

Longwood Boys Track Classic @ Longwood HS

DATE: Saturday March 28th, 2026

TIME: 9:30 AM to 1:30 PM

Hammer Throw will start at 7:30am

AWARDS: MEDALS TO THE TOP 4 IN EACH RACE NO TEAM SCORING

ENTRY FEE: \$200 PER TEAM

*EACH SCHOOL ASSESSED AN EQUAL OFFICIALS FEE BY SECTION XI

*ENTRY FEE NOT A PARTICIPATION FEE

ENTRY DEADLINE: Please email your intent (a copy of this form) to participate by 3/26/2026 andrew.ferriolo@longwoodcsd.org

Questions: Andrew Ferriolo (631-235-3500)

YOU MUST ENTER YOUR TEAM ON MILESPLIT-NY. Entries will close on Thursday 3/26/2026 @ 11:00 PM. All events require a seed time for entry. You must include relay names, up to a total of 8.

ALL EVENTS ARE RUN AS FINALS: EVENTS WILL NOT WAIT FOR DOUBLING ATHLETES

RUNNING EVENTS

110m HURDLES
1600m METER RUN
100m METER DASH
400m METER DASH
800m METER RUN
400m INTERMEDIATE HURDLES
200m METER DASH
3200m METER RUN
4X800m METER RELAY
4X100m METER RELAY
4X400m METER RELAY

FIELD EVENTS

SHOT PUT OVER 43'
DISCUS UNDER 100'
LONG JUMP OVER 19' (Pit #1)
LONG JUMP UNDER 15' (Pit #2)
TRIPLE JUMP OVER 40' (Pit #1)
TRIPLE JUMP UNDER 30' (Pit #2)
HJ START 5', 2" TO 6' THEN 1"
DISCUS OVER 100'
SHOT PUT UNDER 43'
POLE VAULT STARTING HT 8'0"

Hammer Throw will compete at 7:30pm prior to all other events that will start at 9:30am

ATHLETES CAN COMPETE IN: 2 TRACK & 1 RELAY; 2 TRACK, 1 FIELD AND A RELAY, OR 2 FIELD AND A RELAY. Some events have entry limits on MileSplit.

SCHOOL_____

COACH_____ Email: _____ PHONE_____

BLANKET ENTRY \$200

PAYABLE TO: LIONS TRACK CLUB
5 FORDHAM ROAD
SHOREHAM, NY 11786