

**WESTHAMPTON BEACH
BOYS TRACK INVITATIONAL
SATURDAY, APRIL 26, 2008 @ 9:00 AM**

Dear Coach,

I would like to invite you to our 6th Boys Track Invitational at Westhampton Beach High School. All timing will be FAT provided by Just-In-Time-Racing. Athletes can enter in novice or open divisions. Relays will be in the open division only. Athletes will be limited to 3 events. Westhampton Beach High School has an all weather 6-lane track so the event will be rain or shine.

Fee: \$215.00 blanket entry or \$22.00 per event, \$25.00 per relay, payable to the WESTHAMPTON BEACH TRACK CLUB. If you have any questions or you need more information, please contact Jim Ford at 288-3800 ext.222. After 7pm 653-4819, cell 466-2287 or you can email me at jpford@optonline.net Entry deadline is April 18th. Please call me if your entry is late.

- 1. National Federation rules apply**
- 2. Three event rule**
- 3. Refreshments will be on sale**
- 4. Pin Spikes 3/16**
- 5. 3x5 relay cards should be filled out for all field events and relays. Stickers will be used for all running events so you may want to fill them out ahead of time. Name, School, Section XI competition number, Open, or Novice. We will assign numbers to schools outside of Section XI**
- 6. Medals to the top 6 in open and top 8 in novice**
- 7. The meet will end at 12:45 because the girls meet starts at 1PM**
- 8. Open runs before novice**
- 9. If an athlete exceeds the novice standard by a wide margin he will not be eligible for a medal. Coaches should place athletes accordingly.**
- 10. Pole vault will begin at 9:00 and starts at 8' Open Pole Vault only
Results will be posted on the Suffolk Coaches web site
Please join us. Have a great season.**

Registration Form

School_____

Coach_____

Work phone #_____

Home phone #_____

\$215.00 for boys blanket entry

\$22.00 per individual event

\$32.00 per relay

Please make checks payable to:

Westhampton Beach Track Club

And send to:

Jim Ford c/o

Westhampton Beach High School

49 Lilac Rd.

Westhampton Beach, New York 11978

Order of Events

Clerking will start at 8:45

9:00am	Novice
400 Int Hurdles	:71
1600m	5:28
100m	:13.1
800m	2:35
400m	:67
110HH	:19.5
200m	:28.9
3200m	12:15

Relays Open Only

4X100

4X400

4X800

Field Events 9:00 3 Jumps/Throws No Final

Novice Disc (79'), Novice LJ(15'), Novice HJ starts at 4'6", Open Pole Vault (7'), Open Shot

Followed by Open Disc, Open LJ, Open HJ (5'), Novice Shot (27'), Novice TJ (29') the Open TJ

The meet director and referee may make adjustments for novice competitions