

54TH ANNUAL BOYS & GIRLS EASTERNS INVITATIONAL

**THIS IS THE FOURTH YEAR THAT THE BOYS &
GIRLS MEET WILL BE RUN AT THE SAME SITE
ON THE SAME DAY – LAST YEAR WAS A GREAT
SUCCESS - THE MEET WILL BE RUN UNDER THE
AUSPICES OF THE CATHOLIC HIGH SCHOOL
ATHLETIC ASSOCIATION**

SUNDAY JUNE 6TH @ IONA PREP SCHOOL, NEW ROCHELLE

Meet has been moved to Sunday to avoid SAT Exam conflicts!

Be a part of an Historic Meet in High School Track & Field

Jan Mitchell: 917-837-4042 [ANYTIME]

EMAIL JLM75@IONAPREP.ORG

Coaches Note! There will be no mailing this year! Use this entry! Deadline June 1st

Declaration of intent to compete – due Saturday May 1st

*Due to new regulations from NFHS, each school that
wants to participate must send an email that indicates
intention to participate. This email must arrive by*

Saturday May 1st, 2010. This email should state

*“_____ High School” intends to send its men’s
and/or women’s team to the 2010 Easterns Invitational.*

JLM75@IONAPREP.ORG

We must adhere to this date.

**For teams that meet this time frame, actual
entries are due on Monday May 31st**

The worst part of running this meet is collecting the entry fee from schools so the following will be in effect and there will be no exceptions – I have just closed the books on last year's meet in February!

NO entry blanks will be processed without one of the following:

a) A school-issued check or a personal check or cash on the day of the meet!

b) The original or a copy of the PO or voucher (so that we know that the process has been started).

Do not show up with your team on June 6TH unless the entry fee has been paid – your athletes will not be allowed to compete under any circumstances!

Also, we have had several individuals attempt to enter our meet, without representing their schools. Parents may not enter their sons or daughters. Only high school coaches may enter athletes into this meet. To be part of our meet an athlete must be a representative of his or her school and the entry must be signed by your principal! **Please be advised to verify entries, I will call the Athletic Director of any school that I feel is not a bona fide entry from the school itself!**

CONTESTED EVENTS – SCHEDULE – QUALIFYING STANDARDS

TIME EVENT QUALIFYING STANDARD – GIRLS EVENTS

Boys events will be contested first this year – in future years we will rotate!

11:00	JAVELIN	100'0"	
11:30	HAMMER THROW	100'0"	
11:00	HIGH JUMP	5'0"	[OPENING HEIGHT 4'8"]
11:30	TRIPLE JUMP	34'0"	
11:00	POLE VAULT	9'0"	[OPENING HEIGHT 8'0"]
12:30	DISCUS THROW	100'0"	
12:30	LONG JUMP	15'0"	
1:00	SHOT PUT	30'0"	
1:30	400m INTERMEDIATE HURDLES [FINAL]	1:06.0	
1:45	4 x 1600m RELAY	21:00.0	
2:10	SPRINT MEDLEY [400-200-200-800]	4:20.0	
2:25	800m RELAY [FINAL ON TIME]	1:50.0	
2:35	800m	2:25.0	
2:45	100m HURDLES [6 FASTEST TO FINALS]	17.0	
3:00	200m [FINAL ON TIME]	27.0	
3:10	2000m STEEPLECHASE	7:45.0	
3:25	100m HURDLES [FINAL]		
3:30	100m [6 FASTEST TO FINALS]	13.0	
3:40	400m [FINAL]	1:02.0	
3:50	MILE RUN	5:15.0	
4:00	100m [FINALS]		
4:10	3200m RELAY	9:50.0	
4:25	1600m RELAY	4:15.0	

If possible the meet will run ahead of time!

CONTESTED EVENTS – SCHEDULE – QUALIFYING STANDARDS

TIME EVENT QUALIFYING STANDARD – BOYS EVENTS

Boys events will be contested first this year – in future years we will rotate!

9:30	JAVELIN	160'0"	
9:30	HAMMER THROW	150'0"	
9:30	HIGH JUMP	6'0"	[OPENING HEIGHT 5'8"]
9:30	TRIPLE JUMP	42'0"	
10:00	POLE VAULT	12'0"	[OPENING HEIGHT 11'0"]
10:30	DISCUS THROW	140'0"	
10:30	LONG JUMP	21'0"	
11:30	SHOT PUT	52'0"	
9:45	400m INTERMEDIATE HURDLES [FINAL]		59.0
10:00	4 x 1600m RELAY		18:00.0
10:25	SPRINT MEDLEY		3:40.0
10:35	800m RELAY [FINAL ON TIME]		1:34.0
10:45	800m RUN		1:59.0
11:00	110m HIGH HURDLES [6 FASTEST]		15.2
11:15	200m [FINAL ON TIME]		23.0
11:25	3200m RUN		9:50.0
11:40	110m HIGH HURDLES [FINAL]		
11:45	100m TRIALS [6 FASTEST TO FINALS]		11.4
11:55	400m RUN [FINAL ON TIME]		52.0
12:05	ONE MILE RUN		4:30.0
12:15	2000m STEEPLECHASE		6:45.0
12:25	100m FINALS		
12:30	3200m RELAY		8:10.0
12:50	1600m RELAY [FINAL ON TIME]		3:28.0

If possible the meet will run ahead of time!

ENTRIES CLOSE: Monday June 31st, 2010

**MAIL ENTRIES TO: JAN MITCHELL
IONA PREP SCHOOL
255 WILMOT ROAD
NEW ROCHELLE, N.Y. 10804**

YOU MAY ALSO FAX YOUR ENTRY TO ME AT IONA PREP 914-632-9760 OR EMAIL THEM

**INFORMATION: JAN MITCHELL AT 917-837-4042 [ANYTIME]
OR EMAIL JLM75@IONAPREP.ORG**

**AWARDS: PLAQUE – FIRST PLACE IN RELAYS FOR THE SCHOOL
MEDALS – TOP FIVE PLACE IN ALL EVENTS
SHIRTS – WINNERS IN ALL EVENTS**

Directions to Iona: <http://ionaprep.org/directions.jsp?rn=6182243>

**ENTRY FEE: \$20.00 PER INDIVIDUAL PER EVENT!
\$40.00 PER RELAY TEAM! “CHSAA TRACK”**

**PAYMENT MUST ACCOMPANY THIS ENTRY AND ARE NON-REFUNDABLE! IF YOUR
ATHLETE HAS ATTAINED THE ABOVE STANDARD HE/SHE WILL COMPETE!
EASTERN STATES TRACK & FIELD MEET SPONSORED BY THE C.H.S.A.A.**

**SANCTIONED BY THE C.H.S.A.A.
BORDERING STATE SANCTION HAS BEEN APPLIED FOR.**

NO ONE MAY COMPETE WITHOUT THE ENTRY FEE BEING PAID IN FULL!

ELIGIBILITY RULES

- 1] ANY STUDENT HAVING REACHED THE AGE OF NINETEEN [19] BEFORE SEPTEMBER 1st, 2009 IS INELIGIBLE TO REPRESENT HIS SCHOOL.**
- 2] EVERY PARTICIPANT MUST BE A BONA FIDE STUDENT ACCORDING TO HIS OWN SCHOOL OR DISTRICTS STANDARDS.**
- 3] THE EIGHT [8] CONSECUTIVE SEMESTER RULE WILL BE IN EFFECT.**
- 4] ALL COMPETITORS MUST MEET THE QUALIFYING STANDARDS. IF YOU HAVE MET THE STANDARD YOU WILL BE ALLOWED TO COMPETE!**
- 5] NATIONAL FEDERATION RULES WILL GOVERN THIS MEET. UNIFORM AND JEWELRY RULES WILL BE IN AFFECT! [NO JEWELRY OR WATCHES]**
- 6] SPIKES - [1/8 INCH OR LESS/NO HEX]**
- 7] STARTING BLOCKS ALLOWED [YOU MUST SUPPLY YOUR OWN!]**
- 8] AN ATHLETE MAY COMPETE IN ANY TWO EVENTS!**

**ENTRY FEE: \$20.00 PER INDIVIDUAL PER EVENT!
\$40.00 PER RELAY TEAM! "CHSAA TRACK"**

CHECK: SCHOOL OR PERSONAL MUST ACCOMPANY YOUR ENTRY [ALL ENTRIES WITHOUT PAYMENT WILL BE REJECTED!] NO ONE MAY COMPETE WITHOUT PAYMENT OF THE ENTRY FEE!

MAKE CHECKS PAYABLE TO "CHSAA TRACK" – NO PAYMENT NO MEET

**ENTRIES CLOSE ON MONDAY JUNE 31ST
[WITH PAYMENT]
[NO PAYMENT NO COMPETITION]**

**WE WILL NOT BEGIN THE GIRLS RUNNING
EVENTS BEFORE 1:00 PM**

PRINCIPAL MUST SIGN THIS ENTRY

SCHOOL: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

COACH: _____

SCHOOL # _____

HOME # _____

CELL # _____

EMAIL _____

PRINCIPAL SIGNATURE _____

EVENT	ATHLETE [FIRST/LAST]	AGE	PERFORMANCE	WHEN/WHERE
100m	Usain Bolt	23	9.58s	2009, Beijing
200m	Usain Bolt	23	19.19s	2009, Beijing
400m	Justin Gatlin	31	43.18s	2009, Beijing
800m	David Rudisha	23	1:41.01	2012, London
1600m	David Rudisha	23	3:42.96	2012, London
3200m	David Rudisha	23	7:28.35	2012, London
5000m	David Rudisha	23	13:15.75	2012, London
10000m	David Rudisha	23	27:11.47	2012, London
20000m	David Rudisha	23	55:48.00	2012, London
40000m	David Rudisha	23	1:11:02.00	2012, London
80000m	David Rudisha	23	2:22:04.00	2012, London
160000m	David Rudisha	23	4:44:08.00	2012, London
320000m	David Rudisha	23	9:28:16.00	2012, London
640000m	David Rudisha	23	18:56:32.00	2012, London
1280000m	David Rudisha	23	37:52:64.00	2012, London
2560000m	David Rudisha	23	75:44:12.00	2012, London
5120000m	David Rudisha	23	151:28:24.00	2012, London
10240000m	David Rudisha	23	302:56:48.00	2012, London
20480000m	David Rudisha	23	605:13:36.00	2012, London
40960000m	David Rudisha	23	1210:27:12.00	2012, London
81920000m	David Rudisha	23	2420:54:24.00	2012, London
163840000m	David Rudisha	23	4841:08:48.00	2012, London
327680000m	David Rudisha	23	9682:17:36.00	2012, London
655360000m	David Rudisha	23	19364:35:12.00	2012, London
1310720000m	David Rudisha	23	38728:70:24.00	2012, London
2621440000m	David Rudisha	23	77457:40:48.00	2012, London
5242880000m	David Rudisha	23	154915:21:36.00	2012, London
10485760000m	David Rudisha	23	309830:43:12.00	2012, London
20971520000m	David Rudisha	23	619661:26:24.00	2012, London
41943040000m	David Rudisha	23	1239322:52:48.00	2012, London
83886080000m	David Rudisha	23	2478645:45:36.00	2012, London
167772160000m	David Rudisha	23	4957291:31:12.00	2012, London
335544320000m	David Rudisha	23	9914582:62:24.00	2012, London
671088640000m	David Rudisha	23	19829165:24:48.00	2012, London
1342177280000m	David Rudisha	23	39658330:49:36.00	2012, London
2684354560000m	David Rudisha	23	79316661:39:12.00	2012, London
5368709120000m	David Rudisha	23	158633323:18:24.00	2012, London
10737418240000m	David Rudisha	23	317266646:36:48.00	2012, London
21474836480000m	David Rudisha	23	634533293:13:36.00	2012, London
42949672960000m	David Rudisha	23	1269066586:27:12.00	2012, London
85899345920000m	David Rudisha	23	2538133172:54:24.00	2012, London
171798691840000m	David Rudisha	23	5076266345:48:48.00	2012, London
343597383680000m	David Rudisha	23	10152532691:37:36.00	2012, London
687194767360000m	David Rudisha	23	20305065383:15:12.00	2012, London
1374389534720000m	David Rudisha	23	40610130766:30:24.00	2012, London
2748779069440000m	David Rudisha	23	81220261533:00:48.00	2012, London
5497558138880000m	David Rudisha	23	162440523066:01:36.00	2012, London
10995116277760000m	David Rudisha	23	324881046132:03:12.00	2012, London
21990232555520000m	David Rudisha	23	649762092264:06:24.00	2012, London
43980465111040000m	David Rudisha	23	1299524184528:12:48.00	2012, London
87960930222080000m	David Rudisha	23	2599048369056:25:36.00	2012, London
175921860444160000m	David Rudisha	23	5198096738112:51:12.00	2012, London
351843720888320000m	David Rudisha	23	10396193476225:42:24.00	2012, London
703687441776640000m	David Rudisha	23	20792386952450:84:48.00	2012, London
1407374883553280000m				

[illegible]

2008 RESULTS ARE LISTED BELOW