.** 200 and 1500/1600 will be **FROSH/SOPH ONLY**. The 3200/3000 will take the top 12 fastest times. It will be seeded **PRIOR** to the relays.
- The high jump will start at 4'0" for girls and 5'0" for boys.
- Two Jumping Pits for Long Jump & Triple Jump.

Food: Will be on sale the day of the meet by **the Warrior Sports Booster Club!!!**

Entertainment: DJ and Music on hand all day!

Entry Fees: **Section VIII Schools:** \$150.00 boys team, \$150.00 girls team or \$275.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.

Entry Due: Please fill out entry information and send to:

Wantagh High School

Athletic Department

Attn: Jordan Ashley

3297 Beltagh Ave,

Wantagh, NY 11793

Fax: (516) 679-6440

Make checks/ P.O.'s payable to: WSBC (Warrior Sports Booster Club)

Questions: Please contact Jordan Ashley

Phone: (516) 426-6970 cell, Fax: (516) 679-6440

Email: jordan.ashley591@gmail.com





The WARRIOR

Invitational Track & Field Meet

Saturday, May 7, 2016, 1:30pm

Wantagh High School

ENTRY FORM

School: _____

Athletic Director Name/ Number: _____

School Phone Number: _____

Please circle one:

	BOYS	GIRLS	BOYS & GIRLS
Teams	\$150	\$150	\$275

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

REMINDER: Shot and Discus is pre-seeded.
Must send seeds to Jordan.ashley591@gmail.com by 4/29/16

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes Runners _____ Jumpers _____ Throwers _____

Entry Due: Please fill out entry information and send to:

Wantagh High School
Athletic Department
Attn: Jordan Ashley
3297 Beltagh Ave
Wantagh, NY 11793
Make checks or p/o's payable to:
WSBC (Warrior Sports Booster Club)





The WARRIOR

Invitational Track & Field Meet

Saturday, May 7, 2016, 1:30pm

Wanted High School

RUNNING EVENTS

1:30pm
4x800m girls (2 PER TEAM)
4x800m boys (2 PER TEAM)
4x100m girls (2 PER TEAM)
4x100m boys (2 PER TEAM)
4x400m girls (2 PER TEAM)
4x400m boys (2 PER TEAM)
3000m girls- 1 heat; top 12
3200m boys 1 heat; top 12
200m girls (frosh/soph ONLY)
200m boys (frosh/soph ONLY)
800m girls
800m boys
100m Hurdles girls
110m Hurdles boys
100m girls - TRIALS
100m boys – TRIALS
400IH girls
400IH boys
100m girls - FINALS
100m boys – FINALS
1500m girls (frosh/soph ONLY)
1600m boys (frosh/soph ONLY)
400m girls
400m boys



FIELD EVENTS

1:30pm
Followed by
Long Jump boys – South Runway
Triple Jump boys – South Runway

1:30pm
Followed by
Long Jump girls – North Runway
Triple Jump girls – North Runway

1:30pm
Followed by
High Jump girls (opening height 4'0")
High Jump boys (opening height 5'0")

1:30pm
Followed by
Shot Put boys (pre-seeded must send seeds to jordan.ashley591@gmail.com by 4/29/16)
Shot Put girls (pre-seeded must send seeds to jordan.ashley591@gmail.com by 4/29/16)

1:30pm
Followed by
Discus girls (pre-seeded.. must send seeds to jordan.ashley591@gmail.com by 4/29/16)
Discus boys (pre-seeded.. must send seeds to jordan.ashley591@gmail.com by 4/29/16)
*No non-seeded Discus due to safety reasons.