

31st Annual Junkyard Relays

Saturday, May 18th 2024, 10:00am @ Clinton Central School
Co-ed meet / Co-ed aggregate team scoring
\$350 Entry fee

1. Enter on **Milesplit**. No limit to number of teams. **Entries due Thursday 5/16 at noon!**
2. Athletes may enter a maximum of **four** events on the day.
3. **Eight** (8) places will be scored in all events. **10-8-6-5-4-3-2-1**
4. Batons **WILL** be exchanged in the 3x 400H.
5. **Three** (3) jumps, three (3) throws in all field events. Distances added.
6. In ALL field events & HIGH Hurdles: You **may enter up to 4** (top 3 count)
7. 3 x 400h = 3 names listed ONLY
8. Schools are responsible for their own starting blocks
9. Concession stand and T-shirts will be available for purchase.

2024 Junkyard Relays Order of Events:

Track Events - 10:00 - boys, girls (unless noted * as a Girls ONLY event)

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| 1. 3 X HH | 10. 3 x 400 H (batons are exchanged) |
| 2. 4 x 8 | - Break in meet for "Musical Chairs" |
| 3. ISMR(1-2-3-4) | 11. 4 x 200 |
| 4. Freshmen only ISMR (1-2-3-4) | 12. DMR(8-4-12-16) |
| 5. <u>*Girls only event (1-1-2-4)</u> | 13. SMR(4-2-2-8) |
| 6. 4 x 1600 / 4 x 1500 (No batons) | 14. Boys 180 lbs+ Throwers 4 x 1 |
| 7. 4 x 1 | 15. <u>*Girls Throwers 4 X 1</u> |
| 8. 4 x 4 | 16. Boys 220 lbs+ Throwers 4 x 1 |
| 9. <u>*Girls only event "Odd" Relay (1-3-5-7)</u> | 17. 2 x STEEPLE (boys 3000/girls 2000) |

"Coaches Mile"! To be inserted at the mutually agreed upon time of those running it!

Field Events -

3 x Triple Jump

3 x Long Jump

3 x Pole Vault

3 x "Light-Weight" Shot Put All competitors MUST weigh 135 pounds or less!
This is a "boys only" event. Athletes WILL use a regulation 12 pound Shot-Put!

3 x Shot Put

3 x Javelin Toss

3 x Weight Throw

3 x Discus Throw

3 x High Jump -

This event starts at 10:00 with GIRLS. Bar will be at 3'9" for 15 minutes and then will increase 3" **every 15 minutes**. It is the athlete's responsibility to get their jumps in. This will be timed. They might NOT get 3 attempts at each height. BOYS will start at 4'9" for 15 minutes and then increase by 3" every 15 minutes. Same rules apply.

READ EVERY WORD BELOW!

Boys Throwers relay rules: No "Cheaters"!!

- * Two (2) separate divisions: Each race COUNTS as its own event towards 4 total (max)
- * Lightweight Division: 4x1 for ALL 4 throwers weighing at least **180 lbs. individually!**
- * Heavyweight Division: 4x1 for ALL 4 throwers weighing at least **220 lbs. individually!**
- * An athlete may enter both if their weight qualifies...but **each run** will count as a separate event towards 4 maximum on the day. These are scoring events that count!
- * You **must** have also competed in at least one throwing event on THIS DAY to be eligible

Girls Throwers relay: Have some ethics please?

No weigh-ins!

One "division" of 4x1 (**All four** girls entered **MUST** have competed in a throwing event as one of their official events in the meet on **THIS DAY**)

Putting Steeplechasers, Distance runners and Sprinters who've never thrown in a meet before this day and finish in LAST place in a throw... just so you can enter them in this race is garbage.

Have a little respect for the REAL throwers as well as the spirit of this meet!

And, YES...

I **AM** angry about what I've seen done here before. Shame on you if you've done it.

Coaches who violate the spirit of these events will be **banned** from the Junkyard Relays!