

# Ballston Spa Throw Off

Ballston Spa High School

Wednesday April 19<sup>th</sup>, 2017

Starting Time: 10:00am

Weather Permitting

An invitational for

*Great Times & Great Throws*

**Events:** Javelin, Shot Put, Discus, Throwers 400mRelay

**Awards:** Medals for Top 6 Individual and Relays. Most outstanding male and female athlete will receive a plaque.

**Scoring:** There will be no team scoring

**Cost:** \$70 for single gender; \$100 for coed entry, Individual entry price available

**Entry:**

- Entries will be capped at 15 teams for each gender
- 4 entries for individual events; 2 Relay Teams per gender
- Athletes may compete in 4 events
- All entries will be done online through Milesplit
- Milesplit entries will close Monday 4/17/17 by 10:00pm (Performance Lists to be posted online)
- This meet will follow NSHS Rules

**Important Dates:**

4/5/17 – Emailed intent to [eriksmith627@hotmail.com](mailto:eriksmith627@hotmail.com)

4/7/17 – Attached entry form and payment due (address on last page)

4/13/17 – Insurance rider due for athletes to compete in javelin. Fax or emailed

4/17/17 – All Entries are due on Milesplit (10:00pm)

4/18/17 – Performance lists will be released

4/19/17 – Meet

**\*\*\*Please notify me by email your team's intent to compete by 4/5/17\*\*\***

## Meet Schedule:

**Girls: 10:00am – Javelin – Discus – Shot Put – \*Throwers 400mRelay**

**Boys: 10:00am – Discus – Shot Put – Javelin – \*Throwers 400mRelay**

\* - Relays will be conducted when all throwing events have concluded

\*\* For the relay, which ever gender that is finished will go first.

## Throwing Events:

- All throwing implements will be weighed at the concession stand starting at 9:15am. All implements will be marked; non-marked implements will not be permitted for competition.

- 3 preliminary throws; top 7 performances advance to finals for 3 more attempts

- Please fax or email insurance rider naming Ballston Spa if you have athletes competing in the javelin throw. Fax to 518-884-7199 attention to Erik Smith. A confirmation email to you will be sent once I receive; this is **required** for your athlete to compete in the javelin. Please have insurance rider submitted by 4/13/17.

- You are welcome to bring your own javelins; both boy's and girl's javelins will be available.

- Coaches and current athletes in the flights will be permitted to be in the competition area. Parents will not be permitted in the competition area; athletes in later flights are allowed when their flight is throwing.

## 400mRelay:

- All members on the relay **need to have competed in at least 1** throwing event the day of the meet

- It is understood that throwers may not have matching uniforms, but each member should have a school issued uniform

- Batons will be provided by the host school.

## At the Meet:

Easiest access to our track facility is the entrance off of Garrett Road. Buses should drop off at the parking lot closest to the track; parking in the lot labeled bus parking. Our concession stand will be available before the meet begins to the very end. Awards can be collected after final results have been announced at the press box. Coaches and competing athlete may pick up and initial acknowledging the award has been collected, please no parents.

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## Entry Form

(Due no later than 4/7/17)

School: \_\_\_\_\_

Boy's Coach: \_\_\_\_\_

Phone#: \_\_\_\_\_

Email: \_\_\_\_\_

Girl's Coach: \_\_\_\_\_

Phone#: \_\_\_\_\_

Email: \_\_\_\_\_

<b>Coed Teams</b>	<b>\$100</b>	
<b>Single Gender</b> <b>Girls</b> <b>or</b> <b>Boys</b>	<b>\$70</b>	
<b>Individual Entry per event</b>	<b># x \$10</b>	
<b>Total</b>		

**Payments and entry forms should be completed and sent to:**

**BSPA Runners Booster Club**

**P.O Box 2522**

**Malta, NY 12020**

**Please email your intent to compete by 4/5/17 and any questions regarding the meet to:**

**Erik Smith**

**[Eriksmith627@hotmail.com](mailto:Eriksmith627@hotmail.com)**