St. Joseph’s College Spring Opener

Date: Saturday, March 23, 2019 (St Joseph’s College)

Meet Director: Head Coach, Rob Morris  
email: rmorris@sjcny.edu  
Office: (631) 687 - 5115  
Cell: (631) 384-4856

Location: St. Joseph’s College Outdoor Field Complex  
246 Sunrise Highway South Service Road  
Patchogue, NY 11772

Meet Entries: Direct Athletics; Entries are due Thursday, March 21st by 11:59pm. Declarations will be made the day of the meet.

Entry Fee: $300 per team (Men’s and Women’s teams are separate – 12 Athletes constitute a team.  
$25.00 per unlimited entry/$25.00 per Relay (under 12 Athletes/Unattached Athletes)  
Unattached athletes must register and pay the day of the meet and sign a waiver before they may compete. Checks or cash are acceptable the day of the meet. Receipts will be available!  
Make checks payable to “St. Joseph’s College.” You may mail fees ahead of time to:  
St. Joseph’s College  
c/o Rob Morris Track & Field Coach  
Danzi Athletic Center  
155 West Roe Boulevard  
Patchogue, NY 11772

Reminder: This is an ENTRY FEE not a participation fee. All payments based on entries submitted March 21st.

St. Joseph’s Track Info: Opened Spring 2012, BSS 1000, 6 lane turn, 8 lane straightaway. Only ¼ inch spikes allowed. NO SPIKES permitted on the infield.


St. Joseph’s Facilities: Outside public bathrooms available. Athletic building accessible to trainers, staff, and SJC student-athletes.

Running Events: All running events will be run as a timed final. Clerk table will be at the south end of the track, opposite the finish line. In order to declare an athlete, check the dash next to the athlete’s name. An announcement will be made when declarations will close for a particular event for any necessary reseeding. Once declarations are closed, all non-declared athletes will be scratched – No Exceptions.

Field Events: Long Jump and Triple Jump will receive 3 attempts, finals will immediately follow. High Jump opening heights will be 1.28m/1.63m increasing by 5cm. **Throws and Pole Vault will be not be contested.** Scratches made at event venue.

Athletic Trainer: An athletic trainer will be available. Each team must bring its own training supplies. Please contact Lisa Komnik, Head Athletic Trainer (lkomnik@sjcny.edu or 631-687-1454) with any questions.

St. Joseph’s Parking: There is limited parking for spectators at complex. Carpooling is critical due to the parking limitations. Please strongly encourage spectators/athletes to carpool together. Buses will drop off athletes at the complex and park at the main campus.

Directions to St. Joseph’s Athletic Complex:

**From the West**  
Take Sunrise Highway (27) east to Exit 53 (Route 112). Take exit and stay on south service road past 112. Complex will be on your right just passed Phyllis Drive.

**From the East**  
Take Sunrise Highway (27) west to Exit 53 (Route 112). Stay on north service road and make left at light, Route 112. Make left at next light onto south service road east. Complex will be on your right just passed Phyllis Drive.
Field Events
11:00
Men’s Long Jump (Women’s Long Jump to Follow) 3 Attempts/ Top 7 to Finals

Followed by
Men’s Triple Jump (Women’s Triple Jump to Follow) 3 Attempts/ Top 7 to Finals

11:00
Women’s High Jump (Men’s High Jump to follow) Opening Heights 1.28m/1.63m increasing by 5cm

Running Events
10:55 National Anthem
11:00 (M) Steeplechase
(W) Steeplechase
(W) 4x100m Relay
(M) 4x100m Relay
(M/W) 4x100m “Boom Boom”

(W) 1500m
(M) 1500m
(M) 110HH
(W) 100HH
(W) 400m
(M) 400m
(W) 100m
(M) 100m
(W) 800m
(M) 800m
(W) 200m
(M) 200m
(M) 400 IH
(W) 400 IH
(W) 5000m
(M) 5000m
(W) 4x800m Relay
(M) 4x800m Relay
(W) 4x400m Relay
(M) 4x400m Relay

**The meet will be contested on a Rolling Schedule**
****All Events will be a Final by Time****
St. Joseph’s College Track & Field Spring Opener

Date: Saturday March 23, 2019

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>St. Joseph’s College Track &amp; Field Spring Opener</td>
<td>$300.00</td>
</tr>
<tr>
<td>1.  Men’s Team Entry Fee</td>
<td>$300.00</td>
</tr>
<tr>
<td>2.  Women’s Team Entry Fee</td>
<td>$300.00</td>
</tr>
<tr>
<td>3.  Combined Men’s and Women’s Team Entry Fee</td>
<td>$600.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$</td>
</tr>
</tbody>
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Please make checks payable to:

St. Joseph’s College