

Ballston Spa Throw Off

Ballston Spa High School

Friday April 20th, 2018

Starting Time: 4:00pm

Weather Permitting

An invitational for

Great Times & Great Throws

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

Awards: Medals

- Top 6 individuals and top 6 relay teams
- Most Outstanding male and female athlete of the meet
- First place team for each gender

Scoring: Top 6 for each event 10-8-6-4-2-1

Cost: \$80 for each gender; \$115 for coed entry, Individual entry price available

Entry:

- Entries will be capped at 15 teams for each gender
- 3 entries for individual events; 1 Relay Team
- Athletes may compete in 4 events
- All entries will be done online through Milesplit
- Milesplit entries will close Wednesday 4/18/18 @10:00pm
- This meet will follow NSHS Rules

Important Dates:

4/13/18 – Attached entry form and payment due (address on last page)

4/18/18 – All Entries are due on Milesplit (10:00pm)

4/19/18 – Performance lists will be released

4/20/18 – Meet

Meet Schedule:

Girls: 4:00pm – Shot Put – *Discus – Javelin - **Throwers 400mRelay

Boys: 4:00pm – *Discus – Javelin – Shot Put - **Throwers 400mRelay

* - Any athletes that are competing in both javelin and discus should report to javelin after their flight of discus. Athletes that make finals for discus are to stay to complete the finals.

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

Throwing Events:

- Implement weigh in starts at 3:15pm behind the concession stand
- Only marked implements will be allowed; unmarked will not be permitted for competition
- All throwing events are 3 prelim throws; top 7 performances advance to finals
- Shot Put; After the first legal throw the following is the minimal measurement:
 - Girls 22' & Boys 32'
- Discus; After the first legal throw the following is the minimal measurement:
 - Girls 55' & Boys 85'
- Javelin; All marks will be measured
 - Both boy's and girl's javelin will be available for use
 - Insurance Rider naming Ballston Spa needs to be faxed prior to competition in order to compete in the event. Fax# (518) 899-4199

400mRelay:

- Timed Final

- 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.

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Records

Girl's:

Shot Put	Madison Krochina	Stillwater	35-04	2017
Discus	Madison Krochina	Stillwater	115-00	2017
Javelin	Sabrina Quintos-McKinney	South Glens Falls	101-00	2017
400m Relay	Ballston Spa		1:01.9	2017

Boy's:

Shot Put	Jeff Derwin	Broadalbin-Perth	53-11	2017
Discus	Jeff Derwin	Broadalbin-Perth	164-02	2017
Javelin	Elijah Washington	Ballston Spa	123-09	2017
400m Relay	Colonie		48.5	2017

Athletes of the Meet

Girls	Year	Boys
Madison Krochina - Stillwater	2017	Jeff Derwin – Broadalbin-Perth

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Entry Form

(Due no later than 4/13/2018)

School: _____

Boy's Coach: _____

Phone#: _____

Email: _____

Girl's Coach: _____

Phone#: _____

Email: _____

Coed Teams	\$115	
Single Gender Girls or Boys	\$80	
Individual Entry per event	# x \$10	
Total		

Payments and entry forms should be completed and sent to:

Parents of Scotties Cross Country and Track

P.O Box 2522

Malta, NY 12020

Please email your intent to compete as soon as possible and any questions regarding the meet to:

Adam Cohen (Boy's Head Coach)

CoachACohen@gmail.com

Garry Preece (Girl's Head Coach)

Gpreece@bscsd.org