



8th Annual S.I.H.S.T.& F.A. RELAYS Saturday December 2, 2023 at Ocean Breeze

RUNNING EVENTS – Updated as of 11/30/23

| | |
|----------|---|
| 9:20 AM | Varsity Boys Distance Medley Relay (1200-400-800-1600) |
| 9:50 AM | Varsity Girls Distance Medley Relay (1200-400-800-1600) |
| 10:10 AM | Frosh/Soph Boys Distance Medley Relay (800-200-400-1600) |
| 10:25 AM | Frosh/Soph Girls Distance Medley Relay (800-200-400-1600) |
| 10:40 AM | Varsity Boys 4x200 |
| 11:05 PM | Varsity Girls 4x200 |
| 11:25 PM | Frosh Boys 4x200 |
| 11:45 PM | Frosh Girls 4x200 |
| 12:00 PM | Soph Boys 4x400 |
| 12:10 PM | Soph Girls 4x400 |
| 12:15 PM | Varsity Boys 4x400 |
| 12:40 PM | Varsity Girls 4x400 |
| 12:55 PM | Frosh/Soph Boys SMR (400-200-200-800) |
| 1:10 PM | Frosh/Soph Girls SMR (400-200-200-800) |
| 1:30 PM | Varsity Boys Sprint Medley Relay (400-200-200-800) |
| 1:45 PM | Varsity Girls Sprint Medley Relay (400-200-200-800) |
| 2:05 PM | JV Boys 400 (for anyone that couldn't fill a relay) |
| 2:10 PM | JV Girls 400 (for anyone that couldn't fill a relay) |
| 2:15 PM | Varsity Boys 3200 |
| 2:30 PM | Varsity Girls 3000/2 ND Heat Boys 3,000 |
| 2:45 PM | DONE |

STRAIGHTAWAY

| | |
|---------|---|
| 9:10 AM | Varsity Boys 55 Meter High Hurdles (Final on Time) |
| 9:15 AM | Varsity Girls 55 Meter High Hurdles (Final on Time) |

FIELD EVENTS (2 Person Relays)

| | |
|----------|--|
| 9:30 AM | Boys Triple Jump Relay |
| 10:30 AM | Boys Long Jump Relay |
| 9:30 AM | Girls Triple Jump Relay |
| 10:30 AM | Girls Long Jump Relay |
| 9:30 AM | Boys Shot Put Relay Boys Weight Throw to Follow |
| 9:30 AM | Girls Shot Put Relay Girls Weight Throw to Follow |
| 9:30 AM | Girls Individual Pole Vault (Boys to Follow) |
| 10:00 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 11/29 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. *We really don't want boys faster than 56 seconds or girls faster than 68 seconds.*

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 11/29

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 \$30.00 = \$ _____
 TOTAL # OF FIELD RELAYS - _____ X \$15.00 = \$ _____
 TOTAL # OF INDIV EVENTS - _____ X \$8.00 = \$ _____

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 | 55.07 FAT | Massai Samuel | Bishop Loughlin 12/03/22 |
| 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 | 86'-1.5" | Westbury | <i>(Jean, Gonzalez)</i> 12/03/23 |
| 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 | 4:20.33 FAT | Msgr Scanlon <i>(Caldwell, Hickman, Dixon, Palmer)</i> | 12/03/22 |
| 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 | 8.52 FAT | Jaice Dorsey | Susan Wagner 12/03/22 |
| 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 | 67'-10" | Susan Wagner | <i>(LaMarca, Petersen)</i> 12/03/22 |
| VARSITY HJ RELAY | 9'-10" | Susan Wagner | <i>(Dulisova, Dorsey)</i> 12/03/22 |
| VARSITY SHOT RELAY | 64'-3" | Susan Wagner | <i>(Umrani-Sanders, Groleau)</i> 12/02/17 |

Request for Taxpayer Identification Number and Certification

**Give Form to the
 requester. Do not
 send to the IRS.**

1 Name (as shown on your income tax return). Name is required on this line; do not leave this line blank.
S.I.H.S.T.+F.A Inc

2 Business name/disregarded entity name, if different from above

3 Check appropriate box for federal tax classification; check only one of the following seven boxes:
 Individual/sole proprietor or single-member LLC
 Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=partnership) ▶ _____
 C Corporation S Corporation Partnership Trust/estate
 Other (see instructions) ▶ _____
 Note. For a single-member LLC that is disregarded, do not check LLC; check the appropriate box in the line above for the tax classification of the single-member owner.

4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3):
 Exempt payee code (if any) _____
 Exemption from FATCA reporting code (if any) _____
(Applies to accounts maintained outside the U.S.)

5 Address (number, street, and apt. or suite no.)
723 Stafford Ave

6 City, state, and ZIP code
S.I. NY 10309

7 List account number(s) here (optional)

Print or type
 See Specific instructions on page 2.

Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on line 1 to avoid backup withholding. For individuals, this is generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN* on page 3.

Note. If the account is in more than one name, see the instructions for line 1 and the chart on page 4 for guidelines on whose number to enter.

Social security number

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|

OR

Employer identification number

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 8 | 1 | - | 3 | 9 | 8 | 2 | 9 | 3 | 8 |
|---|---|---|---|---|---|---|---|---|---|

Part II Certification

Under penalties of perjury, I certify that:

- The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and
- I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and
- I am a U.S. citizen or other U.S. person (defined below); and
- The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and interest paid, acquisition or abandonment of secured property, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 3.

| | | |
|------------------|---|--------------|
| Sign Here | Signature of U.S. person ▶ <u>Patricia Mulligan</u> | Date ▶ _____ |
|------------------|---|--------------|

General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.
Future developments. Information about developments affecting Form W-9 (such as legislation enacted after we release it) is at www.irs.gov/fw9.

Purpose of Form

An individual or entity (Form W-9 requester) who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) which may be your social security number (SSN), individual taxpayer identification number (ITIN), adoption taxpayer identification number (ATIN), or employer identification number (EIN), to report on an information return the amount paid to you, or other amount reportable on an information return. Examples of information returns include, but are not limited to, the following:

- Form 1099-INT (interest earned or paid)
- Form 1099-DIV (dividends, including those from stocks or mutual funds)
- Form 1099-MISC (various types of income, prizes, awards, or gross proceeds)
- Form 1099-B (stock or mutual fund sales and certain other transactions by brokers)
- Form 1099-S (proceeds from real estate transactions)
- Form 1099-K (merchant card and third party network transactions)

- Form 1098 (home mortgage interest), 1098-E (student loan interest), 1098-T (tuition)
- Form 1099-C (canceled debt)
- Form 1099-A (acquisition or abandonment of secured property)

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN.

If you do not return Form W-9 to the requester with a TIN, you might be subject to backup withholding. See *What is backup withholding?* on page 2.

By signing the filled-out form, you:

- Certify that the TIN you are giving is correct (or you are waiting for a number to be issued).
- Certify that you are not subject to backup withholding, or
- Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the withholding tax on foreign partners' share of effectively connected income, and
- Certify that the FATCA code(s) entered on this form (if any) indicating that you are exempt from the FATCA reporting, is correct. See *What is FATCA reporting?* on page 2 for further information.