



The Herricks Invitational will be held on Friday May 2, 2025

All entries must be received before 4/25.

This meet is open to Nassau County Schools Only.

Coaches Information:

- Clerking will begin promptly at 4:30.
- Awards: Medals to the top 5 finishers in each event. Top 3 Relays.
 - Athletes are limited to 3 events.
 - Refreshments & T-Shirts will be sold.
 - Finish line results done by Elite Feats.

Order of events:

All events will be Girls followed by Boys unless otherwise noted.

Track Events:

Herricks Seniors Introductions (4:00)

400 IH V, F/S

1500/1600 V, F/S

100 V, F/S

400 V, F/S

800 V, F/S

100/110 HH V, F/S

200 V, F/S

3000/3200 V, F/S

4X100 V, F/S

4X400 V, F/S

4X800 V, F/S

Throwers 4X100

Field Events:

Long Jump; Varsity (Boys & Girls) followed by F/S

Triple Jump Follows LJ; Varsity (Boys & Girls) followed by F/S

High Jump Girls, V, F/S, followed by Boys V, F/S

Discus Boys V, F/S; followed by Girls

Shot Put Girls V, F/S followed by Boys

** Field Events are limited to 6 athletes per Gender/School/Event.

Herricks Invitational
Friday May 2, 2025
Entry Form

School: _____
School Phone #: _____

Boys Coach Name: _____
Phone #: _____
E-Mail Address: _____
Assistant Coach: _____

Girls Coach Name: _____
Phone #: _____
E-Mail Address: _____
Assistant Coach: _____

Boys Blanket Fee: \$300 _____
Girls Blanket Fee: \$300 _____
Or \$20 per athlete
of athletes _____ X \$20 = _____

All fees are entry fees, not participation.
No refunds will be given.
Officials fees will be split through BOCES.

Please fill out form and Mail or Fax to:
Herricks High School
100 Shelter Rock Road
New Hyde Park, NY 11040
C/O Joseph Caruso
Fax # (516) 248-3226

Make Checks payable to Herricks HS Student Council, C/O Joseph Caruso