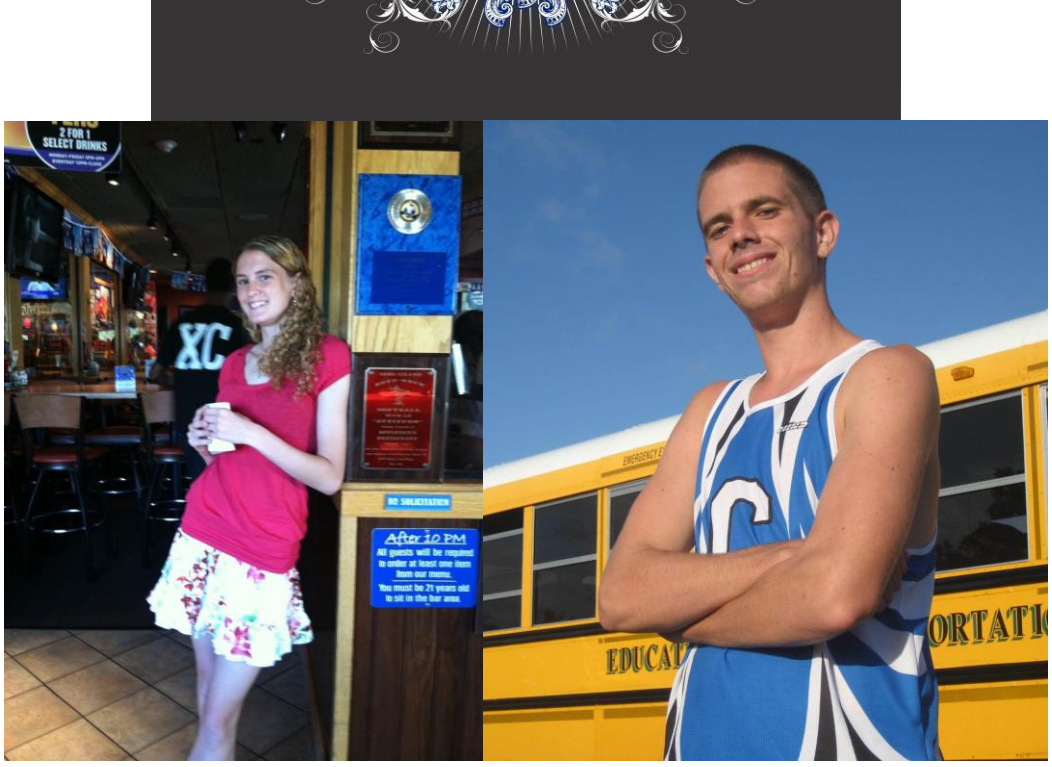
9th Annual

Christopher Urban & Brittney Walsh

Memorial Track & Field Invitational

Monday, May 13, 2019



Walter G. O'Connell-Copiague HS

With music by DJ Tony Pre again…

Grand-nephew of famed distance star ***Steve Prefontaine***!

Copiague High School

Clerking: Begins at 3:45pm

- **This meet is open to all HS boys and girls**.
- Athletes may compete in any three (3) events.
- Limit of two teams per school in each of the relays.
- **There will not be any separate Frosh/Soph events; Varsity only**
- Please use Just-In-Time-Racing numbers & stickers for all events (event, name, school, grade, & comp. # from http://www.just-in-time-racing.com/outdoor.htm)

Awards:

- Incredibly distinctive and original medals will be given to the top three finishers in all events.

Spikes:

- ¼ in maximum length can be worn on all runways and the track.

Food, Fun & Music:

- Hot BBQ & cold food and drinks will be on sale the day of the meet,
  as well as Invite T-shirts ($10)
- ***Aerial photography & video will be taken!***
- ***DJ Tony Pre is back!***

Entry Fees:

- **Section XI teams:** $200.00 blanket fee, or $20.00 per individual & $30.00 per relay
  - **Boys & Girls combined:** $325.00 **Minimum entry fee is $30.00**
- **Non-Section XI teams:** $225.00 blanket fee, or $20.00 per individual & $30.00 per relay
  - **Boys & Girls combined:** $350.00 **Minimum entry fee is $30.00**

This is an entry fee not a participation fee & the meet will be capped at 25* teams.

- **Blanket Fee:** allows for unlimited individual entries.

Copiague High School

"Most people run a race to see who is fastest. I run a race to see who has the most guts."
---Steve Prefontaine

ORDER OF EVENTS

RUNNING EVENTS START AT 3:45 PM

- ***Girls Events Followed by Boys*** **(except hurdle finals)**
- ***Verbal seeds for all running events***
- ***ALL ATHLETES MUST HAVE A COMPETITOR NUMBER***

- **2000/3000 Steeplechase (***only one heat each-top 16 entrants; pre-seeded)**
  - **Pre-seeded seeded at www.JUST-IN-TIME-RACING.com**
- **100/110 HH (semis)**
- **1500/1600-*Chris Urban Memorial Event***
- **110/100 HH (finals)--- boys final 1st**
- **100 (semis)**
- **400**
- **Copiague Elementary School 4 x 100**
- **100 (finals)**
- **800**
- **400IH**
- **200 (finals on time)**
- **4 x 800**
- **4 x 400**
- **4 x 100**

FIELD EVENTS START AT 3:45PM

ALL FIELD EVENTS will be seeded prior on www.JUST-IN-TIME-RACING.com

- **Only the top 20 (boys & girls) pre-seeded athletes will be allowed to compete in the Shot, Disc, LJ & TJ; top 15 (boys & girls) in the PV**
- **There will *NOT* be finals in any of the field events**
- ***ALL ATHLETES MUST HAVE A COMPETITOR NUMBER***

- **GIRLS SHOT –minimum 25', FOLLOWED BY BOYS SHOT minimum 40'**
- **BOYS DISC- minimum 100', FOLLOWED BY GIRLS DISC- minimum 70'**
- **BOYS LJ – minimum 18', FOLLOWED BY GIRLS LJ- minimum 14', *followed by***
- **BOYS TJ- minimum 38', FOLLOWED BY GIRLS TJ- minimum 30'**
- **GIRLS HIGH JUMP- opening at 4'06, then up by 3" to 4'09, 5'0, 5'02, 5'04;FOLLOWED BY BOYS HJ- opening at 5'06, then up by 3" to 5'09, 6'00, then up by 2" to 6'02, 6'04**

- **GIRLS POLE VAULT –opening at 7' then up by 6" to 10'00, with BOYS POLE VAULT beginning at 9'00, then up by 6" to 12'00.**

Copiague High School's

9th Annual Urban & Walsh Memorial Invitational

In honor & memorial of Christopher Urban & Brittney Walsh
Monday, May 13, 2019

Entries Due: May 10th, 2019

Entries received after may be denied entry.
Meet will be limited to the first 25 teams with paid entry!

School: _____(circle one) **BOYS GIRLS**

Coach's Name: _____

Coaches Email: _____

School Phone # (____) _____ Coach's Phone # (____) _____

Approximate # of overall athletes attending: _____

Entry Fees:

- **Please circle one** Section XI team **OR** Non-Section XI team
  If using blanket fee: $200.00 $225.00

Combined Section XI Teams **OR** Combined Non-Section XI Teams
$325.00 $350.00

OR

- # of individuals _____ X $20.00 each = _____
- # of relays _____ X $30.00 each = _____

- **TOTAL AMOUNT DUE = _____**
- **Minimum entry fee is $30.00**

This is an entry fee not a participation fee & the meet will be capped at 25 teams.

Make checks or PO's payable to
Copiague High School - Booster Club and send to:

COPIAGUE H.S.---c/o George Schroeder---1100 Dixon Avenue---Copiague, New York 11726

Questions---Comments---Concerns
Contact--- **gschroeder@copiague.net** or call/text (516) 672-4086