# **CROTON-HARMON GIRLS RELAYS**

##### SATURDAY, APRIL 29, 2017

**Dear Coach:**

**This year’s edition of the 45th annual Croton-Harmon Girls Relays will be held on Saturday, April 29, 2017 at our all-weather 400 meter polyurethane track. Twenty-four events will be contested.**

**Please note, girls are limited to a maximum of *three (3)* events.**

**New York State only. National Federation Rules will apply.**

**CHANGE We will enter the 21st century by using FAT (Fulton Accurate Timing). With online entry through NYMilesplit. No seed cards on meet day! Hopefully this will make us more accurate, quicker and better! But, unfortunately, we must increase the entry fee.**

**FEE** – **Blanket team entry fee of $250.**

 **Make check payable to: Croton Booster Club – tax # EX 234936**

 **c/o Mike Doehring**

 **Croton-Harmon High School**

####  36 Old Post Road South

 **Croton-on-Hudson, NY 10520**

**AWARDS**: **Medals to 1st, 2nd, 3rd, 4th, and 5th place relays in each class (gold, silver, bronze, bronze, bronze). Team trophies for 1st and 2nd place in each class based on**

**6-4-3-2-1 scoring. Schools will be divided into three (3) classes of approximately equal size.**

**OPEN CHAMPIONSHIP DISTANCE MEDLEY RELAY** – **One (1) race with special awards for 1st thru 5th place and separate class scoring as above. Our intent in having this race in the program is to give the distance runners another event while not unduly adding to the length of the meet. We still feel that running class distance medleys would take forever and not provide enough competition.**

**We envision this to be a championship race and hope it will be a highlight of the meet, mixing some of the best runners of all three (3) classes. It is an open event with awards to the top five (5) teams open but with separate class scoring. (If your team doesn’t finish in the top (five) 5, they can still score in class and will medal in class if they do not receive an open award.) We hope many schools will enter the race and make it a highlight of the meet.**

**SUGGESTION SHEET – Please fill out the suggestion sheet on the back of your entry form. These have been helpful to us in the past in making improvements in the meet. We will assume that those who do not fill out the form, like the meet the way it is planned.**

**Scratches: Make them as soon as possible after arrival. Heats with empty lanes, etc. will slow things down. Scratch before the event closes.**

## JV RELAYS

There will be seven (7) JV Relays: a 400m Relay – a 1600m Relay – a 3200m Relay – a 800m Medley Relay – a Shot Put Relay – a High Jump Relay and a Long Jump Relay. All are JV scoring, with awards five (5) deep in each class. We hope these events will give more members of your team (particularly the less experienced), a chance to compete and also provide a better balance between sprint and distance relays. Unlimited entries per school in JV relays.

## CHANGES/REMINDERS

1. **There are three (3) JV field event relays – shot put, long jump, and high jump. They should report after the Varsity event is finished. Make sure you enter them online as team “A”, team “B”, etc. The field event sheets will be printed that day. If they can’t pick up the shot, can’t make the long jump pit and can’t make opening height in high jump, then don’t enter them.**

**Girls may compete in both JV and Varsity events as long as they do not exceed 3 events each.**

1. **RACE WALK – The race walk is a team race of 2 or 3 walkers with only TWO scoring (all 3 may medal) WITHIN CLASS, not open.**
2. **POLE VAULT – The Pole Vault is a relay of two or three vaulters, just like all the other field event relays. All classes will jump TOGETHER and be scored separately in class. It will begin after the Discus and/or High Jump and/or Javelin are completed. Listen for the announcement.**
3. **HIGH JUMP** – **All classes will jump TOGETHER and be scored separately in class. Make sure they know to get back to the high jump if they have to go to another event. If they aren’t back in time the bar will go up.**
4. **The Distance Medley Relay is an open race. Teams can get class medals in this event as long as they do not receive an open trophy.**
5. **The Javelin Throw Relay is held within the main field. Instruct ALL your girls (and you) to be VERY CAREFUL when walking inside the oval to get to events. NEVER walk directly across the field! Walk around the ropes.**
6. **We will attempt to keep competition as even as possible in each class by dividing the schools entered in the meet into three (3) approximately equal divisions. These divisions may differ slightly from Section I classifications but will hopefully give all your girls an equal shot at medals. We should know the breakdown by the Wednesday before the meet.**
7. **There will be JV scoring in each class, with a 1st place team award in each class.**
8. **Make scratches ASAP.**
9. **10:00 a.m. starting time.**
10. **We have TWO long jump pits & runways. This will speed up the horizontal jumps but could cause conflicts with girls competing in other events. Tell them to pay attention and inform the officials when they have to go to other events. Make sure they return promptly so they aren’t closed out of the event. (6 ft long jump board.)**

**COACHES** – **Please instruct your athletes of the National Federation and New York State Rules regarding *uniforms* – no jewelry, watches, barrettes, etc. Avoid hassles – inform your team before the meet.**

**FACILITIES – We have a six (6) lane all weather POLYURETHANE TRACK & RUNWAYS. Only 1/8” spikes or flats permitted. We ask you to have your team dress at your school as only bathroom facilities will be available at the elementary school. There will be a refreshment stand open and lunches will be available**.

**SEEDING** –**Online through NYMilesplit**. ***Only one (1) relay per school*, except for the seven (7) JV relays. Make scratches ASAP and listen for the call. NO SEED CARDS!**

**COACHES** – **There will be a coaches meeting at 9:45 a.m.**

**Events start at 10:00 a.m**. **(Javelin earlier if possible)**

**WE WILL PROVIDE SHOTS, DISCII, AND BATONS. PLEASE BRING YOUR OWN JAVELINS**.

**Please supervise your athletes at all times and instruct them to place all trash, etc. in the proper trash cans.**

**Numbers may still be needed even with FAT. Stay tuned.**

**HOPE TO SEE YOU AND YOUR TEAM AT THE CROTON RELAYS!**

**GAMES COMMITTEE:**

**Mike Doehring 914-761-7225** **tigermath@aol.com**

**Croton-Harmon High School Tel. No. 914-271-2147 Ext. 1209**

**Croton-on-Hudson, NY 10520 Fax No. 914-271-6643**

**ENTRIES CLOSE MONDAY, APRIL 17, 2017**

**On Line entry by Friday night 4/28 11:59 PM**

### SEND BOTH ENTRY SHEET AND CHECK

**CROTON-HARMON GIRLS RELAYS - SATURDAY, APRIL 29, 2017**

**ORDER OF TRACK EVENTS (C-B-A)**

1. **400m Hurdle Relay (2 per school – total time)**
2. **JV 3200m Relay (4 x 800)**
3. **Open Championship Distance Medley Relay**

**(1200 – 400- 800 – 1600)**

1. **400m Relay (4 x 100)**
2. **JV 1600m Relay (4 x 400)**
3. **1600m Team Race Walk (2 or 3 race, 2 score - XC scoring)**
4. **Shuttle Hurdle Relay (3 x 100m Hurdles)**
5. **3200m Relay (4 x 800)**
6. **JV 400m Relay (4 x 100)**
7. **Sprint Medley Relay (200 – 200- 400 – 800)**
8. **800m Relay (4 x 200)**
9. **1600m Team Race (3 run, 3 score – XC scoring)**
10. **JV 800m Medley Relay (200 – 100 – 100 – 400)**
11. **1600m Relay (4 x 400)**
12. **Alumni/Coaches 1 Mile Run**
13. **Alumni/Coaches Sprint Relay**

###### FIELD EVENTS

**Long Jump Relay C-B-A- Triple Jump Relay C-B-A**

**Discus Throw Relay A-B-C Javelin Throw Relay B-C-A**

**High Jump Relay all classes together Pole Vault –**

**Shot Put Relay C-A-B (after high jump or discus)**

**Varsity High Jump will start at 3’6” and go by 3” to 4’6” and up 2” thereafter.**

**JV starts at 3’ and goes up by 3”, etc.**

**Pole Vault will start at 5’ and go up by 6” thereafter.**

**Suggested minimums for field event relays:**

**LJ 10’, TJ 20’, SP 20’, DT 50”, JT 50’**

**Field event relays will be combined totals of two (2) girls – three (3) may compete, best two (2) score. If three (3) compete, third girl will medal if all make minimum standards. Both must make opening height in high jump & pole vault and both must have at least one legal measurement in the other field event relays.**

**AWARDS: Class Relays – Medals to 1st, 2nd, 3rd, 4th and 5th place relays in each class (gold, silver, bronze, bronze, bronze)**

**JV Relays – Ribbons to 1st, 2nd, 3rd, 4th and 5th place relays in each class.**

**Bill McCaffrey Memorial Championship Distance Medley Relay – Trophies to individuals on 1st – 5th place relay teams.**

**Team trophies for 1st and 2nd place in each class based on 6-4-3-2-1 scoring, including the Open Championship Distance Medley and race walk. Team plaque for 1st place in each JV class.**

#### SCORING 6 – 4 – 3 – 2 – 1

**CROTON-HARMON GIRLS RELAYS**

**SATURDAY, APRIL 29, 2017- 10:00 a.m.**

**SPENCER FIELD – CARRIE E. TOMPKINS ELEMENTARY SCHOOL**

PLEASE CHECK THE EVENTS YOUR TEAM WISHES TO ENTER:

VARSITY EVENTS:

**400m Hurdle Relay \_\_\_\_ Shot Put Relay \_\_\_\_**

**Shuttle Hurdle Relay \_\_\_\_ Discus Throw Relay \_\_\_\_**

**1600m Team Race \_\_\_\_ Javelin Throw Relay \_\_\_\_**

**1600m Team Race Walk Pole Vault Relay \_\_\_\_**

 **# of girls (2 or 3) \_\_\_\_**

**400 Relay (4 x 100) \_\_\_\_ High Jump Relay \_\_\_\_**

**800 Relay (4 x 200) \_\_\_\_ Long Jump Relay \_\_\_\_**

**1600 Relay (4 x 400) \_\_\_\_ Triple Jump Relay \_\_\_\_**

**3200 Relay (4 x 800) \_\_\_\_**

**Sprint Medley Relay**

 **(200-200-400-800) \_\_\_\_**

**Open Championship Distance Medley Relay (1200-400-800-1600) \_\_\_\_**

**(Estimated seed for Distance Medley) \_\_\_\_**

***JV EVENTS:***

**JV 400 Relay (4 x 100) \_\_\_\_ JV Shot Put Relay \_\_\_\_**

**JV 1600 Relay (4 x 400) \_\_\_\_ JV Long Jump Relay \_\_\_\_**

**JV 3200 Relay (4 x 800) \_\_\_\_ JV High Jump Relay \_\_\_\_**

**JV 800 Medley Relay**

 **(200-100-100-400) \_\_\_\_**

**School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**e-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**School Colors\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**School Name (Mascot)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Non-Section I Schools – Enrollment (9-11 Boys + Girls)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ENTRY FEE: BLANKET ENTRY FEE OF $250.00**

**Make check payable to: Croton Booster Club – c/o Mike Doehring**

#  **Croton-Harmon High School**

# **36 Old Post Road South**

 **Croton-on-Harmon, NY 10520**

**(Booster Club Tax ID # EX 234936)**

**ENTRIES CLOSE MONDAY, APRIL 17, 2017 (POSTMARKED)**

**KEEP A RECORD OF YOUR ENTRIES FOR YOUR OWN USE**

###### CROTON-HARMON GIRLS RELAYS

**We think the meet has a good mix of races and field events - Varsity, JV and individual. We are hesitant to add events and make the meet longer. Conversely, we also do not want to drop events and thus limit opportunities for some girls to participate. Your thoughts**:

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

**SUGGESTIONS FOR IMPROVEMENT NEXT YEAR**

**PLEASE CHECK/FILL IN WHERE APPROPRIATE**

**FAT & On Line Entry**

**\_\_\_\_ Great idea – it’s about time. The price doesn’t bother us if it improves the meet. My family is very understanding and doesn’t mind all my computer time.**

**\_\_\_\_ Are you crazy? We love the officials at the line and rarely is there a mistake. I’ll be spending all my time entering online and never see my family.**

**PAPER ENTRY Should we discontinue sending out some paper entry forms since everything seems to be in an online calendar these days?**

**Regardless, you will still need to send us your own paper entry with a check, etc.**

**\_\_\_\_ forget sending the paper entry, save a few trees**

**\_\_\_\_ Send us the form. I like to get mail**

**PLEASE CHANGE:**

**LEASE ADD:**

**PLEASE DROP:**

## ALUMNI/COACHES RACES

**We will again have two (2) in the program at the end of the meet. Naturally, there will be a masters (50+) division (ambulance is always on call) so that members of the meet management can get a medal.**

 **\_\_\_\_\_ Keep them in the program. Some of us are “in shape” and enjoy a**

**little activity while we wait for scoring to finish. Even if we don’t run,**

**it is fun to watch others try to maintain (recapture) their youth.**

#### COACH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

###### DIRECTIONS TO SPENCER FIELD

**FROM THE NORTH**:

Route 9 South to Route 129 exit. At the end of ramp make left – go under bridge to second traffic light. Make a left onto Route 129. Go through next traffic light. Take first right onto Wood Road (by crosswalk). Bear right onto Gerstein Street. This will take you in front of our elementary school. Keep following the road, it leads to a parking lot. Follow the walkway down to the field.

**FROM SOUTH**:

Route 9 North to Route 129 exit. At the end of ramp make a right – go to second traffic light. Make a left onto Route 129. Go through next traffic light. Take first right onto Wood Road (by crosswalk). Bear right onto Gerstein Street. This will take you in front of our elementary school. Keep following the road, it leads to a parking lot. Follow the walkway down to the field.

**FROM EAST:**

Route 22 or I-684 to Katonah (Cross River Exit). Go west on Route 35. At the intersection of 100 make a left. Go to the traffic light and make a right onto Route 118. Route 118 will automatically turn into Route 129. Follow this for approximately 10 miles (passing by an entrance to the Westchester County Park by Croton Dam). Look for the second Wood Rd. entrance (crosswalk) - left turn. Bear right onto Gerstein St. This will take you in front of the elementary school. Keep following the road, it leads to a parking lot. Follow walkway down to the field.

**FROM WEST**:

Tappan Zee Bridge and follow Route 9 North to Route 129 exit. At the end of ramp make a right – go to second traffic light. Make a left onto Route 129. Go through next traffic light. Take first right onto Wood Road (by crosswalk). Bear right onto Gerstein Street. This will take you in front of our elementary school. Keep following the road, it leads to a parking lot. Follow the walkway down to the field.