



## 5th Annual S.I.H.S.T.& F.A. RELAYS Saturday December 7, 2019 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](mailto: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 12/3.** 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 12/2/19**

## 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

<b>VARSITY 4x200</b>	<b>1:34.24 FAT</b>	<b>Xaverian</b> <i>(Knapp, Conroy, Gilbert, Charles)</i>	<b>12/01/18</b>
<b>VARSITY 4x400</b>	<b>3:29.68</b>	<b>St. Joseph Sea</b> <i>(Masters, Palermo, Anzalone, Dias)</i>	<b>12/01/18</b>
<b>VARSITY SMR</b>	<b>3:37.85 FAT</b>	<b>Wagner</b> (	<b>12/02/17</b>
<b>VARSITY DMR</b>	<b>10:46.6</b>	<b>St. Joseph Sea</b> <i>(Guidicipietro, Somma, Ruspantini, Velez)</i>	<b>12/05/15</b>
<b>SOPH 4x400</b>	<b>3:43.8</b>	<b>Newburgh</b> <i>(Gould, Lure, Gome, Timez)</i>	<b>12/03/16</b>
<b>FROSH 4x200</b>	<b>1:41.2</b>	<b>Newburgh</b> <i>(Lurea, Powel, Gomez, Rudd)</i>	<b>12/03/16</b>
<b>FROSH/SOPH SMR</b>	<b>3:55.82 FAT</b>	<b>Iona Prep</b> (	<b>12/02/17</b>
<b>FROSH/SOPH DMR</b>	<b>8:31.1</b>	<b>McKee/S.I. Tech</b> <i>(Chan, Pecho, Li, Lynch)</i>	<b>12/05/15</b>
<b>VARSITY 55 HH</b>	<b>7.89 FAT</b>	<b>Chinemerem Ononiwu Molloy</b>	<b>12/02/17</b>
<b>VARSITY 3200</b>	<b>9:58.65 FAT</b>	<b>Dom Boccia</b>	<b>St. Peter's</b> <b>12/02/17</b>
<b>VARSITY PV</b>	<b>15'-11"</b>	<b>Charles Crispi</b>	<b>Farrell</b> <b>12/02/17</b>
<b>VARSITY WEIGHT</b>	<b>61'-5.25"</b>	<b>Phil Rosendorf</b>	<b>Wagner</b> <b>12/03/16</b>
<b>VARSITY LJ RELAY</b>	<b>38'-5.5"</b>	<b>Christ the King</b>	<i>(Sundar, Vazquez)</i> <b>12/01/18</b>
<b>VARSITY TJ RELAY</b>	<b>79'-10"</b>	<b>Christ the King</b>	<i>(Wright, Thomas)</i> <b>12/01/18</b>
<b>VARSITY HJ RELAY</b>	<b>12'-0"</b>	<b>McKee/S.I. Tech</b>	<i>(Ndoye, Mirfield)</i> <b>12/05/15</b>
	<b>12'-0"</b>	<b>McKee/S.I. Tech</b>	<i>(Mirfield, Spollen)</i> <b>12/03/16</b>
<b>VARSITY SHOT RELAY</b>	<b>84'-3.5"</b>	<b>Susan Wagner</b>	<i>(Broderick, Rosendorf)</i> <b>12/05/15</b>
<b>VARSITY PV RELAY</b>	<b>22'-6"</b>	<b>Farrell</b>	<i>(Crispi, Caridad)</i> <b>12/05/15</b>

## GIRLS

<b>VARSITY 4x200</b>	<b>1:47.56 FAT</b>	<b>Bishop Loughlin</b> <i>(Derrick-Bain, Patterson, White, Palmer)</i>	<b>12/01/18</b>
<b>VARSITY 4x400</b>	<b>4:20.1</b>	<b>St. Joseph Sea</b> <i>(Connelly, Rutherford, Kolsin, Clark)</i>	<b>12/03/16</b>
<b>VARSITY SMR</b>	<b>4:19.59 FAT</b>	<b>Bishop Loughlin</b> <i>(White, Palmer, Patterson, Salami)</i>	<b>12/01/18</b>
<b>VARSITY DMR</b>	<b>12:43.4</b>	<b>Benjamin Cardozo</b> <i>(Perez, Martinez, Mean, Muccini)</i>	<b>12/03/16</b>
<b>SOPH 4x400</b>	<b>4:31.2</b>	<b>Port Richmond</b> <i>(Coye, Hunt, Stewart, James)</i>	<b>12/05/15</b>
<b>FROSH 4x200</b>	<b>2:01.3</b>	<b>Bishop Loughlin</b> <i>(Palmer, Hawkins, West, Satami)</i>	<b>12/03/16</b>
<b>FROSH/SOPH SMR</b>	<b>4:33.51 FAT</b>	<b>Bishop Loughlin</b> (	<b>12/02/17</b>
<b>FROSH/SOPH DMR</b>	<b>10:04.18 FAT</b>	<b>Ursuline School</b> (	<b>12/02/17</b>
<b>VARSITY 55 HH</b>	<b>9.38 FAT</b>	<b>Brianne Derrick-Bain</b>	<b>Bishop Loughlin</b> <b>12/01/18</b>
<b>VARSITY 3000</b>	<b>11:17.68 FAT</b>	<b>Emma Newgarden</b>	<b>St. John Villa</b> <b>12/02/17</b>
<b>VARSITY PV</b>	<b>8'-0"</b>	<b>Jody Ng</b>	<b>Wagner</b> <b>12/03/16</b>
<b>VARSITY WEIGHT</b>	<b>43'-2"</b>	<b>N. Umarani-Sanders</b>	<b>Wagner</b> <b>12/02/17</b>
<b>VARSITY LJ RELAY</b>	<b>31'-4.5"</b>	<b>Molloy</b>	<i>(Mardenborough, Josey)</i> <b>12/03/16</b>
<b>VARSITY TJ RELAY</b>	<b>63'-11"</b>	<b>St. Joseph Hill</b>	<i>(Harrington, Gorman)</i> <b>12/03/16</b>
<b>VARSITY HJ RELAY</b>	<b>9'-4"</b>	<b>McKee/S.I. Tech</b>	<i>(Razmadze, Williams)</i> <b>12/03/16</b>
<b>VARSITY SHOT RELAY</b>	<b>64'-3"</b>	<b>Wagner</b>	<i>(Umrani-Sanders, Groleau)</i> <b>12/02/17</b>