

TAPPAN ZEE FLYING DUTCHMEN RELAYS

MEET INFORMATION

Date & Time: Thursday May 21, 2020; 5:30pm

Site: Tappan Zee High School

Rules: National Federation recognized

¼ pyramid spikes

NO BLOCKS

Timing: Fulton Automatic Timing (FAT) will be used. All entries **MUST** be completed online at Athletic.net by 9pm on Wednesday May 20.

Participation An athlete can compete in a maximum of 4 events

Awards: Medals for top 5 individuals in Field Events and top 5 in Relays

Entry: Maximum of two (2) teams per relay

Maximum of three (3) competitors per field event

Entry Fees: \$20 per relay \$15 per individual

\$300 Blanket Boys & Girls Entry

\$175 Entry Blank (per gender)

Payment: Make checks payable to TAPPAN ZEE CROSS COUNTRY

Mailing Address: Tappan Zee High School

c/o Patrick Driscoll

15 Dutch Hill Road

Orangeburg, NY 10962

Concessions: A well-stocked concession stand with food and drinks is available for purchase

T-Shirts: T-Shirts will be available for purchase

Information: Text or Call Pat Driscoll (845) 304-6015

HARD COPY ENTRIES DUE NO LATER THAN MONDAY MAY 18, 2020

TAPPAN ZEE FLYING DUTCHMEN RELAYS
ORDER OF EVENTS 5:30PM START

*****ALL TRACK EVENTS ARE GIRLS FOLLOWED BY BOYS*****

TRACK EVENTS: (Maximum 2 relays per team, per event)

SMR (400, 200, 200, 800)

SHUTTLE HURDLE RELAY (3 ATHLETES)

4X100 RELAY

4X800 RELAY

SWEDISH RELAY (100, 200, 300, 400)

4X400 RELAY

FIELD EVENTS (Maximum 3 athletes per team, per field event)

BOYS LONG JUMP FOLLOWED BY BOYS TRIPLE JUMP (PIT CLOSEST TO SCHOOL)

GIRLS TRIPLE JUMP FOLLOWED BY GIRLS LONG JUMP (FAR PIT)

GIRLS HIGH JUMP FOLLOWED BY BOYS

BOYS POLE VAULT FOLLOWED BY GIRLS

GIRLS DISCUS FOLLOWED BY BOYS

BOYS SHOT PUT FOLLOWED BY GIRLS

In the Shot Put, Discus, Long Jump & Triple Jump- 3 attempts NO FINALS*

*****ALL ENTRIES MUST BE COMPLETED ON ATHLETIC.NET
BY 9PM ON WEDNESDAY MAY 20, 2020*****

**TAPPAN ZEE FLYING DUTCHMEN RELAYS
OFFICIAL ENTRY FORM**

SCHOOL _____ BOYS ____ GIRLS ____ BOTH ____

SCHOOL ADDRESS _____

SCHOOL PHONE _____ COACH NAME & PHONE _____

COACH EMAIL _____

PLEASE INDICATE NUMER OF ENTRIES (\$20 per relay, \$15 per individual)

BOYS SMR _____	BOYS SHUTTLE HURDLES _____	BOYS 4X100 _____
BOYS 4X800 _____	BOYS SWEDISH RELAY _____	BOYS 4X400 _____
BOYS LONG JUMP _____	BOYS TRIPLE JUMP _____	BOYS DISCUS _____
BOYS HIGH JUMP _____	BOYS POLE VAULT _____	BOYS SHOT PUT _____

PLEASE INDICATE NUMBER OF ENTRIES (\$20 per relay, \$15 per individual)

GIRLS SMR _____	GIRLS SHUTTLE HURDLES _____	GIRLS 4X100 _____
GIRLS 4X800 _____	GIRLS SWEDISH RELAY _____	GIRLS 4X400 _____
GIRLS LONG JUMP _____	GIRLS TRIPLE JUMP _____	GIRLS DISCUS _____
GIRLS HIGH JUMP _____	GIRLS POLE VAULT _____	GIRLS SHOT PUT _____

BLANKET ENTRY (CHECK ONE) \$175 per gender, \$300 BOYS & GIRLS

BOYS ____ GIRLS ____ BOYS & GIRLS ____

TOTAL ENTRY FEE: _____

CHECKS PAYABLE: TAPPAN ZEE CROSS COUNTRY

FEDERAL TAX ID EIN #: 27-0678086

MAIL/FAX OR EMAIL TO:

PAT DRISCOLL, MEET DIRECTOR
TAPPAN ZEE HIGH SCHOOL
15 DUTCH HILL ROAD
ORANGEBURG, NY 10962
FAX #845-680-1953

PDRISCOLL@SOCSD.ORG

845-680-1641 (ATHLETICS), 845-304-6015 (CELL)

