

North Shore High School Invitational Track & Field Meet Saturday, May 10th 2025

TIMING: FAT TIMING WILL BE DONE BY ELITE FEATS

ALL EVENTS MUST BE PRE-SEEDED ON OUR HOME PAGE ON NY MILESPLIT

North Shore Schools is sponsoring its 21st Annual Invitational Track and Field meet. The following information should answer any questions.

Time: 10 AM for all running and field events 9:45-Coaches meeting

Place: North Shore High School (Glen Head, Nassau County)

Awards: Medals to top 6 in each individual event
Medals to top 4 in each relay

Order of Events: See Attached:

Entry Fee: \$10.00 Per Individual Event
\$25.00 Per Relay Team

OR

\$300.00 Boys Team, \$300.00 Girls Team or \$600.00 Combined Team

In addition official costs will be split between Nassau County Public Schools and billed through BOCES.

PAPER ENTRIES DUE BY MONDAY MAY 5th

Make checks payable: North Shore Schools
C/O Neal Levy
North Shore High School
450 Glen Cove Ave
Glen Head NY 11545
Text entry to (516) 330-4590 cell or levyn@northshoreschools.org

Bus Parking: Buses will drop off athletes at end of Parking lot and proceed to the front of the building for parking.

Directions: North Shore High School is located on Glen Cove Ave in Glen Head, NY
From LIE: Exit 39 North (Glen Cove Road)
Cross over Northern Blvd
At the 3rd light make left at Nissan Dealer (Back Road)
At the end of Back Rd. make right onto Glen Cove Ave
Proceed to the 3rd light North Shore High School is on right

LIVE MUSIC WILL BE PLAYING, AND REFRESHMENTS/T-SHIRTS WILL BE SOLD

**NORTH SHORE HIGH SCHOOL
INVITATIONAL TRACK & FIELD MEET**

Saturday, May 10th 2025

Order of Events:

Each competitor may compete in any three events

400 Intermediate Hurdles	BOYS	
400 Intermediate Hurdles	GIRLS	
3200	BOYS	
3000	GIRLS	
100 meter (Trials)	BOYS	
100 meter (Trials)	GIRLS	
110 HURDLES (Trials)	BOYS	
100 HURDLES (Trials)	GIRLS	
3k Steeplechase	BOYS	
2k Steeplechase	GIRLS	
800	BOYS	
800	GIRLS	
100 meter	GIRLS	Finals
100 meter	BOYS	Finals
100 Hurdles	GIRLS	Finals
110 Hurdles	BOYS	Finals
400	BOYS	
400	GIRLS	
1600	BOYS	
1500	GIRLS	
200	BOYS	(Final on time)
200	GIRLS	(Final on time)
1500 RACEWALK	GIRLS	
4x100	BOYS Followed by GIRLS for all relays	
4x800		
4x400		
Pole Vault	BOYS FOLLOWED BY GIRLS	
High Jump	GIRLS FOLLOWED BY BOYS	
Long Jump	GIRLS and BOYS simultaneously (two runaways)	
Triple Jump	Same Format will follow Long Jump	
Shot Put	GIRLS followed by BOYS	
Discus	BOYS followed by GIRLS	

WE WILL HAVE TWO RUNAWAYS FOR LONG AND TRIPLE JUMP

Seeding: TIMING: FAT TIMING WILL BE DONE BY ELITE FEATS

ALL EVENTS MUST BE PRE-SEEDED ON OUR HOME PAGE ON NY MILESPLIT

Field Events: Labels and Verbal seeding at event location.

Spikes: Only 1/4" spikes are permitted on shoes and blocks.

Batons/Blocks: You must supply your own starting blocks and batons.

ENTRY SHEET

SCHOOL

BOYS

GIRLS

COACH

CELL PHONE
 E-mail

BOYS EVENTS	#ENTRIES
400 Hurdles	
3200	
100	
110H	
800	
400	
1600	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	
POLE VAULT	
Steeple Chase	

GIRLS EVENTS	ENTRIES
400 Hurdles	
3000	
100	
100H	
800	
400	
1500	
200	
HIGH JUMP	
LONG JUMP	
TRIPLE JUMP	
SHOT PUT	
DISCUS	
4 X 100	
4 X 800	
4 X 400	
POLE VAULT	
Steeple Chase	

FEES

BLANKET FEE (\$300 OR \$600 both boys and girls)

INDIVIDUAL ENTRIES X \$10.00

RELAY ENTRIES X \$25.00

TOTAL ENTRY FEE:

Payable to: North Shore Schools
 Mail to: Neal Levy
 North Shore High School
 450 Glen Cove Ave
 Glen Head NY 11545

or
 or email levyn@northshoreschools.org
 or text 516 330-4590

North Shore High School Invitational Track & Field Meet Meet Records

Boys

100m	Raymond Jones	Roosevelt	10.5	2014
110H	Aaron McFadden	Copiague	14.2	2014
200m	Christan Blades	Tilden	21.7	2014
400m	Kwasi Applewhite	Tilden	47.8	2014
400 Hurdles	Spencer Payton	Longwood	53.82	2016
800m	Ermiyas Harper	Midwood	1:55.06	2019
1600m	Richard Schmitz	Port Washington	4:17.2	2007
3200m	Jack Rosencrans	North Shore	9:30.20	2018
Steeplechase	Dylan Manning	Commack	9:53.24	2024
Shot Put	Dennis Russell	Longwood	60'1.25"	2014
Discus	Dennis Russell	Longwood	169'	2014
Long Jump	Pascal Bastien	Baldwin	23'3"	2014
Triple Jump	Macrene Jeannot	Bay Shore	45'10"	2019
High Jump	Justin Wilson	Floral Park	6'6"	2010
	Mike Rufrano	Chaminade	6'6"	2011
Pole Vault	Jacob Park	W. Half Hollow Hills	15-0"	2024
4x100		Longwood	42.99	2024
4x400		Hempstead	3:17.90	2016
4x800		South Side	8:11.9	2009

Girls

100m	Christie Verdier	Baldwin	11.9	2006
	Melissa June	St. Anthony's	11.9	2014
100 Hurdles	Crystal Henderson	Longwood	14.4	2015
200m	Samantha Edwards	Floral Park	24.5	2008
400m	Christie Verdier	Baldwin	55.8	2007
400 Hurdles	Ryan Wooley	St. John the Baptist	62.4	2010
800m	Olicia Williams	St. Anthony's	2:07.8	2011
1500m	Theresa Rush	Valley Stream North	4:38.7	2006
3000m	Mary Kate Anselimi	Ward Melville	9:48.5	2011
1500m Walk	Lauren Harris	Sachem East	6:29.43	2016
Steeplechase	Suzie Petryk	Huntington	6:59.2	2015
Shot Put	Oyinkansola Adewale	HHH West	42'0"	2014
Discus	Jillian Scully	Miller Place	150-4"	2024
Long Jump	Taylor Gensler	Bayport/Blue Point	18'11.25"	2007
Triple Jump	Nwamaka Okobi	Freeport	37'6.75"	2007
High Jump	Lauryn Piccirelli	Bay Shore	5'5"	2022
Pole Vault	Kerstyn Ciulla	Sachem	11'4"	2016
4x100		Holy Trinity	48.92	2016
4x400		Kellenberg	3:56.1	2015
4x800		Kellenberg	9:29.49	2016