

# Ballston Spa Throw Off

Ballston Spa High School

Monday April 22<sup>nd</sup> , 2019

Starting Time: 11:00am

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:** \$85 for each gender; \$120 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 4/19/19 @10:00pm
- This meet will follow NSHS Rules

**Important Dates:**

4/15/19 – Attached entry form and payment due (address on last page)

4/19/19 – All Entries are due on Milesplit (10:00pm)

4/21/19 – Performance lists will be released

4/22/19 – Meet

**\*\*\*Please notify myself by email your team's intent to compete as soon as possible\*\*\***

### **Meet Schedule:**

**Girls: 11:00am – Shot Put – \*Discus – Javelin - \*\*Throwers 400mRelay**

**Boys: 11:00am – \*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 10:15am 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        | 37-07.75 | 2018 |
| Discus     | Madison Krochina         | Stillwater        | 126-03   | 2018 |
| Javelin    | Sabrina Quintos-McKinney | South Glens Falls | 101-00   | 2017 |
| 400m Relay | Ballston Spa             |                   | 59.40    | 2018 |

### Boy's:

|            |             |                   |        |      |
|------------|-------------|-------------------|--------|------|
| Shot Put   | Jeff Derwin | Broadalbin-Perth  | 53-11  | 2017 |
| Discus     | Jeff Derwin | Broadalbin-Perth  | 164-02 | 2017 |
| Javelin    | Kevin Terry | South Glens Falls | 140-04 | 2017 |
| 400m Relay | Colonie     |                   | 48.5   | 2017 |

## Athletes of the Meet

| <b>Girls</b>                  | <b>Year</b> | <b>Boys</b>                    |
|-------------------------------|-------------|--------------------------------|
| Madison Krochina - Stillwater | 2017        | Jeff Derwin – Broadalbin-Perth |
| Madison Krochina - Stillwater | 2018        | James Cocca – Averill Park     |

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## Entry Form

(Due no later than 4/15/2019)

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

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

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

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

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

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

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

|   |                 |  |
|---|-----------------|--|
| <b>Coed Teams</b>                                       | <b>\$120</b>    |  |
| <b>Single Gender</b> <b>Girls</b> <b>or</b> <b>Boys</b> | <b>\$85</b>     |  |
| <b>Individual Entry per event</b>                       | <b># x \$15</b> |  |
|   |                 |  |
| <b>Total</b>  |                 |  |

**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:**

**Matt Corwin**

**[mcorwin@cohoes.org](mailto:mcorwin@cohoes.org)**