



Pine Bush Early Spring Pentathlon

Sunday, April 27th 2008

The Pine Bush Track & Field Program would like to invite your school to participate in the Early Spring Pentathlon at Pine Bush High School. The Pentathlon gives athletes an opportunity to compete in a multi-event activity early in the season. It will provide athletes and coaches an evaluation of performance capabilities early in the season, rather than waiting for the May pentathlon competitions.

Information:

- Start time will be 11:00 AM Sharp, Sunday April 27th 2008
- We will have a Girls and Boys Competition.
- We will total points in four categories-
 - 1) Varsity Girls (2 Athletes per School)
 - 2) Varsity Boys (2 Athletes per School)
 - 3) Freshman/Sophomore Girls (1 Athlete per School)
 - 4) Freshman/Sophomore Boys (1 Athlete per School)

Freshman and sophomores will compete with the varsity division, but will be scored separately.

Entry Fee:

- Entries & Payment Submitted/ Post Marked before April 20th -- \$20 per athlete or \$100 for your entire team (Total 6 Athletes)
- Entries & Payment Submitted/ Post Marked after April 20th-- \$30 per athlete or \$150 for your entire team (Total 6 Athletes)

Please return entry fees to the Pine Bush High School, C/O Pine Bush Track & Field

Order of Events:

- 1) 110/100 meter high hurdles
- 2) Long Jump
- 3) Shot Put
- 4) High Jump
- 5) 1500 meter run (Boys) – 800m run (Girls)

The order of events may be changed to help with time constraints.

- The High Jump will start at 3' for the girls and will increase in increments of 6" until 4' we will then go up by 3" to 4'6", from there we will go up by 2" until the last competitor is left at that point she will have her choice to go a minimum of 1" or more at a time.
- The High Jump will start at 3'6" for the boys and will increase in increments of 6" until 4'6". At 4'6" we will go up by 3" to 5' where we will go up by 2" until the last competitor is left. At that point he will have his choice to go a minimum of 1" or more at a time.

Entry Form
Pine Bush Early Spring Pentathlon
Sunday, April 27th 2008, 11:00 AM

Total Amount of Entries _____ **Date** _____

Total Amount \$ Enclosed _____

Name of School _____

Coach's Name(s) _____

Coach's Address & Phone Number _____

Varsity Girls:

| Name | Grade | Hurdle Seed Time |
|-------------|--------------|-------------------------|
|-------------|--------------|-------------------------|

| | | |
|----------|-------|-------|
| 1) _____ | _____ | _____ |
|----------|-------|-------|

| | | |
|----------|-------|-------|
| 2) _____ | _____ | _____ |
|----------|-------|-------|

Freshman/Sophomore Girl:

| | | |
|----------|-------|-------|
| 1) _____ | _____ | _____ |
|----------|-------|-------|

Varsity Boys:

| Name | Grade | Hurdle Seed Time |
|-------------|--------------|-------------------------|
|-------------|--------------|-------------------------|

| | | |
|----------|-------|-------|
| 1) _____ | _____ | _____ |
|----------|-------|-------|

| | | |
|----------|-------|-------|
| 2) _____ | _____ | _____ |
|----------|-------|-------|

Freshman/Sophomore Boy:

| | | |
|----------|-------|-------|
| 1) _____ | _____ | _____ |
|----------|-------|-------|

- Please Make Checks Payable to Pine Bush Track & Field
- Please Mail Entry to: Pine Bush High School,
C/O Pine Bush Track & Field (Pentathlon)
PO Box 700, 156 Route 302,
Pine Bush, NY 12566