



# IRON DUKE RELAYS



Your team is invited to participate in the annual Iron Duke Relays hosted by Marlboro Central High School. The meet will take place under the lights, when necessary, on Marlboro's 8-lane all-weather track.

Date: Friday, April 27<sup>th</sup> 2018

Start Time: 4:30pm, coaches meeting 15 minutes prior

Entry Fees: \$280 blanket entry fee for both boys and girls teams, \$150 for one team

\*\* NOTE: This is a non-refundable entry fee, NOT a participation fee.

## Order of Events:

### Track Events (Girls, then Boys)

400m Hurdles (open, no relays)

4x800m Relay

Sprint Medley Relay (400-200-200-800)

2000m/3000m Steeplechase (open, no relays)

4x200m Relay

Distance Medley Relay (1200-400-800-1600)

- Only one team per gender per school

100m/110m Hurdle Relay

- 3 athletes on a team, times added together
- Incomplete teams allowed, but cannot score

4x400m Relay

Frosh/Soph 800 Medley Relay (100-100-200-400)

4x100m Relay

Throwers 4x100m Relay (athletes MUST be entered in a throwing event)

### Field Events (2 athletes per team)

Long Jump (B, then G)

Triple Jump (G, then B)

High Jump (B, then G)

Pole Vault (G, then B)

Shot Put (B, then G)

Discus (G, then B)

Awards:

Each 1<sup>st</sup> place team competitor will receive an "Iron Duke Relays Champion" t-shirt.

Both "A" and "B" teams are eligible for awards.

Logistics:

Maximum of 2 teams for boys and girls for all events (unless otherwise noted).

Maximum of 4 events for each individual athlete.

3x5 index cards will be turned in to the clerk upon arrival before the meet begins.

- Please put seed times on index cards- be as accurate as possible.

Field event teams will sign in at their events.

2 pits will be open for LJ and TJ- we will run these simultaneously.

3 Jumps/Throws only for LJ, TJ, SP, D (no finals).

Starting Heights/Progression for HJ:

Girls 4' moving up 2" to 5', then 1" after

Boys 5' moving up 2" to 6', then 1" after

Starting Heights/Progression for PV:

Girls 6', then up 6"

Boys 7', then up 6"

Once the meet begins, warm ups should be done outside of the track area- not on the infield.

Athletes are responsible for listening for event calls and reporting promptly.

Athletes are NOT allowed inside Marlboro High School. Bathroom facilities are located outside behind the bleachers.

We will break after the 4x200m Relay to recognize Marlboro's senior student-athletes. This usually takes around 15 minutes. Please plan DMR warm-up time/check-in accordingly.

Contact Info: Pete Carofano- Head Varsity Boys Coach

E-Mail: [peter.carofano@marlboroschools.org](mailto:peter.carofano@marlboroschools.org)

Phone: 845-236-5810



# IRON DUKE RELAYS



## ENTRY FORM

Team Name: \_\_\_\_\_

Athletic Department Phone: \_\_\_\_\_

Teams Attending: Boys \_\_\_\_\_ Girls \_\_\_\_\_ Both \_\_\_\_\_

Team Contact Name: \_\_\_\_\_

Team Contact Phone: \_\_\_\_\_

Team Contact E-Mail: \_\_\_\_\_

Blanket Entry Fee: \$280.00

Boys Team/Girls Team Only: \$150.00

Amount Due: \$\_\_\_\_\_

Please make checks payable to: "Marlboro Varsity Club"

All entry forms and payments are due NO LATER than: *Friday, April 20<sup>th</sup> 2017*

Send forms and payments to:

Ms. Jonnah O'Donnell  
Athletic Director  
50 Cross Rd.  
Marlboro, NY 12542

or fax to: Marlboro Athletic Department  
Attn: Varsity Track & Field  
Fax #: 845-236-7625