

# ***Cold Spring Harbor H.S.***

## **Seahawk Track & Field Invitational**

Saturday, May 3<sup>rd</sup>, 2008

**Limited to 30 schools – Reserve a spot ASAP**

**Time:** Clerking begins at 12:30pm, First event at 1:00pm, rain or shine.

*\* No events will be clerked after 5:30. No exceptions.\**

**Seeding:** Verbal seeding w/labels. Index cards for relays w/label for anchor

**Awards:** Medals to top 6 in each event

**Equipment:** Starting blocks and 3/16 spikes acceptable. Please supply your own relay baton.

**Event information:**

- Three-event limit. (2 track, 1 field or 2 field, 1 track)  
*\*Pent athletes may only compete in the Pentathlon\**
- The pole vault will start at 6'0" for girls and 7'0" for boys
- The high jump will start at 3'10" for girls and 4'10" for boys.
- Girls Steeple is 2000m, Boys is 3000m including Frosh/Soph
- Frosh/Soph relays may be separated if the entry is big enough
- Frosh/Soph Distance Medley relay will be 1200-400-800-1600
- Frosh/Soph Sprint Medley relay will be 200-100-100-400
- Frosh/Soph Field results will be separated for medals
- Frosh/Soph Track sections will be created pending entry

**Pentathlon information:**

The Pentathlon will be offered for developmental purposes. Events will be run as part of the Invitational schedule with the exception of the girls 800m and the boys 1500m. Pent athletes will be given special bib numbers to help with identification. Scoring will be posted later. Teams are limited to 2 entrants.

**Food:** Will be on sale the day of the meet. Please support the Seahawk Boosters!

**Entry Fees:** Nassau teams: \$150 single team or \$250 combined blanket entry, plus the cost of officials. Official costs will be split between schools and billed through BOCES.

All other teams: \$200 blanket entry

\$5.00 for individual \$20.00 for relay

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

Cold Spring Harbor High School

c/o Bill Yost Head T&F Coach

82 Turkey Lane

Cold Spring Harbor, NY 11724

Fax: (631) 421-4229

**Make checks/ P.O.'s payable to: Seahawk Booster Club**

**Questions:** Please contact Bill Yost

Phone: (516) 510-5375 cell, (631) 367-8800 school

Email: byost@CSH.k12.ny.us

Fax: (631) 421-4229

**\*\*\*This meet is intended for athletes that would not score at the St. Anthony's Invitational. PLEASE e-mail me ASAP so I can reserve your spot! DON'T WAIT! Email me early!\*\*\***

**The Seahawk Track and Field Invitational**  
**Saturday, May 3<sup>rd</sup>, 2008**  
**Cold Spring Harbor High School**

**ENTRY FORM**

School: \_\_\_\_\_ School Phone Number: \_\_\_\_\_

**\*For planning purposes please fill out separate boys and girl's even if  
you are making a blanket entry.\***

Coach: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_

400IH: \_\_\_\_\_

f/sDMR: \_\_\_\_\_

Pole Vault: \_\_\_\_\_

\*200m: \_\_\_\_\_

f/sSMR: \_\_\_\_\_

High Jump: \_\_\_\_\_

400m: \_\_\_\_\_

4x100m: \_\_\_\_\_

Long Jump: \_\_\_\_\_

Mile: \_\_\_\_\_

4x800m: \_\_\_\_\_

\*Triple Jump: \_\_\_\_\_

\*100/110HH: \_\_\_\_\_

\*Shot Put: \_\_\_\_\_

\*2000m Steeple (V girls): \_\_\_\_\_

Discus: \_\_\_\_\_

2000m Steeple (f/s girls): \_\_\_\_\_

Pent: \_\_\_\_\_ *limit 2*

\*3000m Steeple (V boys): \_\_\_\_\_

3000m Steeple (f/s boys): \_\_\_\_\_

**\* Denotes Grand Prix Events w/ Runners Edge Gold Medals**

**Blanket Fee:** \_\_\_\_\_

(Nassau \$150 single, \$250 combined plus official  
All others \$200)

**Or**

**Individual Entries**      x \$5.00 = \_\_\_\_\_

**Relay Entries**            x \$20.00= \_\_\_\_\_

**Total Entry=** \_\_\_\_\_

**Entry Due: Friday, April 11th**

Please fill out entry information and send to:

Cold Spring Harbor High School  
c/o Bill Yost Head Track & Field Coach  
82 Turkey Lane  
Cold Spring Harbor, NY 11724  
Fax: (631) 421-4229

**Make checks/ P.O.'s payable to: Seahawk Booster Club**

