

10th Annual Tiger Relays

Saturday, April 25th, 2015

The Facility @ Dietz Stadium, Kingston, NY
Official Steeple Jump Pit

*******All Field Events Will Register through onlineentries.com*******
Registration closed 8:00pm, the Thursday night before the meet

****Varsity Javelin from 9:00 to 11:00****

Meet Information

Frosh/Soph Relay Cards must be in by 8:30am

Varsity Relay Cards must be in by 11:30am

Field Events Will Be Seeded through onlineentries.com (by 8:00pm Thursday)

- 1) All *Field* events will be individual events: 4 entries max - Frosh/Soph; 4 entries max - Varsity
- 2) **Frosh/Soph:** 3 attempts; *all* measured; no finals;
Varsity: 3 attempts, Top 9 go to finals (3 additional throws)
 - To keep the meet moving, there will be minimum marks at *the varsity level*: The 1st attempt will be measured, and then, only marks which meet the minimum distance will be measured.
- 3) Varsity Minimum Marks (first attempt will be measured):

Boys Shot:	V:35	Girls Shot:	V:25
Boys Discus:	V:90	Girls Discus:	V:70
Boys Long:	V:17	Girls Long:	V:12
Boys Triple:	V:36	Girls Triple:	V:26
- 4) **Pole Vault:**
 - **Frosh/Soph Girls start at 9:00; Followed by Frosh/Soph Boys**
Frosh/Soph Girls - 6', 7', 8', then every 6"; Frosh/Soph Boys - 8', 9', 10', then every 6"
 - **Varsity Girls (no earlier than 12:30); followed by Varsity Boys**
Varsity Girls - 7', 8', 9' then every 6"; followed by Varsity Boys - 8', 9', 10', then every 6"
- 5) In both Varsity and Frosh/Soph Relays, each school may enter a max of 2 **teams** each (Designate A or B: **both teams can score**). In the Steeple Chase, a school may enter no more than 3 athletes (3 varsity, 3 frosh/soph).
- 6) *Track* athletes **may** compete in both Frosh/Soph and Varsity events (except Steeplechase). *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event!

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7) **Running Event Cards**

- All cards should have name(s), school, event, (A or B team) and seed time on the front of each card.
- The card will be returned to the athlete to be worn by the anchor leg (bring pins).
 - a. Athletes will be brought onto the in-field for warm-up.
 - b. After the finish, athletes will exit immediately by the gate next to the finish.
 - c. No athletes will be allowed on the infield unless they are in the next event. This will be strictly enforced.
 - d. **Maximum of ¼ inch spikes...please!**

8) **Field Events:** Field event athletes must be registered through onlineentries.com. **Registration will be closed 8:00pm Thursday night before the meet. All** events will be put in flights. Check in at the event location

9) Hurdle relay will be run in individual lanes and then added together (This is so coaches can get times on their athletes).

10) Scoring will be 10 – 8 – 6 - 5 - 4 – 3 – 2 – 1 in each event. Boys and girls teams are scored separately. Medals will go to the top 6 in each event. Team trophies will be given to 1st and 2nd place varsity boys and girls, and to 1st and 2nd place frosh/soph boys and girls.

11) New York State Public High School Athletic Association rules on participation limits will be enforced.

12) We will have a limited number of blocks at the track. However, teams are encouraged to bring their own.

13) All checks and vouchers **due by April 17th**; Payable to: **Kingston City School District**

14) Any Questions, please contact Nick Badalato:

E-mail: nbadalato@kingstoncityschools.org or cell phone: (845) 594 -6247

15) Tents are allowed at the top levels of both grandstands. No radios please (this is to insure that all checks-ins happen on time).

Coaches will be provided complimentary lunch.

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Team Information

****Please make sure the contact information is correct and up to date****

High School:

Athletic Dept Phone:

Team Coach/Contact:

Contact Phone:

Contact E-Mail:

Blanket Fee: \$375

Boys Team: \$200

Girls Team: \$200

Or

Number of Track Relay Teams: _____ x \$20 = _____

Individual Field Events: _____ x \$10 = _____

Total Due:

*All checks and vouchers due by April 24th

*Make Checks or Vouchers Payable to: **Kingston City School District**

Mail to:

Kingston High School
Attn: Coach Nick Badalato
403 Broadway
Kingston NY, 12401

or

Fax to:

KHS Athletic Department
Attn: KHS Track
Fax #: 845 331-4161

******* Register all Field Events through onlineentries.com *******

Closes 8:00pm Thursday night before the meet

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Order of Events

Varsity Javelin (Boys and Girls): open pit from 9:00am-11:00am (experienced throwers only!)

Frosh/Soph Track Events: 9:00am start

- G/B: SMR (400, 200, 200, 800)
- G/B: DMR (1200, 400, 800, 1600)
- G/B: 4 x 100
- G/B: 4 x 800
- G/B: 4 x 400
- Girls Frosh/Soph: 2000m steeple (max of 3 entries)

Girls Varsity Steeple Chase: (no earlier than) 12:00pm start

- Girls Varsity: 2000m Steeple (max of 3 entries)
- Boys Frosh/Soph: 2000m Steeple (max of 3 entries)
- Boys Varsity: 3000m Steeple (max of 3 entries)

30 Minute Break for Coaches, Officials and Varsity Warm-ups

Varsity Track Events: (no earlier than) 12:30pm start

- G: 3 x 100 Hurdles (times of the 3 hurdlers will be added together)
 - B: 3 x 110 Hurdles (times of the 3 hurdlers will be added together)
 - G/B: 4 x 800
 - G/B: 4 x 100
 - G/B: Individual 1500/1600 (max of 3 entries)* Seeded Heat will be Last
 - G/B: Individual 400 Hurdles (max of 3 entries)* Seeded Heat will be First
 - G/B: 4 x 200
 - G/B: DMR (1200-400-800-1600) (max of 1 team)*
 - G/B: 4x 400
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Frosh/Soph Field Events: 9:00am start

- Girls Pole Vault followed by Boys Pole Vault
- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot

Varsity Field Events (no earlier than) 12:30pm start

- Girls Pole Vault followed by Boys Pole Vault
- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot