

WESTHAMPTON BEACH Girls' TRACK
21 st ANNUAL SPRING TRACK INVITATIONAL
April 30, 2016 1pm start

Dear Coach, I would like to invite you to our 21st annual spring track invitational Saturday, April 30, 2016 at Westhampton Beach High School. Start time 1pm. This meet gives athletes on your team a chance to participate at three levels: open division, novice division and freshman in limited events (see schedule). Open division in relays only. Girls Pole Vault only open division starts at 1pm

Information:

Date: Saturday April 30, 2016 Time: 1pm Rain or Shine Site: Westhampton Beach High School (all Weather 6 lane track)

Fee: \$200. Payable to Westhampton Beach track club.

Schools will be billed equally for Officials.

Questions: call John Broich at 288-3800 ext. 222 during the school day or 725-9316 after 7pm.

MEET INFORMATION

Date: Saturday, April 30, 2016 Time: 1pm

- 1. Sanction by Section 11, national federation rules apply**
- 2. Four event rule**
- 3. FAT Timing**
- 4. Stickers for running events, 3x5 card for field and relays**
- 5. Open Runs last**
- 6. Medals to the top 6 in each division.**
- 7. Coaches place your athletes accordingly**
- 8. Pole Vaults starts at 6 feet**
- 9. Novice Standards are listed next to the events**

1. 400M HURDLES 76 sec
2. 1500M 5:30
3. Freshman 1500M
4. 100M 13.9
5. Freshman 100M
6. 1500M WALK 8:45
7. 800M 2:30
8. Freshman 800 M
9. 400M 69 sec
10. 100M HURDLES 19.9 sec
11. Freshman 100 M Hurdles
12. 200M 29 sec
13. 3000M 12:15
14. Open Shot then Novice shot 30 feet
15. Novice Discus then open discus 80 feet
16. Open Triple jump then Novice
17. Open Long then novice,
18. Relays 4x100, 4x400, 4x800

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REGISTRATION FORM

Mail completed form to:

**John Broich Westhampton Beach High School 49 Lilac road Westhampton
Beach, N.Y. 11978**

**Blanket Entry \$ 200.00 Total fee enclosed _____ Payable to
Westhampton Beach Track Club**

TEAM _____

School address _____

School phone _____ Coaches Name _____

Coaches Phone number (w) _____ (H) _____