

2020 Harrison Twilight Relays w/ Fulton Accurate Timing

Date: Friday, April 17th

Location: Harrison High School

Time: 5:30-8:30pm

Rules and Important Information:

- This meet will be **limited to 16 teams**. Please RSVP with an email to Dominic Zanot (zanotd@harrisoncsd.org) by April 5th.
- Each team is allowed unlimited relays in each event. Create entries on Milesplit.
- Each team is allowed unlimited entries in the shot put.
- Each team is allowed unlimited entries in the triple jump BUT Boys will be limited to a 36 or 40 foot board and girls will be limited to a 28 or 32 foot board.
- A concession stand will have food and drink.
- T-Shirts to the winners.
- Cost: \$300 dollars per school
- Checks or PO should be **made out to:** Harrison High School and **sent to:**

C/O Dominic Zanot
Harrison High School
255 Union Avenue
Harrison NY 10528

Schedule of Events

5:30pm Field Events Start:

Boys & Girls Shot Put will occur simultaneously. 3 throws.

Boys 1 hour open Pit Triple Jump at 5:30pm, Girls to follow. 3 jumps.

6:00pm Track Events Start

1. Girls 4x100 Trials (Top 6 to final)
2. Boys 4x100 Trials (Top 6 to final)
3. Girls 4x800 (heats will run from slow to fast)
4. Boys 4x800 (heats will run from slow to fast)
5. Girls 4x100 Final
6. Boys 4x100 Final
7. Throwers 4x100 Exhibition
8. Girls 4x400 (heats will run from slow to fast)
9. Boys 4x400 (heats will run from slow to fast)