

# 4th Annual Beacon Bulldog Jumpfest

Thursday April 23, 2009

The Beacon Track & Field staff cordially invites you and your jumpers to join us on **Thursday, April 23<sup>rd</sup>** as we celebrate the jumping events at our top notch all-weather track facility. Our goal is to provide a quick, inexpensive, high quality, and enjoyable alternative to traveling to Philadelphia that focuses primarily on JUMPERS.



In addition to the jumping events, shuttle hurdles will be contested for sprinters, 2K steeplechases for “distance jumpers”, shot put will be contested for throwers, and a sprint medley relay for people that can’t jump!

## Meet Information:

1. All events will be scored as 2-person relay events with times, heights, or distances combined for scoring. (Shuttle Hurdles will be 3-person teams, SMR is 4 people)
2. There is NO limit to the number of relay teams entered
3. NYS Public High School Athletic Association rules on participation will be enforced.
4. Cards (3x5) for track events (Steeplechase, Sprint Medley, and Shuttle Hurdles) must be turned in at clerking area. Relay pairings must be declared at this time. Since many may not have an accurate steeplechase seed, use 1500/1600 or 3000/3200 seed times to seed 2K steeplechasers. Depending on the number of entries, these times may be used to determine a “fast” and “slow” section.
5. Cards (3x5) for field events will be checked in at event. Relay pairings must be declared at this time. No seeds required for field events.

## Schedule of Events:

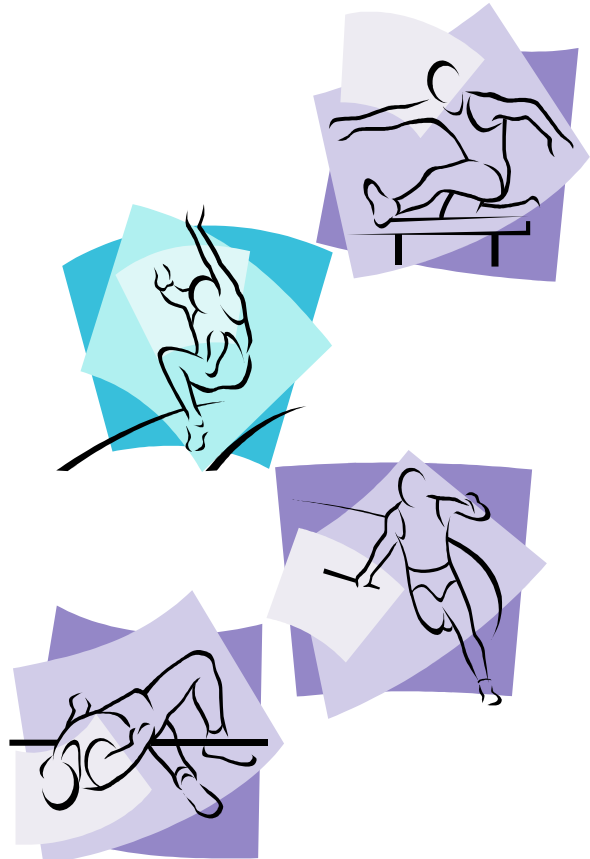
3:45 PM	Coach’s Meeting
4:00	Track Events – All Cards Due @ Clerking Area
4:00	Field Events – All Cards Due @ Field Event
4:15 – 5:15	Girls Long Jump
4:15 – 5:15	Boys Triple Jump
4:15	Girls High Jump
4:15	Girls + Boys Pole Vault (jump together)
4:15	Girls + Boys Shot Put (separate throwing circles)
4:30	Girls Shuttle Hurdles
4:45	Boys Shuttle Hurdles
5:15 (approx.)	Boys High Jump
5:15 – 6:15	Boys Long Jump
5:15 – 6:15	Girls Triple Jump
5:05	Girls Sprint Medley Relay (400-200-200-800)
5:20	Boys Sprint Medley Relay (400-200-200-800)
5:40	Girls 2000m steeplechase
6:00	Boys 2000m steeplechase

## Event Information:

- ★ **Long Jump** – Newly resurfaced runways with 8', 12', 18' boards and oversized pits. Competitors will have 1 hour window to get 3 jumps in (no final).
- ★ **Triple Jump** – Same procedure as Long Jump. Toe boards of 18', 24', 30', 36', and 42'.
- ★ **High Jump** Girls ht. progression: 4'0", 4'3", 4'6", 4'9", 5'0", 5'2", 5'4",...  
Boys ht. progression: 5'0", 5'3", 5'6", 5'9", 6'0", 6'2", 6'4",...
- ★ **Pole Vault** Girls begin @ 5'0", 6'0", 6'6", 7'0", 7'6".....  
Boys join @ 7'0", 7'6", 8'0", 8'6", 9'0", 9'6", 10'0", 10'6", 11'0",...
- ★ **Shot Put** – Separate boys/girls circles. 3 throws – no finals
- ★ **Shuttle Hurdles** – girls 3 x 100m ; boys 3 x 110m  
Up to 3 teams will race simultaneously on 8 lane straightaway
- ★ **Sprint Medley Relay** – 400-200-200-800
- ★ **Steeplechase** – New barriers. New water pit. Excellent photo-op! Great way to determine your entries for Cornwall Steeplefest and/or Sectional Championships!

## Scoring/Awards:

- ★ Events will score 10-8-6-4-2-1
- ★ Boys and girls will be scored separately
- ★ Unlimited number of entrants per event
- ★ Medals to top 3 teams in each event
- ★ T-Shirts to top team in each event
- ★ Team trophy to top boys and girls squad



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## Entry Form

Name of School	
School Address	
Coach's Name	
Phone #	

Entry/Payment Information (circle one):

Boys team only: \$100

Girls team only: \$100

Blanket Fee: \$175

**OR**

Number of Relay Pairs \_\_\_\_\_ x \$20 = \_\_\_\_\_

Make Checks or Vouchers Payable to: **Beacon High School Track**

Mail entry to:

Beacon High School  
Attn: Coach Jim Henry  
101 Matteawan Rd.  
Beacon, NY 12508

Fax entry (with check to follow) to:

BHS Athletic Department  
Attn: Coach Jim Henry  
Fax #: 838-1777



*(Meet limited to first 12 teams)*

E-mail Jim Henry at  
Henry.J@beaconk12.org with any questions