

WARWICK'S 25th Annual FAST TIMES RELAYS" sponsored by...The Running School

PUT US ON YOUR SPRING TRACK CALENER AND JOIN THE FUN "UNDER THE LIGHTS"

Tuesday May 28, 2019

Warwick Valley High School Olympic Track 6:15pm-9:30pm

Fully Automated Timing once again will be present at our 25th running of the "Warwick Fast Times Relays"! Our EUROTAN ML surface by SOUTHWEST RECREATION is lightning fast and our music and awards are top notch. This meet is one of the highest quality meets in the U.S.A.! The stadium will again be packed full with our good old fashion "TRACK NUTS" cheering and screaming for "FAST TIMES" all night. (Sanctions Applied for NY-NJ-PA)

ONLY FIELD EVENTS: HIGH JUMP--SHOT PUT--POLE VAULT

1 competitor per school/Field event, (Please Note Pole Vault Opening Heights for each gender) Schools may enter an Exceptional 2nd Athlete only in field events if they have met the following marks: HJ 6'5"(b/g) SP 44'/31"(b/g)

ALL EVENTS START AT 6:15PM SHARP! *4 teams ONLY per school/per Running event

Order of Running Relays

4x800 (Girls, seeded last)

4x800 (Boys, seeded last)

4x100 (Girls, seeded last)

4x100 (Boys, seeded last)

4x400 (Girls, seeded last)

4x400 (Boys, seeded last)

Meet Records

Boys

400 RELAY **41.5 CAMDEN, NJ (Young-Ruff-Morris-Smith)**
1600 RELAY **3:12.7 CAMDEN, NJ (Young-Ruff-Smith-Morris)**
3200 RELAY **7:36.43 WARWICK HS, NY(Armand-Ramirez-Paez-Luthin)**
POLE VAULT **16'3" Jordan Yamoah, Arlington HS, NY**
HIGH JUMP **6'9" Alex Bowen, Beacon HS, NY**
SHOT PUT **59'2" John Hickey, TAPPAN ZEE, NY**
OPEN MILE **3:59.70 Bobby Mack, Unattached**
OPEN HJ **6'11" Garrett Huylet, CORNELL UNIV**

Girls

400 RELAY **48.27 Newburgh, NY (McCaskill-Little-Jacobs-Mitchell)**
1600 RELAY **3:51.48 WARWICK HS, NY (Pettit-Pennings-Jados-Greibesland)**
3200 RELAY **8:51.0 SUFFERN, NY (Goldman-Greany-Heidt-McKenna)**
POLE VAULT **12'6" Stephanie Duffy, WASHINGTONVILLE, NY**
HIGH JUMP **5'8" Carin Knight NEW ROCHELLE, NY**
SHOT PUT **39'10" Dana White, CAMDEN, NJ**
OPEN MILE **4:50.0 Julie Littman, WESTCHESTER TC**
OPEN VAULT **15'2" Jen Stuczyski SHUR SPORTS**

ENTRY PROCEDURES

1. Create an account for your team on New York Milesplit if you have not done so already. Save your Account Info.
2. Beginning May 1st Fast Times Meet will be Open for entry for all events at New York Mile split. Submit you're Roster and Entries for Fast Times Relays (Please use accurate Seed Times) and only submit 4 names per relay. Entries will close Fri May 25th at 11:59pm. If you are bad with a computer DO NOT WAIT UNTIL THE LAST MINUTE OR WE CANNOT HELP YOU!
3. Please NOTE that the Pole Vault Starting Heights will be 9'0" for girls and 11'6" for boys. Do Not enter your athlete if they have not cleared that height.
4. Entries for all other events will be posted at **Fulton Accurate Timing** at <http://www.fultonaccuratetiming.com/> sometime Memorial Day weekend. If your entries do not appear please email Tim Fulton at fulton.timmy@gmail.com or call (914) 629-7669
5. Enter online by May 25 AND Mail Completed Entry (below) with Payment Voucher by May 24, 2019 to *Dream Big Athletics Inc. 83 Belcher Road Warwick, NY 10990*

- Coach MUST CHECK IN AND DECLARE all of the athletes that are competing upon arrival to the meet. Check in by coaches must be done by 5:45pm for seeding purposes. If you do not declare, your team will be scratched! Check in will be done under pavilion.

- 4x100 teams please enter an accurate seedtime. I trust you will do the right thing.

-In 2019 we are Accepting a 4th Relay per school in All Track Events

- Do not call me on meet day regarding the weather. I am busy. If severe weather holds us out we will try to delay the meet until it clears. If weather prevents us from competing that evening, there is no makeup date available at this time. To stay tuned on weather and other announcements follow us on twitter: *warwickvalleyxc*

-Directions: Use GPS and punch in 89 Sanfordville Road Warwick, NY 10990 and listen for the music!

-Meet Merchandise: Fast Times Tee Shirts will be on Sale for \$15

FAST TIMES RELAYS Tues May 28, 2019

Name of School _____ Boys _____ Girls _____

School Address _____

School Phone _____ Coach Name and Phone _____

Coach E-Mail _____

Please Indicate Number of Entries

Boys: 3200m Relay _____ 1600m Relay _____ 400m Relay _____

Boys: Shot Put _____ Pole Vault _____ High Jump _____

Girls: 3200m Relay _____ 1600m Relay _____ 400m Relay _____

Girls: Shot Put _____ Pole Vault _____ High Jump _____

Total Entry Fee:\$ _____

Fees: Blanket Entry is **\$235** (\$115 for Boys/\$115 for Girls) **or** \$30 per relay/\$15 Indiv.

Check Payable to: **Dream Big Athletics Inc.** For your business office, Dream Big Athletics Inc is a Non-Profit Organization EIN # 26-1354444. W-9 upon Request.

Enter online by May 25th **AND** Mail Completed Entry (below) with Payment Voucher to *Dream Big Athletics Inc. 83 Belcher Road Warwick, NY 10990*

Any Questions Please Contact Meet Director Mike Potter at 845-987-6997 or via email wvxctf@gmail.com with the title "Fast Times" in your subject

AWARDS TOP 5 IN ALL HIGH SCHOOL EVENTS

*Come join one of the Greatest Relay Meets in the United States
Where athletes run fast at "Fast Times"*