



4th Annual S.I.H.S.T.& F.A. RELAYS Saturday December 1, 2018 at Ocean Breeze

RUNNING EVENTS

10:00 AM	S.I.T.R.A.C. Varsity Boys Distance Medley Relay (1200-400-800-1600)
10:30 AM	S.I.T.R.A.C. Varsity Girls Distance Medley Relay (1200-400-800-1600)
11:00 AM	Frosh/Soph Boys Distance Medley Relay (800-200-400-1600)
11:25 AM	Frosh/Soph Girls Distance Medley Relay (800-200-400-1600)
11:50 AM	Varsity Boys 4x200
12:10 PM	Varsity Girls 4x200
12:30 PM	Frosh Boys 4x200
12:40 PM	Frosh Girls 4x200
12:50 PM	Soph Boys 4x400
1:05 PM	Soph Girls 4x400
1:20 PM	Varsity Boys 4x400
1:35 PM	Varsity Girls 4x400
1:50 PM	Frosh/Soph Boys SMR (400-200-200-800)
2:15 PM	Frosh/Soph Girls SMR (400-200-200-800)
2:30 PM	Varsity Boys Sprint Medley Relay (400-200-200-800)
2:45 PM	Varsity Girls Sprint Medley Relay (400-200-200-800)
3:00 PM	Varsity Boys 3200
3:15 PM	Varsity Girls 3000

STRAIGHTAWAY

9:45 AM	Varsity Boys 55 Meter High Hurdles (Final on Time)
9:55 AM	Varsity Girls 55 Meter High Hurdles (Final on Time)

FIELD EVENTS (2 Person Relays)

10:00 AM	Boys Triple Jump Relay
11:00 AM	Boys Long Jump Relay
10:00 AM	Girls Triple Jump Relay
11:00 AM	Girls Long Jump Relay
10:00 AM	Boys Shot Put Relay
10:00 AM	Girls Shot Put Relay
12:00 PM	Boys Weight Throw (Girls to Follow)
10:00 AM	Girls Individual Pole Vault (Boys to Follow)
10:30 AM	Girls High Jump Relay (Boys to Follow)



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MEET INFO

- This meet is for teams of the S.I.H.S.T.&F.A. and a limited number of off-island teams. We recommend that you enter this meet early to guarantee acceptance. E-Mail CoachMancusi@aol.com to declare your intent to enter the meet ASAP.
- All athletes must have a shirt or singlet with the school name on it.
- **ROSTERS: Each team must upload a roster of athletes that will compete on directathletics.com by Tues 11/27.** No athletes may be added after the deadline. All athletes must compete with a bar coded sticker
- **EVENT RULE:** Boys & Girls are limited to TWO events.
- **SPIKE RULE:** Athletes may only wear 1/4 inch pyramid spikes.

CLERKING

- **CHECK-IN:** Seeding will be done at check in. The check-in area is located at the north-end of the track by the throwing cages.
- **RELAYS:** In the running relays, each team must submit a relay card with the school name, first/last names of the athletes, 4 bar coded stickers and a reasonable seed time.
- **HURDLES:** In the hurdles, athletes will wear a bar coded sticker with their school and first/last name on it.
- **FIELD EVENTS:** In the field events, athletes will tell give the official a bar coded sticker. We will add both measures/heights for the relay team. NO FINALS.
- We will be using FAT - All events are Final on Time.
- The Games Committee will be: Chris Mancusi (Pres.), Jim Hughes (VP) and Patricia Mulligan (Treasurer).
- Athlete Prizes: Top 5 in all events will earn medals.
- Team Prizes: None
- The meet director reserves the right to correct scoring mistakes to an indefinite period of time
- Coaches, athletes, and spectators are requested not to badger or show any disrespect to clerks, and officials
- **Coaches are asked to consider obtaining sponsors to help pay for the meet.**

FIELD EVENTS:

<u>TJ Boards</u> -	BOYS: 28, 32, 36, 40 GIRLS: 24, 28, 32
<u>LJ Boards</u> -	BOYS: 8, 12 feet GIRLS: 8 feet
<u>PV Heights</u> -	BOYS: 7', 8', then 6 inches at a time GIRLS: 5', 6', then 6 inches at a time
<u>HJ Opening-</u>	BOYS: 5', up 2 inches at a time GIRLS: 4', up 2 inches at a time
<u>Shot Put</u>	BOYS: 12 lb shot GIRLS: 4K Shot



ENTRY DUE BY MON 11/26/18

ENTRY FORM

BOYS

VARSITY DMR _____
 VARSITY 4x200 _____
 VARSITY 4x400 _____
 VARSITY SMR _____
 SOPH 4x400 _____
 FROSH 4x200 _____
 FROSH/SOPH SMR _____
 FROSH/SOPH DMR _____

 VARSITY 55 HH _____
 VARSITY 3200 _____
 VARSITY PV _____
 VARSITY WEIGHT _____

 VARSITY LJ RELAY _____
 VARSITY TJ RELAY _____
 VARSITY HJ RELAY _____
 VARSITY SHOT RELAY _____

GIRLS

VARSITY DMR _____
 VARSITY 4x200 _____
 VARSITY 4x400 _____
 VARSITY SMR _____
 SOPH 4x400 _____
 FROSH 4x200 _____
 FROSH/SOPH SMR _____
 FROSH/SOPH DMR _____

 VARSITY 55 HH _____
 VARSITY 3000 _____
 VARSITY PV _____
 VARSITY WEIGHT _____

 VARSITY LJ RELAY _____
 VARSITY TJ RELAY _____
 VARSITY HJ RELAY _____
 VARSITY SHOT RELAY _____

TOTAL # OF RUNNING RELAYS - _____ X \$20.00 = \$ _____
 TOTAL # OF FIELD RELAYS - _____ X \$10.00 = \$ _____
 TOTAL # OF INDIV EVENTS - _____ X \$6.00 = \$ _____

MAIL ENTRY AND CHECK TO:

CHRIS MANCUSI
 S.I.H.S.T.&F.A.
 132 DEMOPOLIS AVE
 STATEN ISLAND, NY 10308

_____ **Est. # of Athletes**

\$ _____
TOTAL ENTRY FEE

CHECKS PAYABLE TO THE S.I.H.S.T.&F.A

\$350.00 BLANKET FEE PER TEAM *\$500.00 COMBINED B/G TEAM

SCHOOL NAME	ADDRESS	CITY	STATE	ZIP
COACH NAME	COACH PHONE	COACH E-MAIL		



MEET RECORDS

BOYS

VARSITY 4x200	1:34.9	Susan Wagner <i>(Collazo, Zahrich, Lehn, Thompson)</i>	12/05/15
VARSITY 4x400	3:32.5	Newburgh <i>(Lawrence, Scott, Hanson, Walker)</i>	12/03/16
VARSITY SMR	3:37.85 FAT	Wagner (12/02/17
VARSITY DMR	10:46.6	St. Joseph Sea <i>(Guidici Pietro, Somma, Ruspantini, Velez)</i>	12/05/15
SOPH 4x400	3:43.8	Newburgh <i>(Gould, Lure, Gome, Timez)</i>	12/03/16
FROSH 4x200	1:41.2	Newburgh <i>(Lurea, Powel, Gomez, Rudd)</i>	12/03/16
FROSH/SOPH SMR	3:55.82 FAT	Iona Prep (12/02/17
FROSH/SOPH DMR	8:31.1	McKee/S.I. Tech <i>(Chan, Pecho, Li, Lynch)</i>	12/05/15
VARSITY 55 HH	7.89 FAT	Chinemerem Ononiwu Molloy	12/02/17
VARSITY 3200	9:58.65 FAT	Dom Boccia	12/02/17
VARSITY PV	15'-11"	Charles Crispi	12/02/17
VARSITY WEIGHT	61'-5.25"	Phil Rosendorf	12/03/16
VARSITY LJ RELAY	37'-5"	Iona Prep <i>(Moshette, Robinson)</i>	12/02/17
VARSITY TJ RELAY	78'-6.25"	McKee/S.I. Tech <i>(Ndoye, Cheung)</i>	12/05/15
VARSITY HJ RELAY	12'-0"	McKee/S.I. Tech <i>(Ndoye, Mirfield)</i>	12/05/15
VARSITY SHOT RELAY	84'-3.5"	McKee/S.I. Tech <i>(Mirfield, Spollen)</i>	12/03/16
VARSITY PV RELAY	22'-6"	Susan Wagner <i>(Broderick, Rosendorf)</i>	12/05/15
		Farrell <i>(Crispi, Caridad)</i>	12/05/15

GIRLS

VARSITY 4x200	1:51.5	Port Richmond <i>(Fabre, Ine, Nia, Johnson)</i>	12/03/16
VARSITY 4x400	4:20.1	St. Joseph Sea <i>(Connelly, Rutherford, Kolsin, Clark)</i>	12/03/16
VARSITY SMR	4:34.94 FAT	Ursuline School (12/02/17
VARSITY DMR	12:43.4	Benjamin Cardozo <i>(Perez, Martinez, Mean, Muccini)</i>	12/03/16
SOPH 4x400	4:31.2	Port Richmond <i>(Coye, Hunt, Stewart, James)</i>	12/05/15
FROSH 4x200	2:01.3	Bishop Loughlin <i>(Palmer, Hawkins, West, Satami)</i>	12/03/16
FROSH/SOPH SMR	4:33.51 FAT	Bishop Loughlin (12/02/17
FROSH/SOPH DMR	10:04.18 FAT	Ursuline School (12/02/17
VARSITY 55 HH	9.5	Aisa Jackson	12/03/16
VARSITY 3000	11:17.68 FAT	Emma Newgarden	12/02/17
VARSITY PV	8'-0"	Jody Ng	12/03/16
VARSITY WEIGHT	43'-2"	N. Umarani-Sanders	12/02/17
VARSITY LJ RELAY	31'-4.5"	Molloy <i>(Mardenborough, Josey)</i>	12/03/16
VARSITY TJ RELAY	63'-11"	St. Joseph Hill <i>(Harrington, Gorman)</i>	12/03/16
VARSITY HJ RELAY	9'-4"	McKee/S.I. Tech <i>(Razmadze, Williams)</i>	12/03/16
VARSITY SHOT RELAY	64'-3"	Wagner <i>(Umrani-Sanders, Groleau)</i>	12/02/17