

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 Roys Triple Jump Relay

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 Follo	w
10:00 AM	Girls Shot Put Relay	
	Girls Weight Throw to Follo	W
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 <u>slowest</u> 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.

<u>FIELD EVENTS:</u> <u>TJ Boards</u> - BOYS: 28, 32, 36, 40

GIRLS: 24, 28, 32

LJ Boards - BOYS: 8, 12 feet

GIRLS: 8 feet

PV Heights - BOYS: 7', 8', then 6 inches at a time

GIRLS: 5', 6', then 6 inches at a time

HJ Opening- BOYS: 5', up 2 inches at a time

GIRLS: 4', up 2 inches at a time

Shot Put BOYS: 12 lb shot

GIRLS: 4K Shot



ENTRY DUE BY WED 11/30

ENTRY FORM

BOYS VARSITY DMR		GIRLS VARSITY			
VARSITY DMR VARSITY 4x200		VARSITY			
VARSITY 4x400		VARSITY			
VARSITY SMR		VARSITY			
SOPH 4x400		SOPH 4x4	_		
FROSH 4x200		FROSH 4			
FROSH/SOPH SMR		FROSH/S			
FROSH/SOPH DMR		FROSH/S			
FROSH/SOFH DIVIR		FROSH/3	OPH DIVII	٦ <u> </u>	
VARSITY 55 HH		VARSITY	55 HH		· · · · · · · · · · · · · · · · · · ·
VARSITY 3200		VARSITY	3000		
JV 400		JV 400			
VARSITY PV		VARSITY	PV		
VARSITY WEIGHT		VARSITY	WEIGHT		
VARSITY LJ RELAY		VARSITY	LJ RELA	.Υ	
VARSITY TJ RELAY		VARSITY	TJ RELA	.Υ	
VARSITY HJ RELAY		VARSITY	HJ RELA	۱Y	
VARSITY SHOT RELAY		VARSITY	SHOT RE	ELAY	
TOTAL # OF RUNNING REL					
TOTAL # OF FIELD REL	.AYS	X \$12.00 = \$			
TOTAL # OF INDIV EVE	NTS	X \$7.00 = \$			
MAIL ENTRY AND CHECK TO:					
CHRIS MANCUSI		\$			
S.I.H.S.T.&F.A. Est.	# of Athletes	TC	TAL ENTI		
135 DELMAR AVE STATEN ISLAND, NY 10312		CHECKS PAYABLE	TO THE S	.I.H.S.T.&I	Г .А
·	O DI ANKET E	EE PER TEAM *\$650		DINED D	C TEAM
<u>\$373.0</u>	<u>U</u> BLANKET FE	LE PER TEAM \$030	.00 COIVII	DINED D	GILAW
SCHOOL NAME	Al	DDRESS	CITY	STATE	ZIP
COACH NAME	COA	ACH PHONE	СО	ACH E-MA	iL



	MEELKE	JOHDS		
BOYS				
VARSITY 4x200	1.21 70 EAT	Sugar Wagner		10/07/10
VARSI1 1 4X200	1:31.70 FAT	Susan Wagner (Corpus, Vitucci, Othman,	Adokova	12/07/19
VADCITY 4×400	2.06 CO EAT		, Adekoya)	10/04/01
VARSITY 4x400	3:26.60 FAT	Cardinal Hayes		12/04/21
VARSITY SMR	0.07 OF EAT	Cusan Wagner		10/00/17
VARSITY SWIK	3:37.85 FAT	Susan Wagner	on Cuthhautaan)	12/02/17
VADCITY DMD	10.20.00	(Abdalla, Nusser, Thomps	son, Culnbertson)	10/04/01
VARSITY DMR	10:38.28	Susan Wagner	King Barana)	12/04/21
SOPH 4x400	3:43.8	(Diaz, Vitucci, Rodriguez-	Kirig, Perazzo)	12/03/16
50PH 4X400	3:43.0	Newburgh (Gould, Lure, Gome, Time	2.7)	12/03/16
FROSH 4x200	1:41.2	Newburgh	52)	12/03/16
FROSH 4X200	1.41.2		udd)	12/03/10
FROSH/SOPH SMR	(Lurea, Powel, Gomez, Rudd) SOPH SMR 3:47.16 FAT Bishop Loughlin		udd)	12/07/19
FROSH/SOPH SWIN	3.47.10 FAT	(Porter, Noble, Brown, Jo	hnson)	12/01/19
FROSH/SOPH DMR	8:25.57 FAT	Bishop Loughlin	TillSOIT	12/07/19
THOSH/SOFTI DIVIN	0.23.37 1 A1	(Porter, Noble, Samuels,	Johnson)	12/01/19
JV 400	56.99 FAT	Donatae Lindo	Msgr Scanlon	12/04/21
VARSITY 55 HH	7.89 FAT	Chinemerem Ononiwa		12/04/21
			•	
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	(McDonald, Bruce)	12/07/19
VARSITY TJ RELAY	82'-10.5"	Roslyn	(Johnson, Kafri)	12/07/19
VARSITY HJ RELAY	12'-0"	McKee/S.I. Tech	(Ndoye, Mirfield)	12/05/15
	12'-0"	McKee/S.I. Tech	(Mirfield, Spollen)	12/03/16
VARSITY SHOT RELAY	91'-10.25"	Amityville	(Dennis, Fulton)	12/07/19
VARSITY PV RELAY	22'-6"	Farrell	(Crispi, Caridad)	12/05/15
			(Onopi, Garidad)	,,
OIDI O			(Onspi, Gandad)	12/00/10
GIRLS			(Onspi, Gandad)	
GIRLS VARSITY 4x200	1:46.68 FAT	Kellenberg		12/07/19
VARSITY 4x200		Kellenberg (Scott, McPherson, Beckt		12/07/19
	1:46.68 FAT 4:20.1	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea	ford, O'Regan	
VARSITY 4x200 VARSITY 4x400	4:20.1	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko	ford, O'Regan	12/07/19 12/03/16
VARSITY 4x200		Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin	ford, O'Regan Isin, Clark)	12/07/19
VARSITY 4x200 VARSITY 4x400 VARSITY SMR	4:20.1 4:17.93 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer,	ford, O'Regan Isin, Clark)	12/07/19 12/03/16 12/07/19
VARSITY 4x200 VARSITY 4x400	4:20.1	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo	ford, O'Regan Isin, Clark) White)	12/07/19 12/03/16
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR	4:20.1 4:17.93 FAT 12:43.4	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, M	ford, O'Regan Isin, Clark) White)	12/07/19 12/03/16 12/07/19 12/03/16
VARSITY 4x200 VARSITY 4x400 VARSITY SMR	4:20.1 4:17.93 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, I Susan Wagner	iord, O'Regan Isin, Clark) White) Muccini)	12/07/19 12/03/16 12/07/19
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, M Susan Wagner (Olah, Jose, Ferrer, Oluko	iord, O'Regan Isin, Clark) White) Muccini)	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR	4:20.1 4:17.93 FAT 12:43.4	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, I Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon	iord, O'Regan Isin, Clark) White) Muccini) Dya)	12/07/19 12/03/16 12/07/19 12/03/16
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400 FROSH 4x200	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT 1:53.29 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, I Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon (Hickman, Palmer, Caldw	iord, O'Regan Isin, Clark) White) Muccini) Dya)	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19 12/04/21
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, I Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon	iord, O'Regan Isin, Clark) White) Muccini) Dya)	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400 FROSH 4x200 FROSH/SOPH SMR	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT 1:53.29 FAT 4:33.51 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, N Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon (Hickman, Palmer, Caldw Bishop Loughlin	iord, O'Regan Isin, Clark) White) Muccini) Dya)	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19 12/04/21 12/02/17
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VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400 FROSH 4x200 FROSH/SOPH SMR	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT 1:53.29 FAT 4:33.51 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, N Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon (Hickman, Palmer, Caldw Bishop Loughlin	iord, O'Regan Isin, Clark) White) Muccini) Dya)	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19 12/04/21 12/02/17
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400 FROSH 4x200 FROSH/SOPH SMR FROSH/SOPH DMR	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT 1:53.29 FAT 4:33.51 FAT 10:04.18 FAT	Kellenberg (Scott, McPherson, Beckt) St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, I) Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon (Hickman, Palmer, Caldw Bishop Loughlin (Ursuline School (ford, O'Regan Isin, Clark) White) Muccini) Dya) rell, Dixon)	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19 12/04/21 12/02/17 12/02/17
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400 FROSH 4x200 FROSH/SOPH SMR FROSH/SOPH DMR JV 400	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT 1:53.29 FAT 4:33.51 FAT 10:04.18 FAT 65.81 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, I) Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon (Hickman, Palmer, Caldw Bishop Loughlin (Ursuline School (Rakae Thomas Jaice Dorsey	ford, O'Regan Isin, Clark) White) Muccini) Dya) rell, Dixon) Msgr Scanlon	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19 12/04/21 12/02/17 12/02/17 12/02/17
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400 FROSH 4x200 FROSH/SOPH SMR FROSH/SOPH DMR JV 400 VARSITY 55 HH VARSITY 3000	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT 1:53.29 FAT 4:33.51 FAT 10:04.18 FAT 65.81 FAT 8.94 FAT 10:09.45 FAT	Kellenberg (Scott, McPherson, Beckt St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, N Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon (Hickman, Palmer, Caldw Bishop Loughlin (Ursuline School (Rakae Thomas Jaice Dorsey Ava Gumb	iord, O'Regan Isin, Clark) White) Muccini) Dya) Pell, Dixon) Msgr Scanlon Susan Wagner St Joseph Hill	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19 12/04/21 12/02/17 12/02/17 12/04/21 12/04/21 12/04/21
VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400 FROSH 4x200 FROSH/SOPH SMR FROSH/SOPH DMR JV 400 VARSITY 55 HH VARSITY 3000 VARSITY PV	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT 1:53.29 FAT 4:33.51 FAT 10:04.18 FAT 65.81 FAT 8:94 FAT 10:09.45 FAT 8'-0"	Kellenberg (Scott, McPherson, Beckt) St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, N Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon (Hickman, Palmer, Caldw Bishop Loughlin (Ursuline School (Rakae Thomas Jaice Dorsey Ava Gumb Jody Ng	ford, O'Regan Isin, Clark) White) Muccini) Oya) Tell, Dixon) Msgr Scanlon Susan Wagner St Joseph Hill Susan Wagner	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19 12/04/21 12/02/17 12/02/17 12/04/21 12/04/21 12/04/21 12/04/21 12/04/21
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VARSITY 4x200 VARSITY 4x400 VARSITY SMR VARSITY DMR SOPH 4x400 FROSH 4x200 FROSH/SOPH SMR FROSH/SOPH DMR JV 400 VARSITY 55 HH VARSITY 3000 VARSITY PV VARSITY PV VARSITY LJ RELAY	4:20.1 4:17.93 FAT 12:43.4 4:29.08 FAT 1:53.29 FAT 4:33.51 FAT 10:04.18 FAT 10:04.18 FAT 10:09.45 FAT 8'-0" 43'-2" 31'-4.5"	Kellenberg (Scott, McPherson, Beckt) St. Joseph Sea (Connelly, Rutherford, Ko Bishop Loughlin (Cannon, Moore, Palmer, Benjamin Cardozo (Perez, Martinez, Mean, I) Susan Wagner (Olah, Jose, Ferrer, Oluko Msgr Scanlon (Hickman, Palmer, Caldw Bishop Loughlin (Ursuline School (Rakae Thomas Jaice Dorsey Ava Gumb Jody Ng N. Umarani-Sanders Molloy	iord, O'Regan Isin, Clark) White) Muccini) Dya) ell, Dixon) Msgr Scanlon Susan Wagner St Joseph Hill Susan Wagner Susan Wagner Susan Wagner (Mardenborough, Josey)	12/07/19 12/03/16 12/07/19 12/03/16 12/07/19 12/04/21 12/02/17 12/04/21 12/04/21 12/04/21 12/04/21 12/03/16 12/02/17 12/03/16
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