



S.I.H.S.T.& F.A. RELAYS

Saturday December 3, 2016 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
12:05 PM	Varsity Girls 4x200
12:20 PM	Frosh Boys 4x200
12:30 PM	Frosh Girls 4x200
12:40 PM	Soph Boys 4x400
12:50 PM	Soph Girls 4x400
1:00 PM	Varsity Boys 4x400
1:20 PM	Varsity Girls 4x400
1:40 PM	Frosh/Soph SMR (400-200-200-800)
1:50 PM	Frosh/Soph SMR (400-200-200-800)
2:00 PM	Varsity Boys Sprint Medley Relay (400-200-200-800)
2:15 PM	Varsity Girls Sprint Medley Relay (400-200-200-800)
2:30 PM	Varsity Boys 3200
2:45 PM	Varsity Girls 3000

STRAIGHTAWAY

10:30 AM	Varsity Boys 55 Meter High Hurdles (Final on Time)
10:45 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	(Girls to Follow)
12:00 PM	Boys Weight Throw	(Girls to Follow)
10:00 AM	Girls Individual Pole Vault	(Boys to Follow)
10:00 AM	Girls High Jump Relay	(Boys to Follow)



S.I.H.S.T.& F.A. RELAYS

Saturday December 3, 2016 at Ocean Breeze

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.
- **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 and a reasonable seed time.
- **HURDLES:** In the hurdles, athletes will wear a sticker with their school and first/last name on it.
- **FIELD EVENTS:** In the field events, athletes will tell the official their name/school - No stickers or cards are needed. We will add both measures/heights for the relay team. NO FINALS.
- We will be using hand-time for this meet. 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 11/28/16

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	3:33.6	St. Joseph Sea <i>(Mahoney, Velez, Ruspantini, Guidici Pietro)</i>	12/05/15
VARSITY SMR	3:44.2	St. Peter's <i>(Muccio, Brown, Pagan, Farley)</i>	12/05/15
VARSITY DMR	10:46.6	St. Joseph Sea <i>(Guidici Pietro, Somma, Ruspantini, Velez)</i>	12/05/15
SOPH 4x400	4:01.9	Susan Wagner <i>(Abdalla, Thompson, Rama, Hernandez)</i>	12/05/15
FROSH 4x200	1:49.7	St. Joseph Sea <i>(Scanni, Anzalone, Masters, Palermo)</i>	12/05/15
FROSH/SOPH SMR		First year contested	
FROSH/SOPH DMR	8:31.1	McKee/S.I. Tech <i>(Chan, Pecho, Li, Lynch)</i>	12/05/15
VARSITY 55 HH	8.2	Kevin Kerliu McKee/S.I. Tech	12/05/15
VARSITY 3200		First year contested	
VARSITY PV		First contested in 2016 in place of the Var PV Relay	
VARSITY WEIGHT		First year contested	
VARSITY LJ RELAY	34'-1.5"	St. Joseph Sea <i>(Mahoney, Cottone)</i>	12/05/15
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"	Susan Wagner <i>(Broderick, Rosendorf)</i>	12/05/15
VARSITY PV RELAY	22'-6"	Farrell <i>(Crispi, Caridad)</i>	12/05/15

GIRLS

VARSITY 4x200	1:52.8	Tottenville <i>(Elder, Mangano, Hourican, Skonieczny)</i>	12/05/15
VARSITY 4x400	4:24.2	Tottenville <i>(Elder, Mangano, Bartley, Skonieczny)</i>	12/05/15
VARSITY SMR	4:43.7	St Joseph Hill <i>(Gorman, McDonouh, Roccaro, Carney)</i>	12/05/15
VARSITY DMR	13:45.1	McKee/S.I. Tech <i>(Drennan, Nawal, Murray, Williams)</i>	12/05/15
SOPH 4x400	4:31.2	Port Richmond <i>(Coye, Hunt, Stewart, James)</i>	12/05/15
FROSH 4x200	2:04.3	Curtis <i>(Mitchell, Kinard, Collins, Dashields)</i>	12/05/15
FROSH/SOPH SMR		First year contested	
FROSH/SOPH DMR	10:39.1	McKee/S.I. Tech <i>(Maliborska, Centeno, Lou, Williams)</i>	12/05/15
VARSITY 55 HH	9.8	Aisa Jackson Curtis	12/05/15
VARSITY 3000		First year contested	
VARSITY PV		First contested in 2016 in place of the Var PV Relay	
VARSITY WEIGHT		First year contested	
VARSITY LJ RELAY	26'-7"	Port Richmond <i>(Gonzales, Jones)</i>	12/05/15
VARSITY TJ RELAY	61'-6.5"	St. Joseph Hill <i>(Harrington, Gorman)</i>	12/05/15
VARSITY HJ RELAY			
VARSITY SHOT RELAY	62'-7.5"	Susan Wagner	12/05/15