

**7th Annual**  
**Tiger Relays**  
**At Dietz Stadium, Thruway Exit 19, Kingston, New York**

The Kingston High School Track and Field staff would like to invite you and your team to the 6th annual Tiger Relays. Our goal is to (1) offer a quality alternative to the Penn Relays (since many schools cannot afford, or can only take a limited number of athletes); and (2) to attract teams from both the northern and southern regions of the state for a high caliber meet. We look forward to seeing you.

**Saturday, April 28th, 2012**

**The Facility @ Dietz Stadium**

8 Lane All Weather Track

4 Jump Pits

2 High Jump Pits

Pole Vault Pit

Shot and Disc Areas

Official Steeple Jump Pit

**\*\*Varsity Javeline at 9:00 to 11:00\*\***

**\*\*F/S Girls, then F/S Boys in the morning; Varsity Girls, then Varsity Boys in the afternoon\*\***

**Meet Information**

- 1) All *Field* events will be individual events: 4 entries max - Frosh/Soph; 4 entries max - Varsity
- 2) **Frosh/Soph:** 3 attempts; *all* measured; no finals; **Varsity:** 4 attempts, no finals.
  - To keep the meet moving, there will be minimum marks at *the varsity level*: The 1<sup>st</sup> attempt will be measured, and then, only marks which meet the minimum distance will be measured.
- 3) Varsity Minimum Marks (first attempt will be measured):

Boys Shot:	V:35	Girls Shot:	V:25
Boys Discus:	V:90	Girls Discus:	V:70
Boys Long:	V:17	Girls Long:	V:12
Boys Triple:	V:36	Girls Triple:	V:26
- 4) **Pole Vault:**
  - **Frosh/Soph Girls start at 9:00; Followed by Frosh/Soph Boys**  
Frosh/Soph Girls - 6', 7', 8', then every 6"; Frosh/Soph Boys - 8', 9', 10', then every 6"
  - **Varsity Girls (no earlier than 12:30); followed by Varsity Boys**  
Varsity Girls - 7', 8', 9' then every 6"; followed by Varsity Boys - 8', 9', 10', then every 6"
- 5) In both Varsity and Frosh/Soph Relays, each school may enter a max of 2 **teams** each (Designate A or B: **both teams can score**). In the Steeple Chase, a school may enter no more than 3 athletes (3varsity, 3 frosh/soph).
- 6) *Track* athletes **may** compete in both Frosh/Soph and Varsity events (except Steeplechase). *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event!

**Frosh/Soph Relay Cards must be in by 8:30am**

**Varsity Relay Cards must be in by 11:30am**

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**7) Running Event Cards**

- All cards should have name(s), school, event, (A or B team) and seed time on the front of each card.
- The card will be returned to the athlete to be worn by the anchor leg (bring pins).
  - a. Athletes will be brought onto the infield for warm-up.
  - b. After the finish, athletes will exit immediately by the gate next to the finish.
  - c. No athletes will be allowed on the infield unless they are in the next event. This will be strictly enforced.
  - d. **Maximum of ¼ inch spikes...please!**

**8) Field Events Cards:** Field event cards (to save time) will be handed in at the specific *event venue*.

- All cards should have name(s), school, event, and seed mark on the front of each card.
- **Varsity** events will be put in flights.

9) All hurdle relays will be run in individual lanes and then added together (This is so coaches can get times on their athletes).

10) Scoring will be 10 – 8 – 6 - 5 - 4 – 3 – 2 – 1 in each event. Boys and girls teams are scored separately. Medals will go to the top 6 in each event. Team trophies will be given to 1<sup>st</sup> and 2<sup>nd</sup> place varsity boys and girls, and to 1<sup>st</sup> and 2<sup>nd</sup> place frosh/soph boys and girls.

11) New York State Public High School Athletic Association rules on participation limits will be enforced.

12) We will have blocks at the track. However, teams are welcome to bring their own.

13) All checks and vouchers **due by April 25<sup>th</sup>**; Payable to: Kingston City School District

14) Any Questions, please contact Nick Badalato:

E-mail: [nbadalato@kingstoncityschools.org](mailto:nbadalato@kingstoncityschools.org) or cell phone: (845) 594 -6247

15) Tents are allowed at the top levels of both grandstands. No radios please (this is to insure that all checks-ins happen on time).

**Coaches will be provided complimentary lunch.**

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**Team Information**

\*\*Please make sure the contact information is correct and up to date\*\*

**High School:  
Address**

**Athletic Dept Phone:**

**Team Coach/Contact:**

**Contact Phone:**

**Contact E-Mail:**

**Blanket Fee:** \$350

**Boys Team:** \$200

**Girls Team:** \$200

Or

Number of Track Relay Teams: \_\_\_\_\_ x \$20 = \_\_\_\_\_

Individual Field Events: \_\_\_\_\_ x \$10 = \_\_\_\_\_

**Total Due:**

\*All checks and vouchers due by April 25<sup>th</sup>

\*Make Checks or Vouchers Payable to: Kingston City School District

Kingston High School  
Attn: Coach Nick Badalato  
403 Broadway  
Kingston NY, 12401

Fax to:  
KHS Athletic Department  
Attn: KHS Track  
Fax #: 845 331-4161

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**Order of Events**

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**Varsity Javelin (Boys and Girls): open pit from 9:00am-11:00am (experienced throwers only!)**

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**Frosh/Soph Track Events: 9:00am start**

- G/B: SMR (400, 200, 200, 800)
- G/B: DMR (1200, 400, 800, 1600)
- G/B: 4 x 100
- G/B: 4 x 800
- G/B: 4 x 400
- Girls Frosh/Soph: 2000m steeple (max of 3 entries)
- Boys Frosh/Soph: 2000m Steeple (max of 3 entries)

**(\*\*Steeple times/order will not be altered\*\*)**

**Girls Varsity Steeple Chase: (no earlier than) 12:00pm start**

- Girls Varsity: 2000m Steeple (max of 3 entries)
- Boys Varsity: 3000m Steeple (max of 3 entries)

**30 Minute Break for Coaches, Officials and Varsity Warm-ups**

**Varsity Track Events: (no earlier than) 12:30pm start**

- G: 3 x 100 Hurdles (times of the 3 hurdlers will be added together)
  - B: 3 x 110 Hurdles (times of the 3 hurdlers will be added together)
  - G/B: SMR (400, 200, 200, 800)
  - G/B: 4 x 800
  - G/B: 4 x 100
  - G/B: Individual 1600/1500 (max of 4 entries)
  - G/B: 4 x 200
  - G/B: 3 x 400 Hurdles (times of the 3 hurdlers will be added together)
  - G/B: 4x 400
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**Frosh/Soph Field Events: 9:00am start**

- Girls Pole Vault followed by Boys Pole Vault
- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot

**Varsity Field Events (no earlier than) 12:30pm start**

- Girls Pole Vault followed by Boys Pole Vault
- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot