**Harrison Twilight Relays**

***Tune up for Penn -OR- Make a quality early season***

***relay performance for your post season!***

Date: Friday, April 10th Location: Harrison High School Time: 6:00pm-8:00pm

Rules and Important Information:

* This meet will be **limited to 12 teams**. Please RSVP with an email to Dominic Zanot (zanotd@harrisoncsd.org) by April 1st.
* Each team is allowed unlimited relays in each event.
* Each team is allowed unlimited entries in the shot put (we will not throw the discus)
* Please create index cards with seeds for each relay. Cards will be turned in upon arrival so that heats can be created in a timely fashion.
* A concession stand will have food and drink.
* T-Shirts to the winners.
* Cost: $200 dollars per school
* Checks or PO should be **made out to:** Harrison High School

and **sent to:**

C/O Dominic Zanot

Harrison High School

255 Union Avenue

Harrison NY 10528

Schedule of Events

Field: Boys & Girls Shot Put will occur simultaneously

Track:

1. Girls 4x100 Trials (Top 6 to final)
2. Boys 4x100 Trials (Top 6 to final)
3. Girls 4x800 (heats will run from slow to fast)
4. Boys 4x800 (heats will run from slow to fast)
5. Girls 4x100 Final
6. Boys 4x100 Final
7. Throwers 4x100 Exhibition
8. Girls 4x400 (heats will run from slow to fast)
9. Boys 4x400 (heats will run from slow to fast)