



7th Annual S.I.H.S.T.& F.A. RELAYS Saturday December 3, 2022 at Ocean Breeze

RUNNING EVENTS

10:00 AM	Varsity Boys Distance Medley Relay (1200-400-800-1600)
10:30 AM	Varsity Girls Distance Medley Relay (1200-400-800-1600)
11:00 AM	Frosh/Soph Boys Distance Medley Relay (800-200-400-1600)
11:25 AM	Frosh/Soph Girls Distance Medley Relay (800-200-400-1600)
11:50 AM	Varsity Boys 4x200
12:10 PM	Varsity Girls 4x200
12:30 PM	Frosh Boys 4x200
12:40 PM	Frosh Girls 4x200
12:50 PM	Soph Boys 4x400
1:05 PM	Soph Girls 4x400
1:20 PM	Varsity Boys 4x400
1:35 PM	Varsity Girls 4x400
1:50 PM	Frosh/Soph Boys SMR (400-200-200-800)
2:15 PM	Frosh/Soph Girls SMR (400-200-200-800)
2:30 PM	Varsity Boys Sprint Medley Relay (400-200-200-800)
2:45 PM	Varsity Girls Sprint Medley Relay (400-200-200-800)
3:00 PM	JV Boys 400 (for anyone that couldn't fill a relay)
3:05 PM	JV Girls 400 (for anyone that couldn't fill a relay)
3:10 PM	Varsity Boys 3200
3:25 PM	Varsity Girls 3000

STRAIGHTAWAY

9:45 AM	Varsity Boys 55 Meter High Hurdles (Final on Time)
9:55 AM	Varsity Girls 55 Meter High Hurdles (Final on Time)

FIELD EVENTS (2 Person Relays)

10:00 AM	Boys Triple Jump Relay
11:00 AM	Boys Long Jump Relay
10:00 AM	Girls Triple Jump Relay
11:00 AM	Girls Long Jump Relay
10:00 AM	Boys Shot Put Relay Boys Weight Throw to Follow
10:00 AM	Girls Shot Put Relay Girls Weight Throw to Follow
10:00 AM	Girls Individual Pole Vault (Boys to Follow)
10:30 AM	Girls High Jump Relay (Boys to Follow)



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MEET INFO

- This meet is for teams of the S.I.H.S.T.&F.A. and a limited number of off-island teams. We recommend that you enter this meet early to guarantee acceptance. E-Mail CoachMancusi@aol.com to declare your intent to enter the meet ASAP.
- All athletes must have a shirt or singlet with the school name on it.
- **ON-LINE ENTRY: Every athlete/entry must be made on ny.milesplit.com. There will be no changes or additions to the on-line entry! Entries are due Wed 11/30 at 9:00 PM**
- **EVENT RULE:** Boys & Girls are limited to TWO events.
- **SPIKE RULE:** Athletes may only wear 1/4 inch pyramid spikes.

JV 400: We have added a JV 400 meter dash. This should ONLY be used for athletes that you can't fit on to a relay. Therefore, no team should enter more than 3 kids in the event. The goal is to give every kid a chance to compete. Ideally this is for a kid that won't fit on your slowest relay.

CLERKING

- **ALL individual, relay and field event must be entered on ny.milesplit.com**
- **FIELD EVENTS:** In the field events, you must enter your athletes individually At the check-in at each event, your athletes must let the official know who is on the "A" or "B" teams. NO FINALS.
- We will be using FAT - All events are Final on Time.
- The Games Committee will be: Chris Mancusi (Pres.), Jim Hughes (VP) and Patricia Mulligan (Treasurer).
- Athlete Prizes: Top 5 in all events will earn medals.
- Team Prizes: None
- The meet director reserves the right to correct scoring mistakes to an indefinite period of time
- Coaches, athletes, and spectators are requested not to badger or show any disrespect to clerks, and officials
- **Coaches are asked to consider obtaining sponsors to help pay for the meet.**

FIELD EVENTS:

<u>TJ Boards</u> -	BOYS: 28, 32, 36, 40 GIRLS: 24, 28, 32
<u>LJ Boards</u> -	BOYS: 8, 12 feet GIRLS: 8 feet
<u>PV Heights</u> -	BOYS: 7', 8', then 6 inches at a time GIRLS: 5', 6', then 6 inches at a time
<u>HJ Opening-</u>	BOYS: 5', up 2 inches at a time GIRLS: 4', up 2 inches at a time
<u>Shot Put</u>	BOYS: 12 lb shot GIRLS: 4K Shot



ENTRY DUE BY WED 11/30

ENTRY FORM

BOYS

VARSITY DMR _____
 VARSITY 4x200 _____
 VARSITY 4x400 _____
 VARSITY SMR _____
 SOPH 4x400 _____
 FROSH 4x200 _____
 FROSH/SOPH SMR _____
 FROSH/SOPH DMR _____

 VARSITY 55 HH _____
 VARSITY 3200 _____
 JV 400 _____
 VARSITY PV _____
 VARSITY WEIGHT _____

 VARSITY LJ RELAY _____
 VARSITY TJ RELAY _____
 VARSITY HJ RELAY _____
 VARSITY SHOT RELAY _____

GIRLS

VARSITY DMR _____
 VARSITY 4x200 _____
 VARSITY 4x400 _____
 VARSITY SMR _____
 SOPH 4x400 _____
 FROSH 4x200 _____
 FROSH/SOPH SMR _____
 FROSH/SOPH DMR _____

 VARSITY 55 HH _____
 VARSITY 3000 _____
 JV 400 _____
 VARSITY PV _____
 VARSITY WEIGHT _____

 VARSITY LJ RELAY _____
 VARSITY TJ RELAY _____
 VARSITY HJ RELAY _____
 VARSITY SHOT RELAY _____

TOTAL # OF RUNNING RELAYS - _____ X \$25.00 = \$ _____
 TOTAL # OF FIELD RELAYS - _____ X \$12.00 = \$ _____
 TOTAL # OF INDIV EVENTS - _____ X \$7.00 = \$ _____

MAIL ENTRY AND CHECK TO:

CHRIS MANCUSI
 S.I.H.S.T.&F.A.
 135 DELMAR AVE
 STATEN ISLAND, NY 10312

_____ **Est. # of Athletes**

\$ _____
 TOTAL ENTRY FEE

CHECKS PAYABLE TO THE S.I.H.S.T.&F.A

\$375.00 BLANKET FEE PER TEAM *\$650.00 COMBINED B/G TEAM

SCHOOL NAME	ADDRESS	CITY	STATE	ZIP
COACH NAME	COACH PHONE	COACH E-MAIL		



MEET RECORDS

BOYS

VARSITY 4x200	1:31.70 FAT	Susan Wagner <i>(Corpus, Vitucci, Othman, Adekoya)</i>	12/07/19
VARSITY 4x400	3:26.60 FAT	Cardinal Hayes ()	12/04/21
VARSITY SMR	3:37.85 FAT	Susan Wagner <i>(Abdalla, Nusser, Thompson, Cuthbertson)</i>	12/02/17
VARSITY DMR	10:38.28	Susan Wagner <i>(Diaz, Vitucci, Rodriguez-King, Perazzo)</i>	12/04/21
SOPH 4x400	3:43.8	Newburgh <i>(Gould, Lure, Gome, Timez)</i>	12/03/16
FROSH 4x200	1:41.2	Newburgh <i>(Lurea, Powel, Gomez, Rudd)</i>	12/03/16
FROSH/SOPH SMR	3:47.16 FAT	Bishop Loughlin <i>(Porter, Noble, Brown, Johnson)</i>	12/07/19
FROSH/SOPH DMR	8:25.57 FAT	Bishop Loughlin <i>(Porter, Noble, Samuels, Johnson)</i>	12/07/19
JV 400	56.99 FAT	Donatae Lindo	Msgr Scanlon 12/04/21
VARSITY 55 HH	7.89 FAT	Chinemerem Ononiwu	Molloy 12/02/17
VARSITY 3200	9:38.56 FAT	Joe Squillacioti	Tottenville 12/04/21
VARSITY PV	15'-11"	Charles Crispi	Farrell 12/02/17
VARSITY WEIGHT	61'-5.25"	Phil Rosendorf	Susan Wagner 12/03/16
VARSITY LJ RELAY	39'-0"	George Hewlett	<i>(McDonald, Bruce)</i> 12/07/19
VARSITY TJ RELAY	82'-10.5"	Roslyn	<i>(Johnson, Kafri)</i> 12/07/19
VARSITY HJ RELAY	12'-0"	McKee/S.I. Tech	<i>(Ndoye, Mirfield)</i> 12/05/15
	12'-0"	McKee/S.I. Tech	<i>(Mirfield, Spollen)</i> 12/03/16
VARSITY SHOT RELAY	91'-10.25"	Amityville	<i>(Dennis, Fulton)</i> 12/07/19
VARSITY PV RELAY	22'-6"	Farrell	<i>(Crispi, Caridad)</i> 12/05/15

GIRLS

VARSITY 4x200	1:46.68 FAT	Kellenberg <i>(Scott, McPherson, Beckford, O'Regan)</i>	12/07/19
VARSITY 4x400	4:20.1	St. Joseph Sea <i>(Connelly, Rutherford, Kolsin, Clark)</i>	12/03/16
VARSITY SMR	4:17.93 FAT	Bishop Loughlin <i>(Cannon, Moore, Palmer, White)</i>	12/07/19
VARSITY DMR	12:43.4	Benjamin Cardozo <i>(Perez, Martinez, Mean, Muccini)</i>	12/03/16
SOPH 4x400	4:29.08 FAT	Susan Wagner <i>(Olah, Jose, Ferrer, Olukoya)</i>	12/07/19
FROSH 4x200	1:53.29 FAT	Msgr Scanlon <i>(Hickman, Palmer, Caldwell, Dixon)</i>	12/04/21
FROSH/SOPH SMR	4:33.51 FAT	Bishop Loughlin ()	12/02/17
FROSH/SOPH DMR	10:04.18 FAT	Ursuline School ()	12/02/17
JV 400	65.81 FAT	Rakae Thomas	Msgr Scanlon 12/04/21
VARSITY 55 HH	8.94 FAT	Jaice Dorsey	Susan Wagner 12/04/21
VARSITY 3000	10:09.45 FAT	Ava Gumb	St Joseph Hill 12/04/21
VARSITY PV	8'-0"	Jody Ng	Susan Wagner 12/03/16
VARSITY WEIGHT	43'-2"	N. Umarani-Sanders	Susan Wagner 12/02/17
VARSITY LJ RELAY	31'-4.5"	Molloy	<i>(Mardenborough, Josey)</i> 12/03/16
VARSITY TJ RELAY	63'-11"	St. Joseph Hill	<i>(Harrington, Gorman)</i> 12/03/16
VARSITY HJ RELAY	9'-4"	McKee/S.I. Tech	<i>(Razmadze, Williams)</i> 12/03/16
VARSITY SHOT RELAY	64'-3"	Susan Wagner	<i>(Umrani-Sanders, Groleau)</i> 12/02/17