

# *Cold Spring Harbor H.S.*

## *Night Hawk*

Thursday, April 17th, 2008

Time: First event at 5:30pm  
Seeding: Open Events: Verbal Seeding w/labels.  
Relays: Index cards w/label for anchor  
Equipment: Starting blocks and 3/16 spikes acceptable  
Event Information:

- 3 event limit (2 track + 1 field or 1 track + 2 track)
- Pole vault will start at 7'0" Boys and 6'0" Girls
- High Jump will start at 3'10" for girls and 4'10" for boys
- Girls Steeple is 2000m, Boys is 3000m
- 1000m Steeple w/ 8 barriers 2 water jumps
- MMR is 400-200-200-800
- SMR is 200-100-100-400
- Shot and Discus limited to 3 entries per school
- Long and Triple Jumps limited to 3 entries per school

Entry Fees: Nassau Teams: \$50, plus the cost of officials. Official cost will be split between schools and billed through BOCES

All other teams: \$100

### **Payable To:Seahawk Booster Club**

Entry Due:

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

### **Questions:**

Please contact Bill Yost  
Phone: (516) 510-5375 cell, (631) 367-8800 school  
Email: byost@CSH.k12.ny.us  
Fax: (631) 421-4229

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### **Track Events: 5:30pm start:**

1000m Steeple	boys
3000m Steeple	boys
SMR (200-100-100-400)	girls
SMR (200-100-100-400)	boys
800m Racewalk	girls
1000m Steeple	girls
2000m Steeple	girls
MMR (400-200-200-800)	boys
MMR (400-200-200-800)	girls
4x1600m	boys
4x200m	girls
4x200m	boys
4x1500m	girls

### **Field Events: 5:30pm start:**

Pole Vault	
High Jump	girls followed by boys
Long Jump	girls followed by boys (upper pit, near HJ)
Triple Jump	boys followed by girls
Disus	girls followed by boys
Shot Put	girls followed by boys after Discus

**\*Pole Vault area will be available for practice prior**

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### **Entry Form**

School: \_\_\_\_\_ Number of Athletes: \_\_\_\_\_

**Boys      or      Girls**

(Circle one)

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

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

3000m Steeple                      \_\_\_\_\_ (boys)    2000m Steeple                      \_\_\_\_\_ (girls)

1000m Steeple                      \_\_\_\_\_ (boys)    1000m Steeple                      \_\_\_\_\_ (girls)

SMR (2-1-1-4)                      \_\_\_\_\_

MMR (4-2-2-8)                      \_\_\_\_\_

4x1600m                      \_\_\_\_\_ (boys)    4x1500m                      \_\_\_\_\_ (girls)

4x200m                      \_\_\_\_\_                      800m RW                      \_\_\_\_\_ (girls)

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

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

*\*\*3 athlete limit for Long/Triple and Shot/Discus\*\**

Long Jump                      \_\_\_\_\_                      Triple Jump                      \_\_\_\_\_

Shot Put                      \_\_\_\_\_                      Discus                      \_\_\_\_\_

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

(SecVIII \$50 + Officials, Others \$100)

Total Entry: \_\_\_\_\_

**Payable To:      Seahawk Booster Club**

Entry Due: **Friday, March 28<sup>th</sup>**

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