17th Annual Bulldog Invitational

Hewlett High School



May 18, 2019

Coaches' Notes

1) Remember that this is an entry fee, not a participation fee. This meet is sponsored by Hewlett High School and enforces all NF, NYSPHAA and Section VIII rules.
2) **Entry Fee**: Flat Fee of $175/team or $350 for combined B/G entry (not school).
    a. *Schools will also be billed for one/part of an official each through BOCES.*
    Make checks payable to "Hewlett Varsity Club"

    Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!

3) 3 event limit. (Pentathlon counts as 3 events.)
4) Awards: Medals to top 6 in all elite events and top 3 in all open events. Track AOM & Field AOM for both boys and girls.
5) Equipment: Starting blocks and ¼" spikes are allowed. Bring your own batons.
6) Send in your paperwork ASAP! If you have any questions feel free to contact us.
    a. Eamon McHugh – runhard400@gmail.com
    b. Stephen Honerkamp – coachh101@aol.com
7) Concessions: Once again we have gone out of control this year! The Barbeque Pit will be open for concessions, and will be selling great gear and t-shirts.

Instructions for Seeded Events

- **AGAIN!**- We will be using www.just-in-time-racing.com for results and timing.
- Based upon coaches input, ***the only seeded events that will need to be pre-entered are the pentathlon, discus, Swedish Relay and MMR.***
- Instructions on how to enter online seeds will follow upon receipt of your entry.

Bulldog Invitational

****Pole Vault starts at 8:45!!****

Order of Events (9:30 start – First event called at 9:15 – Boys followed by Girls)

Girls' 1500m racewalk – 9:00 START TIME
Pentathlon 110HH
110HH
Pentathlon 100HH
100HH
4x100m – semi
Elementary School 4x100m
1600m/1500m – seeded
100m – open semi
100m – seeded semi
400IH
100m – open final
100m – seeded final
400m – seeded
Tuffarello 440yds – **SENIORS ONLY (everyone gets a medal)**
4x100m – final
800m
Swedish Medley Relay – (100-200-300-400)
SMR – (100-100-200-400)
Coaches/Alumni SMR Relay (100-100-200-400)
200m
Throwers 4x100m (Each athlete must have been in either the shot or the disc to be eligible.)
4x400m
1600m/1500m – open

Field Events *(see attached grid for entry limitations)*

Pole Vault – Girls / Boys (8:45 start) **Starting Heights – Boys = 9' / Girls = 7'**
High Jump – Boys & Girls together – 2 mats (after the conclusion of the pent HJ)
Starting Heights – Boys = 5'4" / Girls = 4'4"

The first legal mark will be measured then athletes must meet the minimum to be measured.

Shot Put – Boys Seeded / Girls Seeded / Boys Open / Girls Open
Minimum Distances – Boys = 35' / Girls = 25'
Discus – Girls / Boys **(40 competitors maximum)**
Minimum Distances – Boys = 90' / Girls = 70'
Interior Runway – Girls Seeded LJ / Boys Seeded LJ / Boys TJ / Open LJ G-B
Pole Vault Runway – Girls TJ (at the conclusion of the PV)
Minimum Distances – Boys = 18' and 36' / Girls = 14' and 28'

Event Grid

You do NOT need to send this in!

This is for your purposes only to make sure you email any entries that are required and that you do not plan to enter more athletes than you are allowed to in any event.

Event	Seeded	Open
100m	no limit	no limit
200m	no limit	not contested
400m	no limit	440yds. Sr. Only Race
800m	no limit	not contested
1600m/1500m	3 entrants maximum	no limit
110HH/100HH	no limit	not contested
400IH	no limit	not contested
Girls 1500m Walk	no limit – 9:00 START	not contested
4x100m	two teams maximum	not contested
4x400m	two teams maximum	not contested
Sprint Medley Relay (1-1-2-4)	two teams maximum – only two heats will be run. – **email entries**	not contested
Swedish Relay (1-2-3-4)	two teams maximum – only two heats will be run. – **email entries**	not contested
Throwers 4x100m	two teams maximum	not contested
Pole Vault	3 entrants maximum - **email entries**	not contested
Shot Put	3 entrants maximum - **email entries**	2 entrants maximum
Discus	4 entrants maximum - **email entries**	not contested
High Jump	3 entrants maximum - **email entries**	not contested
Long Jump	3 entrants maximum - **email entries**	2 entrants maximum
Triple Jump	3 entrants maximum - **email entries**	not contested
Pentathlon	2 entrants maximum - **email entries**	not contested

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May 18, 2019 - @Hewlett High School
Entry Form

Boys Entry Fee- Flat Fee = $175 _____
OR
Email for small team entry.

Girls Entry Fee- Flat Fee = $175 _____
OR
Email for small team entry.

OR

Combined Boys / Girls Entry Fee = $350 = _____

****All schools will also be billed for one/part of an official through BOCES****

Your P.O./check MUST be in by meet day or you risk not being allowed to compete!!

Information:

School _____

Boys' Coach _____

Email _____

Phone # _____

School _____

Girls' Coach _____

Email _____

Phone # _____

Notes

- Make checks payable to "Hewlett Varsity Club". ➢ Entry due date is Friday, May 10, 2018.
- Fax # - 516-374-4571 – c/o Eamon McHugh
- Mail entry to: Woodmere Middle School
  Eamon McHugh
  1170 Peninsula Blvd.
  Hewlett, NY 11557

  Email: runhard400@gmail.com