**2017 Harrison Twilight Relays**

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

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

Date: Friday, April 21st Location: Harrison High School Time: 6:00pm-8:30pm

Rules and Important Information:

* This meet will be **limited to 15 teams**. Please RSVP with an email to Dominic Zanot ([zanotd@harrisoncsd.org](mailto: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)
* We will contest the Triple Jump this year. ***Boys will only be allowed to jump from the 36’ or 40’ board and girls will only be allowed to jump from the 28’ or 32’ board. Please consider this rule when entering your athletes in the Triple Jump as it is designed to be a showcase event.***
* There will be a pre-entry and we will be using FAT, courtesy of Fulton Accurate Timing.
* A concession stand will have food and drink.
* T-Shirts to the winners.
* Cost: $250 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 on the next page

Schedule of Events

Field: 6pm Start: Boys & Girls Shot Put will occur simultaneously

6pm Start: We will have an hour open pit for boys Triple Jump (36’ or 40’ board only)

7pm Start: We will have an hour open pit for girls Triple Jump (28’ or 32’ board only)

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. Throwers 4x100 Exhibition (Girls followed by Boys)
6. Girls 4x100 Final
7. Boys 4x100 Final
8. Girls 4x400 (heats will run from slow to fast)
9. Boys 4x400 (heats will run from slow to fast)