



6th Annual S.I.H.S.T.& F.A. RELAYS Saturday December 4, 2021 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 Tues 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. 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 TUES 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

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|-------------|-------------|--------------|-------|-----|
| 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 | 3:28.35 FAT | St Peter's <i>(Sinclair, LaManna, Politi, Harding)</i> | 12/07/19 |
| VARSITY SMR | 3:37.85 FAT | Susan Wagner <i>(Abdalla, Nusser, Thompson, Cuthbertson)</i> | 12/02/17 |
| VARSITY DMR | 10:46.6 | St. Joseph Sea <i>(Guidicipietro, Somma, Ruspantini, Velez)</i> | 12/05/15 |
| 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 |
| VARSITY 55 HH | 7.89 FAT | Chinemerem Ononiwu Molloy | 12/02/17 |
| VARSITY 3200 | 9:41.55 FAT | Gavin Ehlers Westhampton | 12/07/19 |
| 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 | 2:01.3 | Bishop Loughlin <i>(Palmer, Hawkins, West, Satami)</i> | 12/03/16 |
| FROSH/SOPH SMR | 4:33.51 FAT | Bishop Loughlin | 12/02/17 |
| FROSH/SOPH DMR | 10:04.18 FAT | Ursuline School | 12/02/17 |
| VARSITY 55 HH | 9.06 FAT | Abigail Jeffries Molloy | 12/07/19 |
| VARSITY 3000 | 11:15.08 FAT | Sabrina Sciabica Tottenville | 12/07/19 |
| 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 |