8th Annual
Cougar Invite
Saturday, April 13th



JFK Bellmore High School
3000 Bellmore Ave
Bellmore, NY 11710
9:15 am rain or shine

Seeding: Three-event limit with verbal seeding in running events. Cards only needed for field events and relays.

Awards: Medals - Bagged and awarded to top 6 overall and top 3 in freshman/sophomore events. All heat winners will receive a medal.
Winners of Cougar 3200/3000 and open 100 will receive trophies.

Equipment: Spikes are allowed, please supply a relay baton and starting blocks.

Event Info: ***New for 2019- Pole Vault now added***
Frosh/Soph will compete in their own sections.
Food, drinks and T-shirts will be on sale.
The cost of officials will be split between schools.
The Cougar 3200/3000 will only have 9 runners. After each lap (first 200 for the girls) the last place runner will stop running. The last lap will have only two runners left.

The Cougar Invite at JFK Bellmore High School – April 13th

School:

_____

Athletic Director name and number:

_____

Please circle one:

Nassau County Team:	BOYS	GIRLS	BOYS & GIRLS
(ONLY public schools)	$160.00	$160.00	$320.00
Non Nassau County:	$180.00	$180.00	$360.00
(CHSAA located in Nassau County included)			

Boys Coach: _____

Phone: _____ e-mail:_____

Approximate # of athletes: Runners_____Jumpers_____Throwers_____

Girls Coach: _____

Phone: _____ e-mail:_____

Approximate # of athletes: Runners_____Jumpers_____Throwers_____

Checks or PO's payable to: Bellmore-Merrick Central High School District
Entries can be faxed to (516) 785-7198
Payments and entries should be sent to:
Chris Mammone - JFK Bellmore Girls Track Coach
3000 Bellmore Ave.
Bellmore, NY 11710
If you plan on attending or have any questions regarding the meet contact Coach Chris Mammone at moner2000@aol.com or cell phone (516) 647-1854.
*****Coaches you are not entered in the meet unless you hear from me.*****
Entries due on April 6th please contact me if there are any concerns.

The Cougar Invite
Saturday April 13th
JFK Bellmore High School

Meet Order - 9:15 am start
Boys will run first for all track events
****The Cougar 3200/3000 will be seeded at the beginning of the meet.****
400 intermediate hurdles (open only)
200 (open only)
Cougar 3200/3000 (open only)
800 (open only)
100 semi-finals (open, frosh/soph)
110 high hurdles/100 high hurdles (open only)
400 (open, frosh/soph)
100 finals (open, frosh/soph)
1600/1500 (open)
4 x 400 meter relay (open only)

Field events will start at 9:15 am
Minimal measurements will be used after first mark.
Shot Put (Girls first) Boys: 20' f/s, 25' open, Girls: 15' f/s, 20' open
Discus (Boys first) Boys: 60' f/s, 80' open, Girls: 40' f/s, 60' open

Long Jump (Boys first followed by girls) Boys: 15 f/s, 18' open, Girls: 13' f/s, 16 open
Triple Jump (Boys first followed by girls) Boys: 25' f/s, 30' open, Girls: 23' f/s, 28' open
Pole Vault (Girls first followed by boys) Opening Height Girls: 6'0, Boys: 8'0
******Long Jump and Triple Jump will be limited to three athletes per section. For example, 3 boys open section and 3 frosh/soph section.*****

High Jump (Girls and boys will compete at same time)
3-8 staring height, 4-8 starting height boys

"Athletes with goals succeed because they know where they're going," - Earl Nightingale

Form **W-9**
(Rev. December 2011)
Department of the Treasury
Internal Revenue Service

Request for Taxpayer Identification Number and Certification

Give Form to the requester. Do not send to the IRS.

Print or type
See Specific Instructions on page 2.

Name (as shown on your income tax return)
Bellmore-Merrick CHSD

Business name/disregarded entity name, if different from above

Check appropriate box for federal tax classification:
☐ Individual/sole proprietor ☐ C Corporation ☐ S Corporation ☐ Partnership ☐ Trust/estate

☐ Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=partnership) ▶

☐ Exempt payee

☒ Other (see instructions) ▶ School District

Address (number, street, and apt. or suite no.)
1260 Meadowbrook Rd.

Requester's name and address (optional)

City, state, and ZIP code
North Merrick, NY 11566

List account number(s) here (optional)

Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on the "Name" line to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN* on page 3.

Note. If the account is in more than one name, see the chart on page 4 for guidelines on whose number to enter.

Social security number
[ ][ ][ ] - [ ][ ] - [ ][ ][ ][ ]

Employer identification number
11 - 6000284

Part II Certification

Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding, and
3. I am a U.S. citizen or other U.S. person (defined below).

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 4.

Sign Here Signature of U.S. person ▶ Kate Fean Date ▶ 3/15/12

General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

Purpose of Form

A person who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) to report, for example, income paid to you, real estate transactions, mortgage interest you paid, acquisition or abandonment of secured property, cancellation of debt, or contributions you made to an IRA.

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN to the person requesting it (the requester) and, when applicable, to:

1. Certify that the TIN you are giving is correct (or you are waiting for a number to be issued),
2. Certify that you are not subject to backup withholding, or
3. Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the withholding tax on foreign partners' share of effectively connected income.

Note. If a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.

Definition of a U.S. person. For federal tax purposes, you are considered a U.S. person if you are:

- An individual who is a U.S. citizen or U.S. resident alien,
- A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States,
- An estate (other than a foreign estate), or
- A domestic trust (as defined in Regulations section 301.7701-7).

Special rules for partnerships. Partnerships that conduct a trade or business in the United States are generally required to pay a withholding tax on any foreign partners' share of income from such business. Further, in certain cases where a Form W-9 has not been received, a partnership is required to presume that a partner is a foreign person, and pay the withholding tax. Therefore, if you are a U.S. person that is a partner in a partnership conducting a trade or business in the United States, provide Form W-9 to the partnership to establish your U.S. status and avoid withholding on your share of partnership income.