

The Valley Stream Challenge

5th Annual Invitational Track & Field Meet

Saturday, March 29, 2008
Valley Stream North High School

Check made out to **VS North Spartan Club...** NOT VS North High School!
Please do not make a mistake on this!!!

Two Event Limit!

Time: Clerking begins at 9:30am, First event at 10:00am, rain or shine.
Seeding: Two-event limit. Verbal seeding. Please make sure kids know seed times.
Please have athletes wear Nassau County Numbers if available!
Awards: Medals to top 6 in each individual event, top 3 relay events
Medals in EVERY HEAT! (while supplies last!)
Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.

Event information:

- The sprint medley relay will be for freshmen and sophomores ONLY.
- Frosh/Soph division for ALL field events. We will separate at the end.
- Please expect **large heat sizes** for 1500/1600meter runs.
- The high jump will start at 3'10" for girls and 4'10" for boys.
- Open Pit for Long Jump & Triple Jump.
- 110/100HH & 100m at same time on opposite sides of the track!

Food: Will be on sale the day of the meet.
Please support the VS North Spartan Club!!

Entry Fees: **Section VIII Schools:** \$125.00 boys team, \$125.00 girls team or \$250.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.
Non-Section VIII Schools: \$150.00 boys, \$150 girls team or \$300 combined team.

Entry Due: Please fill out entry information and send to:
Valley Stream North High School
c/o Mike Frazer
750 Herman Avenue
Franklin Square, NY 11010
Fax: (516) 564-5539
Reminder: Make checks/ P.O.'s payable to: VS North Spartan Club

Questions: Please contact Mike Frazer
Phone: (516) 662-5524 cell, (516) 564-5500 work, Fax: (516) 564-5539
Email: frazerm@vschsd.org

The Valley Stream Challenge

5th Annual Invitational Track & Field Meet

Saturday, March 29, 2008
Valley Stream North High School

ENTRY FORM

School: _____

School Phone Number: _____

Please circle one:

	BOYS	GIRLS	BOYS & GIRLS
Section VIII	\$125	\$125	\$250
Non-Section VIII	\$150	\$150	\$300

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes Runners _____ Jumpers _____ Throwers _____

Entry Due: Please fill out entry information and send to:
Valley Stream North High School
c/o Mike Frazer
750 Herman Avenue
Franklin Square, NY 11010
Make checks or p/o's payable to:
VS North Spartan Club

The Valley Stream Challenge

An Invitational Track & Field Meet

Saturday, March 29, 2007

Valley Stream North High School

RUNNING EVENTS

10:00am 400IH girls
400IH boys
1500m racewalk girls
1500m girls (open followed by frosh/soph)
1600m boys (open followed by frosh/soph)
400m girls (open followed by frosh/soph)
400m boys (open followed by frosh/soph)
100m girls / 100m HH girls (opposite straights)
100m boys / 110m HH boys (opposite straights)
800m girls
800m boys
200m girls
200m boys
frosh/soph sprint medley relay girls (400, 200, 200, 800)
frosh/soph sprint medley relay boys (400, 200, 200, 800)
Coaches 4x100m (depending on time/interest)
4x100m girls
4x100m boys
4x400m girls
4x400m boys

FIELD EVENTS (frosh/soph will have separate medals)

10:00am – 12:00pm “Open Pit” Long Jump boys & girls

12:00pm – 2:00pm “Open Pit” Triple Jump boys & girls

10:00am High Jump girls (opening height 3’10”)
Followed by High Jump boys (opening height 4’10”)

10:00am Shot Put boys
Discus girls

12:00pm Shot Put girls
Discus boys