

Suffolk Coaches Track and Field Invitational at Commack High School

Saturday April 22, 2023 – First race starts at 9:30

Bus Leaves SJB at 8:00am or arrive at assigned times

The arrival times will be adjusted after I see the heat sheets and get an estimate of event times!!

9:30am: 3000m Steeplechase followed by the 2000m Steeplechase arrive by 8:50

110m High Hurdles: trials - Varsity Followed by Frosh/Soph final on time arrive by 9:00am

Legagneur					
19.64					

1600m Run: Varsity Followed by Frosh/Soph arrive by 9:30am

Bellino	Tinti	Gannon	SanFilippo	DeVito	Healy	Reinhold	McCreery	Miller	D'Andria
4:52 PR	4:58PR	5:10	5:29 PR	5:01 PR	5:28 PR	5:16 PR	5:28 PR	5:20PR	5:00

100m Dash: Trials – Varsity followed by Frosh/Soph arrive by 10:00am

Alvarez	Espinal	Josaphat	Luzzi	O-T	Partyka	Roman		Simmons
11.88	12.67	12.43	12.16	Dnr	13.6	FS		11.58

FROSH-SOPH

Skoda	Cusak						
12.78 PR	dnr						

400m Dash: Varsity followed by Frosh/Soph arrive by 10:30am

Oviedo-Torres	Surozenski	Jones	Fleetwood	Ronessi	Perdoma	Ciardillo
DNR	53.83	59.86	60.06 PR	61.54	Dnr	69.1

100m Dash Finals Varsity then Frosh/Soph

400m Intermediate Hurdles: Varsity followed

Luzzi	Legagneur					
66.31	72.04					

800m Run: Varsity Followed by Frosh/Soph

200m Dash: Varsity Followed by Frosh/Soph

Alvarez	Espinal	O-T	Partyka	Josaphat	Roman	Legagneur	Simmons	Surozenski
24.26	25.75	Dnr	28.3	Dnr	24.22	Dnr	23.73	24.14

FROSH-SOPH

Cusak	Jones	Skoda	Ciardillo	Fleetwood	Perdoma	Ronessi
27.36	27.21	Dnr	30.4	27.15	Dnr	28.16

3200m Run: Varsity Followed by Frosh/Soph

4x800m Relay: Varsity Followed by Frosh/Soph 4x800m Relay:

4x400m Relay: Varsity Followed by Frosh/Soph

4x100m Relay: Varsity Followed by Frosh/Soph

FIELD EVENTS

9:30am: Varsity Long Jump: 3 jumps no finals arrive by 8:45am

9:30am: Shot Put: Top 30 followed by 7 person final – then the rest arrive by 9am

Fasano	Guato	Rivera	Scuro	Seifert	Shotter	
33'5.5"	23	DNT	29' 6"PR	33'4.5"	32'1.5"	

9:30am: Frosh/Soph Discus: 3 throws no finals arrive by 9am

Asbell	Fazzini	Skoda	Ancipink	Ardito	DiMenna	Green	Imperato	Quinn
44'6	FFF	101'7	68'1	46'7 PR	37' PR	51'1	80'6 PR	82'6 PR

9:30am: Frosh/Soph High Jump: Start 4'8 arrive by 9am

Healy	Ancipink					
5' PR	NH					

After Varsity Long Jump ends – FROSH/SOPH LONG JUMP – 3 jumps no finals arrive by 10am

Cusak	Ronessi					
15'2						

After Frosh Soph Long Jump TRIPLE JUMP – 3 jumps no finals

After frosh-Soph Discus - Varsity Discus top 30 throw – 7 back to final – then all others

Fasano	Guato	Rivera	Scuro	Seifert	Shotter	
FFF	53'5	DNT	77'10 PR	81'9	98'1	

After varsity shot - Frosh/soph Shot Put 12lb:

Asbell	Fazzini	Imperato	Quinn
24'6 PR	30'4.5	35'4.5	29'1.5

Varsity High Jump start 5'4 – after Frosh soph HJ - Novice Pole Vault

Please read the statement below

This is being instituted to get the meet to move faster which is a benefit to you!!

Due to the large number of entries in the meet – 1700 athletes, 475 in both the 100 & 200m dashes, we will not be able to time all with FAT. We are running the following events according to the set-up found below: **The 100m dashes** will be run in three groupings. In the Varsity “BLUE” Seeded 100m races, we will FAT the first 5 heats (30 athletes). These athletes can use blocks and are eligible to run in the finals. The second set of athletes will be entered in what we will call the Varsity “White” races. There will be 11 heats of this division. They will be FAT timed but will not be able to use blocks and are not eligible to run in the finals. The remaining heats will run in the Varsity “Red” races. They will be hand timed and these athletes will not be able to use blocks. Heats are shown on the heat sheets but may be adjusted by the clerk.

To make sure everyone is given a time, we are going to ask for 12 volunteer coaches to time these races. Six will time a heat (by lane) and verbally give the times to your athletes. Make sure you tell your athletes to come back toward the finish line in their lane to be told their times. The next heat will be timed by the second set of six coaches and again give the times to your athletes. The first group will time the next heat and this cycle will continue.

The 100m Frosh/Soph division, the Varsity & Fr/Soph 200m will be run in the same fashion.

400m Dash - For both Varsity and Frosh/soph will run 6 heats in lanes, after that the heats will consist of 10 athletes (given hip numbers) and FAT timed.

Varsity High Jump- At the completion of the Fr/Soph event, the Varsity “Blue” high jump will begin. The bar will start at 5-04 and go up 2” to 6’ (1” thereafter). These athletes will be eligible for medals. A second division, Varsity “White”, will start at the completion of this event. The bar will start at 4-10 and be raised 2” to 5’4”, 1” thereafter. If your athlete was seeded at 5-04, or below, they were placed in the white division. These athletes are not eligible for medals.