

# The 1st Annual Green & Gold Invitational Track Meet

Westbury High School Donald R. Ross Track & Field Complex

Saturday, May 4<sup>th</sup>, 2024

Start Time - 4:00pm

## ENTRY OPTIONS

PLAN A: \$15.00 per individual entry and \$35.00 per relay.

PLAN B: \$300.00 Maximum Entry – Unlimited entries in all events for Single Gender Entry (boys or girls)

PLAN C: \$550.00 Maximum Entry – Unlimited entries in all events for both boys and girls.

**Entries close on Wednesday 05/01/2024 NO LATER THEN 8:00pm**

The total entry fee must be enclosed.

Make checks payable to: the **Westbury Track Club**

MAIL TO: Westbury High School

C/O DONALD ROSS

1 Post Road

OLD WESTBURY, NY 11568

**REMEMBER THIS IS AN ENTRY FEE - NOT A PARTICIPATION FEE!!!!**

*Entry Restrictions: An athlete may compete in any three events*

*Entry Procedure: All entries must be done online through [NY.Milesplit.com](https://www.ny.milesplit.com) – **DUE ONLINE 05/01/2024@8pm***

**ENTER ONLINE THROUGH MILESPLIT**

## MEET ODDS AND ENDS

1. Please Note: The Three-Event rule is in effect for all athletes.
2. Athletes in the first two heats of the 200m, 400m and 4x100, 4x400 and finals are allowed to use starting blocks.
3. All events are final on time except for the 100m, 100h/110h, and 4x100m.
4. Please have your buses park in the Westbury Middle School parking lot 455 Rockland St, Westbury, NY 11590
5. Any questions please contact Donald Ross – [dross@westburyschools.org](mailto:dross@westburyschools.org)
6. There will be absolutely no taunting or unsportsmanlike conduct to any of the athletes int the events.

# 1st Annual Green & Gold Invitational

Dear Track and Field Coaches:

We want to thank you for choosing to participate in this year's 1<sup>st</sup> Annual Green and Gold Invitational Track Meet. We are very excited to be hosting this year's prestigious meet. We're hoping this meet will be described as "One of the biggest meets on Long Island"

The meet will be held on Saturday, May 4<sup>th</sup>, 2024, at Westbury High School in Old Westbury, New York at the Donald R. Ross Track & Field Complex. All events will begin at 4PM. BUSES MUST ARRIVE ON-SITE NO EARLIER THEN 3PM DUE TO S.A.T. EXAMS. Commemorative Green and Gold Meet t-shirts will also be sold. Our "A Taste Of The Caribbean" food options will have you running back for more!

**ALL NASSAU COUNTY SCHOOLS ENTERED IN THE MEET WILL SPLIT THE COST OF OFFICIALS THROUGH BOCES.**

Entry Fee:

PLAN A: \$15.00 per individual entry and \$35.00 per relay.

PLAN B: \$300.00 Maximum Entry – Unlimited entries in all events for Single Gender Entry (boys or girls)

PLAN C: \$550.00 Maximum Entry – Unlimited entries in all events for both boys and girls.

Checks in full must be received by May 1<sup>st</sup>, 2024. MAKE CHECK PAYABLE TO Westbury Track Club

Mail to: Westbury High School

C/O DONALD ROSS

1 Post Road,

Old Westbury, New York 11568

**Head Meet Director**

**Co-Meet Directors**

Donald Ross – [dross@westburyschools.org](mailto:dross@westburyschools.org)  
1-516-445- 6363

Drew Harrison - [drharrison@westburyschools.org](mailto:drharrison@westburyschools.org)  
1-516-286-1364

Darin Harrison – [dharrison@westburyschools.org](mailto:dharrison@westburyschools.org)  
1-516-547-1574

Eric Banks – [ebanks@westburyschools.org](mailto:ebanks@westburyschools.org)

Athletic Director

Doric Capsis – [dcapsis@westburyschools.org](mailto:dcapsis@westburyschools.org)  
1-516-876-5075

Dear Coach,

This is a limited entry meet. **Only two relay teams per relay/per gender. Competitors may enter up to three different events**

### **Registration and Seeding Guidelines**

- Entries will close on **Wednesday, May 1<sup>st</sup>, 2024 at 8 pm**. We will NOT, under any circumstances, accept entries beyond the date.
- **Top 6 Athletes advance to finals in the Hurdles, 100m, and the 4x100m Relay.**
- Athletes participating in both field and running events **must make sure they notify the field event officials** when they leave and then again when they return on time. Girls Long/Triple Jumpers will be in **Pit 1** while Boys are in **Pit 2**
- **SCORING:** Six places: 10-8-6-4-2-1
- **AWARDS:** 1<sup>st</sup> place team trophy will be presented to the boys' and girls' team that accumulate the most points. A 1<sup>st</sup> Place Trophy is to be awarded to the winner of each Invitational event. Medals will be awarded to places 2 through 6 in INVITATIONAL events. Medals will be awarded to places 1-6 in all other events. **The Outstanding Athlete Award** and **Invitational Champion Award** will be presented to the outstanding boy and girl athletes of the meet.
- After the Opening Ceremony a mandatory coach's meeting will take place on the infield
- Our finish line will feature **Fully Automatic Timing**. Finish Right Timing Live results [@finishright.com](https://www.finishright.com)
- **Spike Policy:** The only acceptable spikes allowed on the track surface are ¼ pyramid spikes, in either 5 spike or 6 spike shoe models. All spikes must be checked prior to the competition.
- Batons: Teams must supply their own batons.
- THIS MEET WILL BE SANCTIONED ONLY BY NYSPHAA, PSAL, CHSAA AND WILL FOLLOW ALL NFHS RULES AND GUIDELINES.

# **GREEN AND GOLD INVITATIONAL**

## **ORDER OF EVENTS**

### **Opening Ceremony**

**G 400mIH (Final on Time) (All heats are seeded)**

**B 400mIH (Final on Time) (All heats are seeded)**

**G 100m Trials (S-seed 4 heats) (All other heats are unseeded) (Top 6 advance to Finals)**

**B 100m Trials (S-seed 4 heats) (All other heats are unseeded) (Top 6 advance to Finals)**

**B 110m Hurdles Trials (S-seed 4 heats) (All other heats are unseeded) (Top 6 advance to Finals)**

**G 100m Hurdles Trials (S-seed 4 heats) (All other heats are unseeded) (Top 6 advance to Finals)**

**G 400m (Final on Time) (seed 4 heats) (All other heats are unseeded)**

**B 400m (Final on Time) (seed 4 heats) (All other heats are unseeded)**

**2000m Steeplechase**

**3000m Steeplechase**

**G 200m (Final on Time) (seed 4 heats) (All other heats are unseeded)**

**B 200m (Final on Time) (seed 4 heats) (All other heats are unseeded)**

**G 100m Hurdles Final**

**B 110m Hurdles Final**

**G 100m Final**

**B 100m Final**

**G 800m Invitational (Top 12)**

**B 800m Invitational (Top 12)**

**G 800m Open (seed 1 heat of 15, then 2 heats of 18) (all other heats are unseeded)**

**B 800m Open (seed 1 heat of 15, then 2 heats of 18) (all other heats are unseeded)**

**G 4 x 100m Relay Trials (S-seed 3 heats) (All other heats are unseeded) (Top 6 advance to Finals)**

**B 4 x 100m Relay Trials (S-seed 3 heats) (All other heats are unseeded) (Top 6 advance to Finals)**

**1500m Invitational (Top 12)**

**1500m Open (seed 1 heat of 15, then 2 heats of 18) (all other heats are unseeded)**

**1600m Invitational (Top 12)**

**1600m Open (seed 1 heat of 15, the 2 heats of 18) (all other heats are unseeded)**

**4 x 100m Final**

**4 x 400m (Final on Time) (seed 3 heats) (all other heats are unseeded)**

**4 x 800m (Final on Time)**

# FIELD EVENTS

**Please inform your athletes of the information below especially if they are entered in more than 1 event.**

## **SCHEDULE:**

Girls Shot Put (Circle #1 and #2) (Boys Shot to Follow)  
Boys Discus (Girls to Follow)  
Girls High Jump (Boys to Follow)  
Boys Pole Vault (Girls to Follow)  
Girls Long Jump (Triple Jump to Follow) (Pit #1)  
Boys Long Jump (Triple Jump to Follow) (Pit #2)

## **OPENING HEIGHTS:**

Girls High Jump is 4 feet.  
Boys High Jump is 5 feet.

Girls Pole Vault is 6 feet.  
Boys Pole Vault is 8 feet.

## **FIELD EVENT NOTES:**

1---The first LEGAL jump/throw will get marked. All other jumps/throws must meet the minimum standard below to be marked:

Shot---Boys 30ft and Girls 20ft.

Disc---Boys 80ft and Girls 70ft.

Long---Boys 16ft and Girls 14ft.

Triple--Boys 35ft and Girls 27ft.

2---3 jumps/throws in preliminaries. Top 7 make it to Finals in Shot/Disc/Long/Triple.

**REMINDER: IF WE DON'T RECEIVE A PAYMENT BY 05/01/2024 YOUR TEAM WONT BE ALLOWED TO RUN.**

## **2024 GREEN & GOLD INVITATIONAL TRACK MEET**

### **ENTRY FORM**

#### **COST**

1. \$15 per individual/ \$35 per relay team
2. \$300 each team (Boys or Girls team)
3. \$550.00 both teams

Entry Sheet: SCHOOL \_\_\_\_\_

CHECK ONE: BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_ BOYS AND GIRLS \_\_\_\_\_

Coaches contact information.

Name \_\_\_\_\_

Phone # to best reach you \_\_\_\_\_

FAX # \_\_\_\_\_

EMAIL \_\_\_\_\_

**MAIL ENTRY AND CHECK BY MAY 1<sup>ST</sup>, 2024.**

TO: Westbury High School Track Club

CO: Donald Ross

1 Post Road

Old Westbury NY 11568