

SOUTH SHORE HIGH SCHOOL

6565 Flatlands Avenue

Brooklyn, NY 11236

Ms. Judy Henry, Principal

**MARTY LEWIS MEMORIAL**  
**Viking Classic.**

**Saturday May 3, 2008**

A **Frosh-Soph Meet** with limited Varsity Relays      sponsored by: **CROWN TROPHY**

South Shore H. S. is located in the Canarsie area of Brooklyn at the intersections of Ralph and Flatlands Avenues. Public transportation from the # 6, 47, 82 Bus Routes. Our facility is a 6 lane track with an 8 lane straightaway on the backstretch.

**PSAL #'s must be worn and noted on all entry cards and tags**

First event starts at 9:00am

Long Jump, High Jump, Shot Put check in at 9:00am

Triple Jump to follow Long Jump

4 jump OPEN PIT in the Long and Triple Jumps

This meet will have NO Team Scoring

3 event rule is in effect

¼ " spike or shorter

All finals on time except the 100m dash

Hurdles and 100m run simultaneously on both straightaways

Freshmen CAN NOT compete in Sophomore relays

Fully Automatic Timing in all events except the 100HH and 110HH

NO starting blocks allowed – Thank You for your help

Medals to the top 5 in All Events including Varsity

Cast medal unique to the VIKING CLASSIC

Seeding by card method on raceday

Entries Due by Wednesday, April 23<sup>rd</sup>. Please mail before Penn Relays

South Shore is an S.A.T. testing center. Varsity relays will NOT begin before 2:00pm

Entry Fee \$5.00 per individual \$15.00 per relays **payable to: South Shore Athletic Fund**

This is an entry fee, NOT a starter's fee. Payment is due with your entry.

Questions ??? call daytime at 347 351-9906 evenings after 7:00pm at 718-377-7737

We look forward to seeing you on the 3<sup>rd</sup> of May.

Best of Racing to you and your Team.

South Shore Track & Field

**MARTY LEWIS MEMORIAL  
VIKING CLASSIC  
South Shore H. S.  
May 3, 2008**

**ORDER OF EVENTS** ( 9:00am start )

400IH	FB	SB	FG	SG	
1600m/1500m	FB	FG	SB	SG	<b><u>FIELD EVENTS</u></b> ( 9:00 am start )
110HH	FB	SB			High Jump    FG   SG   FB   SB
100m	FG	SG			Long Jump    FB   SB   FG   SG
100HH	FG	SG			Shot Put      FB   FG   SB   SG
100m	FB	SB			Triple Jump   FB   SB   FG   SG
200m	FG	FB	SG	SB	
2000m Steeplechase	FB	SB	FG	SG	
800m	FB	FG	SB	SG	
100m Finals	FB	FG	SB	SG	
400m	FB	FG	SB	SG	
4 x 200m	FB	FG	SB	SG	
4 x 800m	FB	FG	SB	SG	
4 x 400m	FB	FG	SB	SG	

**4 x 100m                      Coaches, Parents, Alumni**

**VARSITY RELAYS** ( not to begin before 2:00pm )

2000m Steeplechase	G			Pole Vault	2:00pm
3000m Steeplechase		B		Varsity Girl	
4 x 200m	G	B		Varsity Boys to follow	
4 x 800m	G	B			
4 x 100m	G	B			
4 x 400m	G	B			

**MARTY LEWIS MEMORIAL  
VIKING CLASSIC**

A Frosh–Soph Meet with Varsity Relays  
May 3, 2008

**ENTRY FORM**

**Girls Frosh – Soph**

\_\_\_\_\_ 400IH  
\_\_\_\_\_ 100HH  
\_\_\_\_\_ 100m  
\_\_\_\_\_ 200m  
\_\_\_\_\_ 400m  
\_\_\_\_\_ 800m  
\_\_\_\_\_ 1500m  
\_\_\_\_\_ 2000m Steeplechase  
\_\_\_\_\_ Long Jump  
\_\_\_\_\_ High Jump  
\_\_\_\_\_ Shot Put  
\_\_\_\_\_ Triple Jump  
\_\_\_\_\_ 4 x 200m  
\_\_\_\_\_ 4 x 400m  
\_\_\_\_\_ 4 x 800m

**Boys Frosh – Soph**

\_\_\_\_\_ 400IH  
\_\_\_\_\_ 110HH  
\_\_\_\_\_ 100m  
\_\_\_\_\_ 200m  
\_\_\_\_\_ 400m  
\_\_\_\_\_ 800m  
\_\_\_\_\_ 1600m  
\_\_\_\_\_ 2000m Steeplechase  
\_\_\_\_\_ Long Jump  
\_\_\_\_\_ High Jump  
\_\_\_\_\_ Shot Put  
\_\_\_\_\_ Triple Jump  
\_\_\_\_\_ 4 x 200m  
\_\_\_\_\_ 4 x 400m  
\_\_\_\_\_ 4 x 800m

**Varsity Girls Relays**

\_\_\_\_\_ 2000m Steeplechase  
\_\_\_\_\_ 4 x 100m  
\_\_\_\_\_ 4 x 200m  
\_\_\_\_\_ 4 x 400m  
\_\_\_\_\_ 4 x 800m

**Varsity Boys Relays**

\_\_\_\_\_ 3000m Steeplechase  
\_\_\_\_\_ 4 x 100m  
\_\_\_\_\_ 4 x 200m  
\_\_\_\_\_ 4 x 400m  
\_\_\_\_\_ 4 x 800m

\_\_\_\_\_ 4 x 100m Coaches, Parents, Alumni (No Fee)

**Girls Entry**

**Boys Entry**

Total # of Individuals \_\_\_\_\_ x \$5.00 = \_\_\_\_\_  
Total # of Relays \_\_\_\_\_ x \$15.00 = \_\_\_\_\_  
Total Girls Fee \$ \_\_\_\_\_

Total # of Individuals \_\_\_\_\_ x \$5.00 = \_\_\_\_\_  
Total # of Relays \_\_\_\_\_ x \$15.00 = \_\_\_\_\_  
Total Boys Fee \$ \_\_\_\_\_

*Payable To: South Shore Athletic Fund*

School Name \_\_\_\_\_  
School Address \_\_\_\_\_  
\_\_\_\_\_

Coaches Name \_\_\_\_\_  
Home Phone ( ) \_\_\_\_\_  
School Phone \_\_\_\_\_

**MAIL ENTRY with ROSTER TO :**

South Shore H.S.  
Athletic Department.  
6565 Flatlands Avenue  
Brooklyn, N.Y. 11236

Fax 718 377-6607

Questions ? call 718 377-7737  
evenings after 7:00pm

**Attn: Viking Classic**

