



**16<sup>th</sup> Annual  
MOUNT RELAYS  
Saturday, April 23, 2016  
MOUNT ST. MICHAEL ACADEMY**

**Last time to Turn Up for PENN RELAYS:**

**COME RUN, JUMP AND THROW AGAINST SOME OF THE BEST TEAMS IN THE EAST COAST.**

**Facilities**

- \* Six lane, all weather 400m "Eurotan ME" Track
- \* Concrete Shot and Discus Circles
- \* Eurotan High jump area, and Eurotan Jumps Runways.
- \* Two sand pits
- \* All grass Javelin area
- \* Bleacher seating on both sides of the track

**FULLY AUTOMATIC TIMING "FINISH LYNX"  
by Judith Allen Enterprises**

**MEDICAL**

- \* A trainer will be available all day
- \* Ice machine on campus

**AWARDS**

- \* Medals to the top five in all events

**QUESTIONS**

- \*DARNELL GATLING e-mail: [Coachgatling.dg@gmail.com](mailto:Coachgatling.dg@gmail.com)

- \* ¼ inch spikes or less

**SANCTIONS**

- \*National Federation
- \*NY, CT, NJ
- \*CHSAA
- \*PSAL



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**COACHES INSTRUCTION SHEET**

- \* Due date is Friday April 15, 2016**
- \* No entries will be accepted the day of the meet**
- \* This is an entry fee, not a participation fee**
- \* Teams make sure that your roster is updated and send them to Coachgatling.dg@gmail.com (this will speed up the posting of the results)**
- \* All relays will be seeded the day of the meet.**
- \* All relays are final on time**
- \* All 4x100m relays and first three heats of the varsity 4x400m relays will be run in lanes**
- \* All other relays and heats will use a California start**
- \* 3 attempts and No Finals in all Field Events**
- \* No starting blocks will be allowed**
- \* An athlete may compete in any three events**
- \* Freshmen can not run in sophomore events.**



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**ENTRY FORM  
(Due Friday April 15, 2016)**

**Boys individual events**

\_\_\_\_ 400IH  
\_\_\_\_ LJ  
\_\_\_\_ TJ  
\_\_\_\_ HJ  
\_\_\_\_ SP  
\_\_\_\_ DISCUS  
\_\_\_\_ JAVELIN

**Girls individual events**

\_\_\_\_ 400Ih  
\_\_\_\_ LJ  
\_\_\_\_ TJ  
\_\_\_\_ HJ  
\_\_\_\_ SP  
\_\_\_\_ DISCUS  
\_\_\_\_ JAVELIN

**Boys Relays**

\_\_\_\_ Frosh 4x400m  
\_\_\_\_ Soph 4x400m  
\_\_\_\_ Frosh 4x800m  
\_\_\_\_ Soph 4x800m  
\_\_\_\_ Varsity SMR  
\_\_\_\_ Varsity 4x100m  
\_\_\_\_ Varsity 4x400m  
\_\_\_\_ Varsity 4x800m

**Girls Relays**

\_\_\_\_ Frosh 4x400m  
\_\_\_\_ Soph 4x400m  
\_\_\_\_ Frosh 4x800m  
\_\_\_\_ Soph 4x800m  
\_\_\_\_ Varsity SMR  
\_\_\_\_ Varsity 4x100m  
\_\_\_\_ Varsity 4x400m  
\_\_\_\_ Varsity 4x800m

Total # of Individuals \_\_\_\_\_ x \$8.00

Total # of Relays \_\_\_\_\_ x \$20.00

Total Entry Fee \$ \_\_\_\_\_

Max Entry per Boys or Girls team is \$300.  
For both Boys and Girls \$500. (in the same school)

**Make Checks Payable to: "Mt. St. Michael Academy" (Mail Entry with Payment)**

Mail entry to:  
Coach Darnell Gatling Sr.  
Mt. St. Michael Academy  
4300 Murdock Ave.  
Bronx, NY 10466

School \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Coaches' Name \_\_\_\_\_

Phone # \_\_\_\_\_ email: \_\_\_\_\_



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**ORDER OF EVENTS**

**Mount Relays Time Schedule**

**RUNNING EVENTS**

**10:00 Varsity Girls 400lh**

**10:15 Varsity Boys 400lh**

**10:30 Varsity Girls 4x800m**

**10:55 Varsity Boys 4x800m**

**11:15 Frosh Girls 4x800m**

**11:40 Frosh Boys 4x800m**

**12:00 Soph Girls 4x800m**

**12:15 Soph Boys 4x800m**

**New Event Shot Put 100 Meter Dash (No Fee- Top 10 Boys and 10 Girls that participated)**

**12:25 Varsity Girls 4x100m**

**12:45 Varsity Boys 4x100m**

**1:05 Varsity Girls SMR**

**1:35 Varsity Boys SMR**

**2:05 Frosh Girls 4x400m**

**2:30 Frosh Boys 4x400m**

**2:55 Soph Girls 4x400m**

**3:15 Soph Boys 4x400m**

**3:35 Varsity Girls 4x400m**

**4:00 Varsity Boys 4x400m**

**FIELD EVENTS (3 attempts – No Finals)**

**9:00am Boys Discus**

**Girls Discus to follow**

**9:30am Boys Javelin**

**Girls Javelin to follow**

**Girls Shot Put**

**Boys Shot Put to follow**

**Girls Long jump**

**Boys Long Jump to follow**

**Girls Triple Jump**

**Boys Triple Jump to follow**

**10:30am Girls High Jump**

**Boys High Jump to follow**