

# The 2<sup>nd</sup> Annual Paul Limmer Pirate Invitational

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

Saturday, April 5, 2008– 9:00 a.m.

We will be limited to 25 Schools

Dear Coach:

# of events: Each competitor may compete in any three events. Frosh/Soph's compete as Varsity, \*if they place in the top 6 in the Varsity event, they will be scored as Varsity, the next FIVE Frosh/Soph's not to finish in the top 6 Varsity receive 1<sup>st</sup>-6<sup>th</sup> place Frosh/Soph awards, this gives all Frosh/Soph a chance to run in the seeded sections, but still compete as Frosh/Soph. **RELAYS ARE VARSITY ONLY; there are NO Frosh/Soph Relays.**

# of entries: Unlimited in each event. There will only be one boys and one girls heat for the 5,000m runs.

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 first SIX in each Varsity event and first SIX in each Frosh/Soph event. Awards will be given to the top outstanding male & female Track as well as Field athletes as nominated by the coaches and chosen by the meet games committee prior to relays.

Scoring: All Varsity events will be 10, 8, 6, 4, 2, and 1

Team Awards: Trophies will be awarded to the first THREE Girls' & Boys' teams as well as the first THREE combined teams.

Entry: Please complete separate entry for Boys' and Girls'. Entries Close: Thursday, April 3<sup>rd</sup> 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 - \$200.00, Individual entries - \$10.00 per individual event; \$30.00 per relay; Minimum entry fee: \$25.00. A Check or Voucher must be sent to Meet Director upon entry. This is an entry fee NOT a participation fee.

Seeding: All seeding will be done day of meet. 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. Relay Anchor Legs need a sticker. All running athletes will need a sticker with the following information: Name, School Name, Event, and list if Frosh or Soph. Field events check in at event (NO STICKERS NEEDED in Field Events). When checking in to Field Event state if Frosh/Soph or Varsity..

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 – 30', DT – 75'; HJ – starts at 4' 10" – up 2" to 6' 0" – then up 1" thereafter

GIRL'S: LJ – 12'; TJ – 25'; SP – 25', 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: short sleeve for \$12.00.

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 Dave Frazer at 516-749-3144, or e-mail at Mephramtrack@yahoo.com. We hope to see you at the meet. Good luck this season.

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Saturday, April 5th, 2008 – 9:00 a.m.

9:00 am - All running events are Girls' followed by Boys'

Girls' 5,000m Run showcase                      One heat each – Maximum of 18 boys and & 18 girls. Varsity only.  
Girls' 1500m Walk                              Exhibition during the woman's' 5000m. We will award medals.  
Boys' 5,000m run showcase

400m IH will start at 10:00am

Girls'/Boys' 400 IH

Girls'/Boys' 800m Run                              Final on Time

Girls'/Boys' 100HH/110HH showcase      Final on Time

Girls'/Boys' 100m Dash                              Semi-Final      \*top 6 advance to finals

Girls'/Boys' 400m Dash showcase      Final on Time

Girls'/Boys' 100m Dash                              Final on Time

Girls'/Boys' 1500m/1600m Run                      Final on Time

Girls'/Boys' 200m Dash                              Final on Time

Girls/Boys' DMR Scramble                              a new event requested by Coach Limmer. 1600m, 400m, 800, and  
1200m, must be covered in any order. Will only except top 10 teams.

Girls'/Boys' 4x800m Relay                              Final on Time

Girls'/Boys' 4x100m Relay                              Final on Time

Girls'/Boys' 4x400m Relay                              Final on Time

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

Girls' High Jump begins at 10:00 a.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 are 3 attempts with NO FINAL. 1<sup>st</sup> legal mark will be measured, all others must make minimum measurement.

Girls/Boys' Long Jump/ Triple Jump relay

We will contest a relay with one long jumper and one triple jumper. Limit three teams per school.

Both jumpers will report and compete together. We will take each jumper best jump and add them.

Triple Jump will be a showcase event.

Boys' Shot Put showcase                      Starts at 10:00

Girls' Shot Put showcase                      Starts – ½ hour after completion of Boys' Shot Put

Girls' Discus                                      Starts at 10:00

Boys' Discus                                      Starts – ½ hour after completion of Girls' Discus

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## 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  
(NOT per School) billed through BOCES

\$200.00

or

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

Number of Relays \_\_\_\_\_ @ \$30.00 = \$ \_\_\_\_\_

Total entry fee = \$ \_\_\_\_\_

Minimum entry is \$25.00

Checks: Make checks payable to: Bellmore/Merrick Central High School District  
C/O Saul Lerner  
Athletics Department

Entries are DUE ON THURSDAY, April 3<sup>rd</sup>, 2008 – 5:00 p.m.

Meet will fill up so get your entry in ASAP

Mail or Fax to: Mr. Dave Frazer, Meet Director  
W.C. Mepham High School  
2401 Camp Avenue  
North Bellmore, NY, 11710

Phone #: (516) 749-3144  
FAX #: (516) 390-9415 Between 10am-1pm  
E-Mail: MephamTrack@Yahoo.com