

Ithaca Relays & Races

DAN FRAVIL MEMORIAL
FRIDAY, APRIL 26, 2024

The 2024 Dan Fravil Memorial Ithaca Relays will be held on Friday, April 26 at Ithaca High School. This year, we will feature select individual races in addition to many relays. Also returning this year: up to four entries will be allowed for field events. Our goals are for participating athletes to enjoy a quality meet and have the opportunity to achieve qualifying marks and/or meet and program records.

- Track and field events will begin at 4:30pm. Final scratches must be made by 4:00pm.
- Coaches meeting will be held at the finish line at 4:00pm.
- FAT timing and live results will be provided.
- Please email Becca Lovenheim at coachbeccalovenheim@gmail.com with intent to register ASAP.
- Entries should be registered via MileSplit no later than Tuesday, April 23, 2024.
- The entry fee is \$175.00 per team or \$275.00 for both boys and girls teams. Discounted fees can be arranged for teams wishing to enter less than four events. Please email Becca Lovenheim for more information. **All checks payable to Ithaca High School Booster Club with Track & Field on memo line** (Please mail to Ithaca High School Track and Field, Attn: Athletics Department, 1401 N Cayuga St, Ithaca, NY 14850.)
- Concessions will be available for sale.
- Prizes will be awarded to top six finishers in each event.
- Scoring:
 - See order of events (next page) for scoring specifics
 - Team awards will be given to the overall winning team (combined individual and relay scores) as well as to the team that scores highest in only the relays.
- Teams may set up “camp” in the bleachers on either side of the track. Teams that wish to put up tents **MUST** secure them to the bleachers or ground. Only runners who are actively warming up, clerking in, or participating in an event should be on the track/infield. **PLEASE** clean up after yourselves.

ORDER OF EVENTS

Coaches meeting at 4pm. Events begin at 4:30pm.

TRACK EVENTS

1. SHUTTLE HURDLES RELAY – G
2. SHUTTLE HURDLES RELAY – B
3. INDIVIDUAL STEEPLECHASE (2000M) – G
4. INDIVIDUAL STEEPLECHASE (3000M) – B
5. INDIVIDUAL 100M HURDLES – G – FINAL
6. INDIVIDUAL 110M HURDLES – B – FINAL
7. INDIVIDUAL 100M SPRINT – G – **PRELIM**
8. INDIVIDUAL 100M SPRINT – B – **PRELIM**
9. DISTANCE MEDLEY RELAY (1200-400-800-1600) – G
10. INDIVIDUAL 100M SPRINT – G – **FINAL**
11. INDIVIDUAL 100M SPRINT – B – **FINAL**
12. DISTANCE MEDLEY RELAY (1200-400-800-1600) – B
13. SPRINT MEDLEY RELAY (400-200-200-800) – G
14. SPRINT MEDLEY RELAY (400-200-200-800) – B
15. INDIVIDUAL 1500M RUN – G
16. INDIVIDUAL 1600M RUN – B
17. 400M RELAY – G – **PRELIM**
18. 400M RELAY – B – **PRELIM**
19. INDIVIDUAL 400M SPRINT – G
20. INDIVIDUAL 400M SPRINT – B
21. 800M RELAY – G
22. 800M RELAY – B
23. INDIVIDUAL 3000M RUN – G
24. INDIVIDUAL 3200M RUN – B
25. 400M RELAY – G – **FINAL**
26. 400M RELAY – B – **FINAL**
27. 1600M RELAY – G
28. 1600M RELAY – B

TRACK EVENT NOTES & SCORING:

- Maximum of one relay team per school
- Maximum of four entries in individual track events
- Top six in each event will be recognized
- Individual track events: 6-5-4-3-2-1
- Relay track events: 10-8-6-4-2-1
- An athlete may be entered in a MAXIMUM of four events.

FIELD EVENTS

1. POLE VAULT (B THEN G)
2. HIGH JUMP (G THEN B)
3. BOYS LONG JUMP (TJ FOLLOWS)
4. GIRLS LONG JUMP (TJ FOLLOWS)
5. SHOT PUT (G THEN B)
6. DISCUS (B THEN G)
7. TRIPLE JUMP FOLLOWS LONG JUMP

FIELD EVENT NOTES & SCORING:

- Maximum of two team entries (two teams of two) per field event. Maximum of four entries per field event per school.
- Relay teams must be declared in advance. A school that has two or more athletes must declare a relay team. A school that has four athletes must declare two relays teams. (If a team only has one athlete entered in a field event, that athlete will score as an individual. If a team has three athletes in an event, two athletes will be pre-designated as a team and the next athlete will score as an individual.)
- Maximum of four total entries per school per field event (ie two relay teams)
- For long jump, triple jump, shot put and discus, athletes will get a total of FOUR attempts (no finals).
- Boys will use the longer runway for LJ/TJ
- Girls will use the shorter runway for LJ/TJ
- Top six relay teams and top six individual marks in each field event will be recognized
- Individual field events: 6-5-4-3-2-1
- Relay field events: 6-5-4-3-2-1
- An athlete may be entered in a MAXIMUM of four events.
- An athlete who is designated as part of a field event relay team cannot also score as an individual in that event.