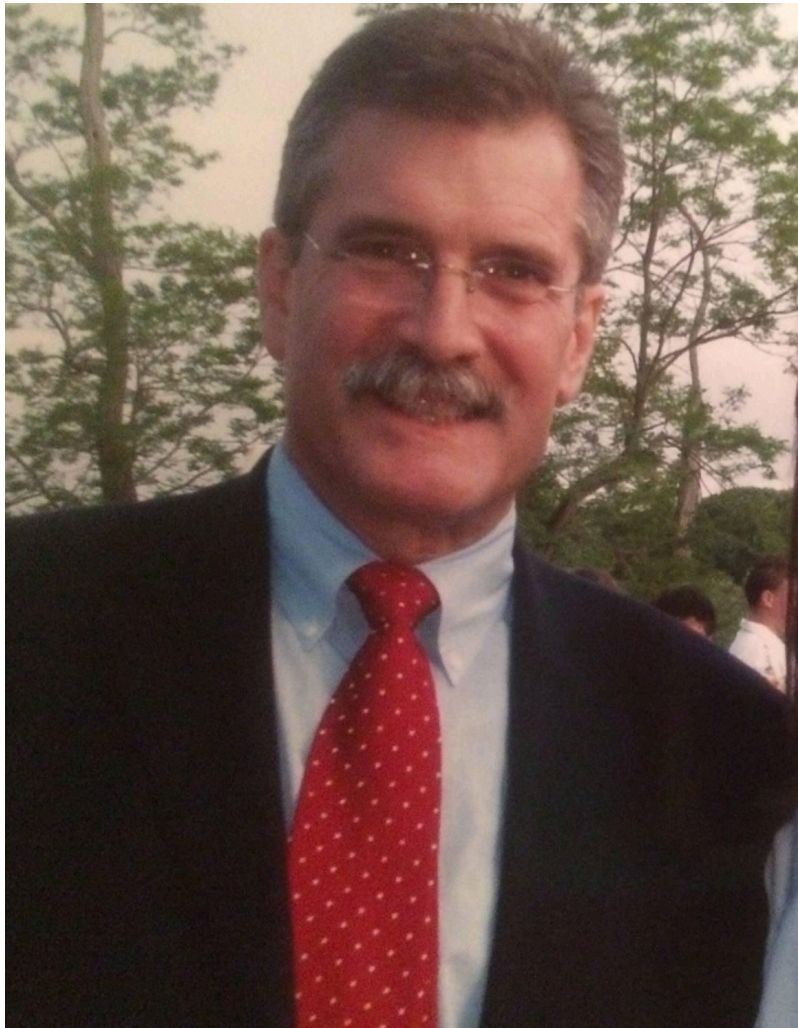


Ross Goldin Memorial Girls and Boys Developmental Track Meet

**@ Bay Shore High School
Steve Borbet Track - 9:00am**

Saturday - March 21, 2025



Ross Goldin passed away on March 5, 2010. He started his teaching and coaching career at Bay Shore Middle School. He moved up to the High School, teaching Science and was Assistant Girls Track Coach. He would later become the Head Girls Cross-Country & Track Coach at Bay Shore in the early 1980's. He was a terrific teacher and coach, with teams winning twenty-eight League Championships, nineteen Conference Championships, and five County Championships! He left the coaching ranks in 1992, and became the Dean of Students at Bay Shore. He would then move on from Bay Shore to John Glenn High School as a Dean, Principal at Islip High School, and then Assistant Superintendent for the Connetquot School District.

He married Kathleen Faulkner, and they raised four children. Mary Kate, Joseph, Michael, and Agnes.

Coach Goldin and Coach Borbet started this meet in 1984, and named the meet the Ross Goldin Developmental Meet. Ross would help give out medals with his children, and loved having the meet named after him. As of 2010, we renamed the meet and continued to host the meet, to raise money for the Ross Goldin Scholarship. If anyone would like to make a donation additional to the entry fee, feel free to send a check.

Bay Shore Girls Track Scholarship
c/o Girls Track Coach - Athletic Dept.
155 Third Ave.
Bay Shore, N.Y. 11706

Track Meet Information

No Pole Vault

Long & Triple Jumps:

One runway. Long jump will be first.

Every jumper needs an index card with first & last name, school, estimated performance.

Each jump will be recorded on the index card, which you can bring to your coach.

Best jumpers first (9-12 jumpers per flight).

Check in at the event site, near the school end of the field.

Open pit for everyone in the flight, until they complete three jumps.

The next flight should be warming up during the first flight.

Long jump will be completed no later than 11:15am. (In theory)

Triple jump will follow the same procedures as the long jump.

Medals to Top 2 In each flight

Shot Put & Discus:

Both events will be held behind the school. Walk from the track down Third Ave.

You will see a parking lot and basketball court. Go left and you will see the throwing area.

Please pay attention around the throwing area, for safety reasons.

The shot and the discus will be going on at the same time.

Every thrower needs an index card with first & last name, school, estimated performance.

Each throw will be recorded on the index card, which you can bring to your coach.

9-12 throwers per flight.

Medals to Top 2 in each flight

High Jump:

Two separate competitions:

7-8 - 9-10th graders (Frosh-Soph)

11-12th graders (Junior-Senior)

New jumpers, or anyone that cannot clear 4'0"

Every jumper needs an index card with first & last name, school, grade, estimated performance.

Medals to Top 2 in each flight

Check in at the event near Sunrise Hwy.

Running Events:

Verbal seeding. (Please be honest!!!). Fastest to slowest.

Check-in will be on the turf, near the end zone closest to Sunrise Hwy.

Six lanes, top two in every heat will get medals.

We might do the same for the 800m walk.

Medals to Top 2 in each flight.

Two open events and one relay per athlete!!!

Only 1/4" spikes allowed on the track and runways!!!

- Buses can park on Second Ave between Sunrise Highway and Perkal St.

Also in the parking lot at the corner of Second Ave and Perkal St.

- Refreshments will be sold at the track. Second Wind will also be selling shoes and Ross Goldin Meet Shirts.
- No one will be allowed in the school.
- Bathrooms will be available.

Order of Events (first events starts at 9:00am)

400 hurdles Shot put High Jump Long Jump Discus

1500 / 1600 meter run

100 meter dash (final on time)

100 meter hurdles / 110mH (final on time)

800 meter run

400 meter dash Triple Jump will follow the Long Jump

800 meter walk

200 meter dash (will waterfall to alleviate timing, Coaches are asked to help time)

3000 meter run / 3200

4 x 100 meter relay

4 x 400 meter relay

4 x 800 meter relay

All track events will be verbal seeds!!!

Index cards for all field events and relays!!!

Ross Goldin Memorial Developmental Track & Field Meet
Saturday – March 21, 2025
Bay Shore High School - Steve Borbet Track
9:00am- 2:00pm
Track opens at 7:30AM

E-mail or call Coach Sam Lynch and Shayne Lewis if you plan to come.
sklewis@bayshore.k12.ny.us 631-521-0449
slynch@bayshore.k12.ny.us 631-879-8942

School: _____ **School Phone:** _____

Address: _____

Coach: _____ **Home Phone:** _____

Events	# of participants	Events	# of participants
400m hurdles	_____		
1500m run	_____		
1600m run	_____		
3000m run	_____		
3200m run	_____		
100m dash	_____		
100m hurdles	_____		
800m run	_____		
400m dash	_____		
800m walk	_____		
200m dash	_____		
3000m run	_____		
4 x 100m relay	_____		
4 x 400m relay	_____		
4 x 800m relay	_____		
Long jump	_____		
Triple jump	_____		
Shot Put	_____		
Discus	_____		

Number of individuals _____ x \$3.00 = _____

Number of relays _____ x \$15.00 = _____

Blanket entry (if less) \$200.00 = _____ Total = _____

Checks payable to: Bay Shore High School Track

C/O Shayne Lewis -

155 3rd Ave.

Bay Shore, N.Y. 11706

*** All entries for field events and relays must be on a 3 x 5 index card that will be handed into the clerk or to the official at each event. Information on the card includes name, school, event, and expected performance the day of the meet.

*** Medals to the Top 2 Athlete in Every Flight

*** An athlete may compete in two open events, and one relay.


*** Refreshments will be sold at the track.

*** Bathrooms will be available. Please stay out of the school.


*** Spikes 1/4" in length can be worn on all runways and the track.


*** **Please seed you athletes correctly, to allow fair competition in each race or flight.**

Why bring your team to the Ross Goldin Memorial Bay Shore Developmental Meet?


 Fast Track at Bay Shore!!!

 Great alternative to a scrimmage.

 Every athlete will compete against athletes of the same ability level.

 The meet is slightly longer than a scrimmage, and you don't have to do any of the work.


 It is a developmental meet, allowing athletes to compete in a low stress situation.

 Dual meets begin the following week!!!

Bay Shore Ross Goldin Developmental Meet

Order of Events

400 meter hurdles shot put/ long jump/ high jump 9:00AM
1500 meter run / 1600m
100 meter dash
100 meter hurdles / 110mH
800 meter run
400 meter dash discus/ triple jump
800 meter walk
200 meter dash
3000 meter run
4 x 100 meter relay
4 x 400 meter relay
4 x 800 meter relay

 **Long jump and triple jump are on one runway.**

We will start with the better jumpers first.

One flight will be jumping, the next flight will be doing run thru's next to the runway. When the flight is done, the next flight will get one run-thru on the runway, and we will start. All the flights in the long jump will end at 11:30, when the triple jump will begin. Same procedure.

 **Shot put and discus will be held simultaneously.**

Shot and discus is contested in the back of the school.


 **High jump will have three separate competitions.**

frosh/soph

junior/senior

new jumpers & under 4'0" jumpers combined

Top Three jumpers in each category will get shirts.

 **Each field event competitor will need an index card with name, school, event and performance (seed).**