

# 2nd Annual

# GREEN & GOLD

# Invitational



Greeting Track & Field Coaches,

Thank you for choosing to participate in our prestigious 2<sup>nd</sup> Annual Green & Gold Invitational Track & Field Meet. We are excited to be hosting an event that will one day be described as one of the biggest meets in Long Island. This year, we will be showcasing our freshman and sophomore athletes by giving the top 6 the opportunity to win medals in their respective events.

This track meet will be held on Saturday, May 10, 2025, at the Donald R. Ross Track & Field Complex at Westbury High School. The address is 1 Post Road, Old Westbury, New York 11568. All events are scheduled to begin at 10:00am SHARP. Therefore, the track will be open starting at 9:00am for all warm-ups, run-throughs, marks, and measurements. Buses should arrive no later than 9:30am because there will be a coaches meeting at 9:45am. The track will close at 9:55am. Athletes who still need to warm-up after the track is closed can use the outer perimeter of the stadium behind the gate and the bleachers. After the opening ceremony, the track will be reopened for all warm-ups, run-throughs, marks, and measurements at 12:45pm briefly. It will close at 12:55pm so the remainder of the meet can begin at 1:00pm SHARP.

This year we will be serving breakfast in the morning and bringing back our “Taste of The Caribbean” lunch and dinner options that will have you running back for more! In addition, our commemorative Green & Gold T-shirts will be available for purchase. If you have any further questions about this meet after reviewing this packet in its entirety, please contact the Head Meet Director Donald Ross, or one of the Co-Meet Directors.

### **Head Meet Director**

- Donald Ross: Email: [dross@westburyschools.org/](mailto:dross@westburyschools.org/) Phone: 516-445-6363

### **Co- Meet Directors**

- Drew Harrison: Email: [drharrison@westburyschools.org/](mailto:drharrison@westburyschools.org/) Phone: 516-286-1364
- Darin Harrison: Email: [dharrison@westburyschools.org/](mailto:dharrison@westburyschools.org/) Phone: 516-547-1574
- Jillian Y.S. Simmons: Email: [jsimmons@westburyschools.org/](mailto:jsimmons@westburyschools.org/) Phone: 518-506-2949

## Meet & Seeding Reminders

- All athletes can only compete in 3-events
- Top 6 athletes will advance to the finals in the hurdles, and 100m. All other events will be considered a final based on the top times ran
- Top 7 will advance to finals in all jumps and throws in Varsity ONLY
- The **FIRST LEGAL** jump/ throw will be marked. All other jumps/ throws must meet the minimum standard to be marked
- Starting blocks can only be used in the first 2 seeded heats of the 200m, 400m, 4 x 100m Relay, 4 x 400m Relay, and finals
- Our finish line will feature **F**ully **A**utomatic **T**iming. Finish Right Timing will have live results at [www.finishright.com](http://www.finishright.com)
- Only  $\frac{1}{8}$  pyramid spikes are acceptable in either 5 spike or 6 spike shoe models. All spikes must be check by an official prior to competing
- Teams must supply their own batons
- All athletes participating in both running and field events must notify the field event officials prior to leaving and then again when they return
- There will be three jump events going on simultaneously:

PIT 1  
Sophomore Jumpers

PIT 2  
Varsity Jumpers

PIT 3  
Freshman Jumpers

## Scoring and Awards Criteria

- A 1<sup>st</sup> place trophy will be presented to the winners of each INVITATIONAL event
- Medals will be awarded to athletes who placed 2<sup>nd</sup> through 6<sup>th</sup> in INVITATIONAL events
- Medals will be given to the top 6 place holders in the freshman/ sophomore, varsity, and open events
- Teams can earn points for the top 6 places holding athletes in each event,
  - 1<sup>st</sup> Place: 10 points
  - 2<sup>nd</sup> Place: 8 points
  - 3<sup>rd</sup> Place: 6 points
  - 4<sup>th</sup> Place: 4 points
  - 5<sup>th</sup> Place: 2 points
  - 6<sup>th</sup> Place: 1 point
- A 1<sup>st</sup> place trophy will be presented to the Boys and Girls teams that accumulated the most points
- The **Outstanding Athlete Award** will be presented to one male and female athlete of the meet.

## Day of Reminders

- Once athletes have been dropped off, all buses should park in the Westbury Middle School Parking lot located at 455 Rockland Street, Westbury, New York 11590
- Athletes **MUST** display sportsmanship throughout the meet. Taunting, fighting, destroying property, or other behaviors that are deemed unsportsmanlike will not be tolerated at all.
- A coaches meeting will take place immediately after the Opening Ceremony, around 12:50pm.
- **THIS MEET WILL SANCTIONED BY NYS PHAA, PSAL, CHSAA, AND WILL FOLLOW ALL NFHS RULES AND GUIDELINES.**

## *Registration Guidelines*

- Entries will close on Wednesday, May 7, 2025, at 11:59pm. We will NOT, under any circumstances, accept entries beyond this date.
- All entries must be completed online through <https://ny.milesplit.com/>
- **ALL NASSAU COUNTY SCHOOLS ENTERED IN THE MEET WILL SPLIT THE COSTS OF OFFICIALS THROUGH BOCES**

## *Entry Fee Options*



- \$20.00 per individual entry
- \$40.00 per relay



- \$400.00 maximum entry
- Unlimited entries in all events for single gender entries: Boys **OR** Girls



- \$700.00 maximum entry
- Unlimited entries in all events for Boys **AND** Girls

Checks should be paid in full and received by the athletic department no later than Friday, May 9, 2025. **If you need a W-9 Form, please reach out to Allison Franzese at [afranzese@westburyschools.org](mailto:afranzese@westburyschools.org) and a copy will be emailed to you. If you need further assistance regarding payment, she can be reached at 516-874-1835.**

**MAKE CHECKS PAYABLE TO:** Westbury Union Free School District

**MAIL CHECKS TO:** Westbury Union Free School District – Athletic Department

C/O ALLISON FRANZESE

4 Hitchcock Lane

Old Westbury, New York 11568

## *Athletic Director*

- Doric Capsis: Email: [dcapsis@westburyschools.org](mailto:dcapsis@westburyschools.org) / Phone: 516-876-5075

2nd Annual

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Invitational



*Order of Running Events*

TENTATIVE SCHEDULE

**9:45am** Mandatory Coaches Meeting

**10:00am** Freshman Sophomore Events Scheduled To Begin

- Girls Freshman/ Sophomore Sprint Medley Relay (SMR 200-100-100-400) - Finals on Time
- Boys Freshman/ Sophomore Sprint Medley Relay (SMR 200-100-100-400) - Finals on Time
- Girls Freshman/ Sophomore 4 x 200 Meter Relay - Finals
- Boys Freshman/ Sophomore 4 x 200 Meter Relay - Finals
- Girls Freshman/ Sophomore 4 x 400 Meter Relay - Finals
- Boys Freshman/ Sophomore 4 x 400 Meter Relay - Finals

**12:15pm** Opening Ceremony



### 12:45pm Varsity Events Scheduled To Begin

- Girls 400 Meter Intermediate Hurdles (All heats seeded) - Finals
- Boys 400 Meter Intermediate Hurdles (All heats seeded) - Finals
- Girls 100 Meter Dash (first 4 heats s-seeded/ all other heats unseeded) – Top 6 advance to Finals
- Boys 100 Meter Dash (first 4 heats s-seeded/ all other heats unseeded) – Top 6 advance to Finals
- Boys 110 Meter Hurdle Trials (first 4 heats s-seeded/ all other heats unseeded) – Top 6 advance
- Girls 100 Meter Hurdle Trials (first 4 heats s-seeded/ all other heats unseeded) – Top 6 advance
- Girls 400 Meter (first 4 heats s-seeded/ all other heats unseeded) - Finals
- Boys 400 Meter (first 4 heats s-seeded/ all other heats unseeded) - Finals
- Girls 2000 Meter Steeplechase - Finals
- Boys 3000 Meter Steeplechase - Finals
- Girls 200 Meter (first 4 heats seeded/ all other heats of 12 unseeded) - Finals
- Boys 200 Meter (first 4 heats seeded/ all other heats of 12 unseeded) - Finals
- Girls 100 Meter Hurdle Finals
- Boys 110 Meter Hurdle Finals
- Girls 100 Meter Finals
- Boys 100 Meter Finals
- Girls Invitational 800 Meter (Top 12 runners invited to compete)
- Boys Invitational 800 Meter Run (Top 12 runners invited to compete)
- Girls Open 800 Meter Run (first heat seeded/ all other heats unseeded)
- Boys Open 800 Meter Run (first heat seeded/ all other heats unseeded)
- Girls Invitational 1500 Meter Run (Top 12 runners invited to compete)
- Girls Open 1500 Meter Run (first heat of 15 seeded/ all other heats of 16-20 unseeded)
- Boys Invitational 1600 Meter Run (Top 12 runners invited to compete)
- Boys Open 1600 Meter Run (first heat of 15 seeded/ all other heats of 16-20 unseeded)
- Girls 4 x 100 Meter Relay - Final On Time
- Boys 4 x 100 Meter Relay - Final On Time
- Girls 4 x 400 Meter Relay (first 3 heats seeded/ all other heats unseeded) - Final On Time
- Boys 4 x 400 Meter Relay (first 3 heats seeded/ all other heats unseeded) - Final On Time
- Girls 4 x 800 Meter Relay (first 3 heats seeded/ all other heats unseeded) – Final On Time
- Boys 4 x 800 Meter Relay (first 3 heats seeded/ all other heats unseeded) – Final On Time

# Order of Field Events

Start Time - 10:00am



## *Pole Vault*

6' OPENING HEIGHT  
Freshman/ Sophomore Girls

7' OPENING HEIGHT  
Varsity Girls

8' OPENING HEIGHT  
Freshman/ Sophomore Boys

9' OPENING HEIGHT  
Varsity Boys



## *Triple Jump*

26' STARTING MARK  
Freshman/ Sophomore Girls

30' STARTING MARK  
Varsity Girls

30' STARTING MARK  
Freshman/ Sophomore Boys

38' STARTING MARK  
Varsity Boys



## *Shot Put* (2 Circles)

16' STARTING MEASUREMENT  
Freshman/ Sophomore Girls

25' STARTING MEASUREMENT  
Varsity Girls

20' STARTING MEASUREMENT  
Freshman/ Sophomore Boys

35' STARTING MEASUREMENT  
Varsity Boys



## *Discus Throw*

100' STARTING MEASUREMENT  
Varsity Boys

90' STARTING MEASUREMENT  
Freshman/ Sophomore Boys

90' STARTING MEASUREMENT  
Varsity Girls

60' STARTING MEASUREMENT  
Freshman/ Sophomore Girls



## *High Jump* (2 Pits)

3'8" OPENING HEIGHT  
Girls Freshman/ Sophomore

4' OPENING HEIGHT  
Girls Varsity

4' OPENING HEIGHT  
Boys Freshman/ Sophomore

5' OPENING HEIGHT  
Boys Varsity



## *Long Jump*

12' STARTING MARK  
Freshman/ Sophomore Girls

14' STARTING MARK  
Varsity Girls

14' STARTING MARK  
Freshman/ Sophomore Boys

19' STARTING MARK  
Varsity Boys

### **PLEASE NOTE:**

The first legal jump will get marked. All other jumps or throws must meet the minimum standard. Top 7 in Varsity **ONLY** will compete in the **FINALS**.



PIT 1

PIT 2

PIT 3

**Sophomore Jumpers**

**Varsity Jumpers**

**Freshman Jumpers**

# 2nd Annual **GREEN & GOLD** Invitational

## Meet Entry Form

School Name: \_\_\_\_\_

Coaches Contact Information:

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

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

Email: \_\_\_\_\_

Choose A Plan (CHECK ONE):

**PLAN A:** INDIVIDUAL(S) \_\_\_\_\_

- \$20.00 per individual entry
- \$40.00 per relay

If more than one athlete, write the total on the line provided \_\_\_\_\_

**PLAN B:** BOYS ONLY \_\_\_\_\_

- \$400.00 maximum entry

Unlimited entries in all events for single gender entries: boys

**PLAN B:** GIRLS ONLY \_\_\_\_\_

- \$400.00 maximum entry

Unlimited entries in all events for single gender entries: girls

**PLAN C:** BOYS & GIRLS \_\_\_\_\_

- \$700.00 maximum entry

Unlimited entries in all events for boys **AND** girls

Total Amount Enclosed: \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:** Westbury Union Free School District

**MAIL CHECKS TO:**

Westbury Union Free School District – Athletic Department  
C/O ALLISON FRANZESE  
4 Hitchcock Lane  
Old Westbury, New York 11568

**REMINDER:**

**W-9 FORMS CAN ONLY BE EMAILED FROM THE BUSINESS OFFICE IF NEEDED. IF WE DON'T RECEIVE YOUR COMPLETED ENTRY FORM AND FULL PAYMENT BY MAY 9, 2025, YOUR TEAM WILL NOT BE ELIGIBLE TO COMPETE.**