



## Ossining Track & Field

# Ossining Relays

**Date:** Saturday, April 11, 2015

**Site:** Anne M. Dorner Middle School Ossining, NY 10562

**Rules:** National Federation Recognized

1/4 Pyramid Spikes

Starting blocks will be available

**Track Events:** Report to the clerking area with your 3 x 5 card when your event is first called. Cards will not be provided. Athletes competing in the JV DMR may not participate in the Varsity DMR, but may participate in other Varsity events.

**Field Events:** Check in at your event, with 3 X 5 card when event is called. LJ & TJ: 3 jumps, no finals. Shot & Discus: 3 throws, no finals. 3 athletes per relay team, best 2 will score.

**Participation:** Unlimited entry in all events. An athlete may compete in (3) events.

**Awards:** Medals to Top Five in all events

**Fees:** \$225 per team (Specify Boys or Girls), \$400 per school  
Large concessions stand with hot and cold food and beverages

**Payment:** Make checks payable to: **Ossining Track and Field**  
Ossining High School Athletic Office  
29 S. Highland Ave.  
Ossining, NY 10562  
Attn. Randy Hill

**Information:**

Randy Hill (914) 610-0275 (cell)

Email: [ossiningtrackfield@gmail.com](mailto:ossiningtrackfield@gmail.com)

Meaghan Boozang-Hill

Email: [meaghanboozanghill@gmail.com](mailto:meaghanboozanghill@gmail.com)

Iris Lopez Rivie

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***Entries due no later than Monday, March 30, 2015***



# OSSINING RELAYS

Anne M. Dorner Middle School  
100 Van Cortlandt Avenue  
Ossining, New York 10562

**Saturday, April 11, 2015**  
**Start time: 9:00 A.M.**

## ORDER OF EVENTS

J.V. DISTANCE MEDLEY RELAY FOR BOYS (800-200-400-1600)  
J.V. DISTANCE MEDLEY RELAY FOR GIRLS (800-200-400-1600)

330 METER SHUTTLE HURDLE RELAY BOYS  
300 METER SHUTTLE HURDLE RELAY GIRLS

400 METER RELAY BOYS  
400 METER RELAY GIRLS

3200 METER RELAY BOYS  
3200 METER RELAY GIRLS

800 METER RELAY BOYS  
800 METER RELAY GIRLS

VARSITY DISTANCE MEDLEY RELAY BOYS (1200-400-800-1600)  
VARSITY DISTANCE MEDLEY RELAY GIRLS (1200-400-800-1600)

400 INTERMEDIATE HURDLE BOYS (Individual)  
400 INTERMEDIATE HURDLE GIRLS (Individual)

SPRINT MEDLEY RELAY BOYS (200-200-400-800)  
SPRINT MEDLEY RELAY GIRLS (200-200-400-800)

1600 METER RELAY BOYS  
1600 METER RELAY GIRLS

FIELD EVENTS - First Event Begins at 9:00 a.m.:  
Long Jump Relay (B, G)      Shot Put Relay (B, G)  
Triple Jump Relay (G, B)      Discus Relay (G, B)  
High Jump Relay (B, G)



## Ossining Track & Field

# Ossining Relays

### Official Entry Form

School: \_\_\_\_\_

Boys Coach: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Girls Coach: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

School Phone: \_\_\_\_\_

School Address:

\_\_\_\_\_  
\_\_\_\_\_

Boys \_\_\_\_\_ Girls \_\_\_\_\_ Total: \$ \_\_\_\_\_

**Entry form due No Later Than Monday, March 30, 2015**

#### Mail To:

Ossining High School Athletic Office

29 S. Highland Ave.

Ossining, NY 10562

Attn. Randy Hill

FAX # (914) 941-5507

914-762-5760 X2330 (Athletic Office)