

NASSAU-SUFFOLK CATHOLIC HIGH SCHOOLATHLETIC ASSOCIATION

NSCHSAA CHRISTMAS CLASSIC MEET

Friday, December 21, 2018 at St. Anthony's High School

4:30 pm – 9:30 pm      Doors to track open at 3:00 pm

ORDER OF EVENTS – Two Events Per Person

Varsity followed by freshmen    Freshmen events are final on time      Seeded sections will run first

- |                                 |  |
|---------------------------------|--|
| 1) Boys' 55m High Hurdles       | 6 Fastest Advance  |
| 2) Girls' 55m High Hurdles      | 6 Fastest Advance  |
| 3) Boys' 3200m Run              | 2 Sections – Must be able to run 11:00 Minutes or better |
| 4) Girls' 3000m Run             | 2 Sections – Must be able to run 12:30 minutes or better |
| 5) Girls' 55m High Hurdles      | Final  |
| 6) Boys' 55m High Hurdles       | Final  |
| 7) Boys' 55m Dash               | 6 Fastest Advance  |
| 8) Girls' 55m Dash              | 6 Fastest Advance  |
| 9) Boys' 600m Run               | Final  |
| 10) Girls' 600m Run             | Final  |
| 11) Boys' 55m Dash              | Final  |
| 12) Girls' 55m Dash             | Final  |
| 13) Boys' 1000m Run             | Final  |
| 14) Girls' 1000m Run            | Final  |
| 15) Boys' 1600m Run             | Final  |
| 16) Girls' 1500m Run            | Final  |
| 17) Boys' 300m Dash             | First 12 sections in lanes – Final                       |
| 18) Girls' 300m Dash            | First 12 sections in lanes – Final                       |
| 19) Boys' Freshmen Mile Medley  | 400-200-200-800  |
| 20) Girls' Freshmen Mile Medley | 400-200-200-800  |
| 21) Boys' 1600m Relay           |  |
| 22) Girls' 1600m Relay          |  |
| 23) Boys 800m Relay             |  |
| 24) Girls' 800m Relay           |  |

FIELD EVENTS

Boys' Shot Put first then Girls' Shot Put – Top 18 will be seeded and throw first, then all others will throw.

Boys' Freshmen will use the 8lb shot and throw after the varsity boys'

Girls High Jump 3'9 – 4'0 – 4'3 – 4'6 – 4'8 – 4'10 – Then 1 inch

Boys High Jump will follow the girls' High Jump

Boys' High Jump 4'6 – 4'9 – 5'0 – 5'3 – 5'6 – 5'8 – 5'10 – 6'

Boys Long Jump      Must use 12' Board, one measurement under 16' -

Freshmen Boys must also use the 12' Board.

Girls Long Jump to Follow the Boys Long Jump. One measurement under 12'

Boys Triple Jump first with one measurement under 36'

Girls Triple jump follows the Boys', with one measurement under 25'

Girls' Pole Vault goes first starting at: 6' – 6'6 – 7'0 – 7'6 – 8' – 8'6 – 9'0 – 9'6 – 10'

Boys Pole Vault starting height is: 7'6" – 8'0 – 8'6 – 9'0 – 9'6 – 10' – 10'6 – 11', ect

# **NSCHSAA Christmas Classic Rules and Procedures**

## **NO SPIKES**

**Varsity Events are followed by Freshmen Events**

**Freshmen events are final on time**

**We will be using bar-coded labels for all events. Competitors will need one label for each event they are competing in.**

**We will be using 3 x 5 index cards for all Field Events and Relays. Place label on index card and submit To the official., make sure you seed your athlete.**

**Medals to the top three in each event**

**Seeded sections will run first.**

**Make sure your athlete clerks in on time**

**FAT for first 12 heats of Hurdles and 55m Dash – FAT for top 4 sections of 600**

**Results will be LIVE**