



The Herricks Invitational will be held on Friday May 1 2026

All entries must be received before 4/25.

This meet is open to Nassau County Schools Only.

Coaches Information:

- Clerking will begin promptly at 4:30.
- Awards: Medals to the top 5 finishers in each event. Top 3 Relays.
  - Athletes are limited to 3 events.
  - Refreshments & T-Shirts will be sold.
  - Finish line results done by Elite Feats.

Order of events:

All events will be Girls followed by Boys unless otherwise noted.

Track Events:

Herricks Seniors Introductions (4:00)

400 IH V, F/S

1500/1600 V, F/S

100 V, F/S

400 V, F/S

800 V, F/S

100/110 HH V, F/S

200 V, F/S

3000/3200 V, F/S

4X100 V, F/S

4X400 V, F/S

4X800 V, F/S

Throwers 4X100

Field Events:

Long Jump; Varsity (Boys & Girls) followed by F/S

Triple Jump Follows LJ; Varsity (Boys & Girls) followed by F/S

High Jump Girls, V, F/S, followed by Boys V, F/S

Discus Boys V, F/S; followed by Girls

Shot Put Girls V, F/S followed by Boys

\*\* Field Events are limited to 6 athletes per Gender/School/Event.

Herricks Invitational  
Friday May 1, 2026  
Entry Form

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

Boys Coach Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Assistant Coach: \_\_\_\_\_

Girls Coach Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Assistant Coach: \_\_\_\_\_

Boys Blanket Fee: \$325 \_\_\_\_\_  
Girls Blanket Fee: \$325 \_\_\_\_\_  
Or \$20 per athlete  
# of athletes \_\_\_\_\_ X \$20 = \_\_\_\_\_

All fees are entry fees, not participation.  
No refunds will be given.  
Officials fees will be split through BOCES.

Please fill out form and Mail or Fax to:  
Herricks High School  
100 Shelter Rock Road  
New Hyde Park, NY 11040  
C/O Joseph Caruso  
Fax # (516) 248-3226

Make Checks payable to Herricks HS Student Council, C/O Joseph Caruso

