

Coaches,

Thanks for those of you that entered the 2008 Bulldog Invite. Just a few reminders for all of you vets to the meet and info for all you newbies....

1) Every event has elite and open sections (with the exception of every relay but the mile medley, PV, disc, pent, and 3200/3000 - these are just elite).

2) *If you think an athlete belongs in the "elite" section you need to email me an honest seed by 5PM Saturday, May 10th.* If you are not sure if an athlete belongs in the "elite" sections email the seed anyway and you'll see on the seed list on the section website if they made it.

3) Remember that the mile medley is limited to one heat for boys and one for girls and the pentathlon will be limited to 12 boys and 12 girls.

5) All people not in the "elite" will run open.

6) Remember your mascot costumes for the always famous mascot race.

7) The pole vault needs to move so it doesn't clog up too much time on the runway. It will start at 8:45 sharp with 6' for girls. Boys cannot enter until 8'.

8) Don't forget the coaches' 4x400. NOT a 4x100 this year due to many requests.

9) Be sure to read the additional note about parking and busses that will be up on the website in a few days. In case you haven't heard, the district double booked NYSMMA at the HS for the same day, so busses must drop off and leave and there will be practically no parking for parents.

Let me know if you have any questions.

Eamon McHugh