

2nd Annual



Invitational

Greeting Track & Field Coaches,

Thank you for choosing to participate in our prestigious 2nd 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/ Phone: 516-445-6363

Co- Meet Directors

- Drew Harrison: Email: drharrison@westburyschools.org/ Phone: 516-286-1364
- Darin Harrison: Email: dharrison@westburyschools.org/ Phone: 516-547-1574
- Jillian Y.S. Simmons: Email: 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 **Fully Automatic Timing**. Finish Right Timing will have live results at 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 1st place trophy will be presented to the winners of each INVITATIONAL event
- Medals will be awarded to athletes who placed 2nd through 6th 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,
 - 1st Place: 10 points
 - 2nd Place: 8 points
 - 3rd Place: 6 points
 - 4th Place: 4 points
 - 5th Place: 2 points
 - 6th Place: 1 point
- A 1st 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 NYSPHAA, 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 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 Phone: 516-876-5075

2nd Annual

GREEN & GOLD

Invitational



Order of Running Events

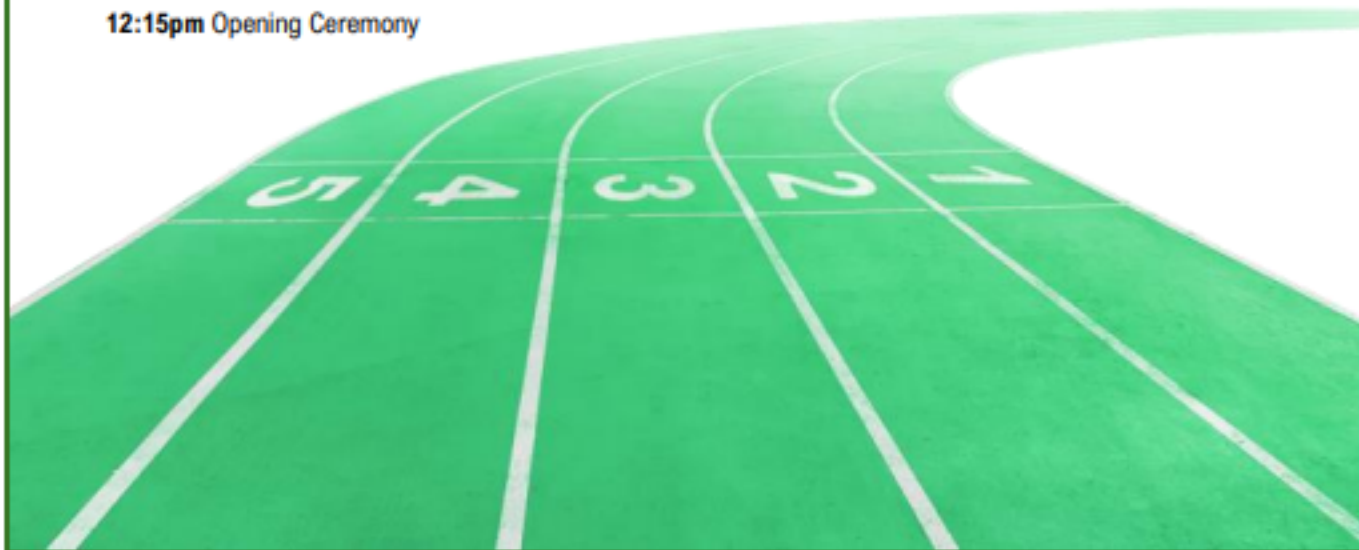
TENTATIVE SCHEDULE

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
Sophomore Jumpers



PIT 2
Varsity Jumpers



PIT 3
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.