



# ***BIG 'MACK THROWING INVITATIONAL***

***This is a co-ed meet to showcase the throwing events in Spring Track & Field.***

***EVENT LOCATION: Commack High School    COST: 1 event-\$10 per athlete per event***

***EVENT DATE: Sunday, March 29th 2026                      3 event athletes-\$25 per athlete***

***EVENT TIME: 8:00am***

## **ORDER OF EVENTS**

***7:45am: Arrival and warm-ups***

***8:00am: Girls Hammer Throw Followed by Boys (Top 7 to finals)***

- ***The first 30 male and 30 female athletes to register for the Hammer Throw Event with verified Hammer marks will be entered into the meet. Unverified or Weight Throw marks must be sent to Matt Cardinale ([mcardinale@commack.k12.ny](mailto:mcardinale@commack.k12.ny)) by Thursday, March 26, 2026 to be entered. ***THIS IS NOT A NOVICE EVENT!!!******

***8:30am: Boys Shot Put followed by Girls (Top 16 seeded, 7 to finals)***

- ***Top 32 athletes will be entered in each***
- ***Girls one mark measured under 25 ft***
- ***Boys one mark measured under 30 ft***

***11:00am (Approx) Boys Discus followed by Girls (Top 16 seeded, 7 to finals)***

- ***Top 32 athletes will be entered in each***
- ***Girls one mark measured under 70 ft***
- ***Boys one mark measured under 100 ft***



**Meet Entry/Contract  
Big 'MACK Throwing Invitational  
Sunday, March 29th 2026  
Commack High School**

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

Team Gender: Boys OR Girls (Use separate form for each gender)

Coach's Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

# Individual Entries \_\_\_\_\_ X \$10.00 each = \_\_\_\_\_

# 3-Event Entries \_\_\_\_\_ X \$ 25.00 each = \_\_\_\_\_

Total Entry: \_\_\_\_\_

Make Checks Payable to: Commack Union Free School District  
Tax ID: 11-6001715

Mail Payment to: Commack UFSD Attention: Athletics  
1 Scholar Lane  
Commack NY, 11725

Coach's Signature: \_\_\_\_\_

Athletic Director's Signature: \_\_\_\_\_

**This form must be received to be accepted into the meet. The total entry amount listed must coincide with the online entry amount.**

This form must be scanned and emailed to [mcardinale@commack.k12.ny.us](mailto:mcardinale@commack.k12.ny.us) and [landrews@commack.k12.ny.us](mailto:landrews@commack.k12.ny.us) by midnight on Thursday, March 26th 2026. Please only send pdf's.

Any questions can be emailed to Matt Cardinale ([mcardinale@commack.k12.ny.us](mailto:mcardinale@commack.k12.ny.us))