

Westhampton Beach Girls Track Invitational

April 26, 2025

1:30 pm start

I would like to invite you to the Westhampton Beach invitational. This meet gives your athletes an opportunity to compete in two divisions, open and novice. Freshman events also (limited). Please respect the standards.

Each athlete can compete in three events, that includes relays. Awards to the top 6 in each division. T- Shirts will be on sale. FAT timing. Relays are open only. Concession will be open. The entry fee is \$200. Payable to the Hurricane Booster Club Track , Please send to Westhampton Beach High School, 49 Lilac road Westhampton Beach, NY 11978. Attention Jason Cohen

Any Questions please Call John Broich 631-987-8823.

broichj1@yahoo.com

Schools will be billed for officials equally.

We will use Mile-split for entries. Due 4/24/2025. Heats for divisions will be done

1. 400 meter Hurdles	1:15
2. 1500 meters	5:35
3. Freshman 1500	
4. 400 meters	1:08
5. 100 meters	13.9
6. Freshman 100 meter	
7. 1500m walk	8:30
8. 100m Hurdles	19 sec
9. Freshman 100m Hurdles	
10. 800 meters	2:40
11. Freshman 800	
12. 200m	29 sec
13. 3000m	12:45
14. 4x100	
15. 4x400	
16. 4x800	

Field events

1. High Jump (2 sectors)	4-6
2. Open Shot/ Novice Disc	30 feet/75 feet
3. Novice shot/ open Disc	
4. Pole Vault (open only)	
5. Open Long/then novice	14 feet
6. Open Triple/then novice	30 ft

Complete the following

1. School_____

2. Coaches Name_____

3. Phone_____

4. Email_____

5. School Address_____

Please send completed entry to by April 20

Jason Cohen

Westhampton Beach High School

49 Lilac Road

Westhampton Beach NY 11978

Questions Call 631-987-8823