



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 on Marlboro's 8-lane all-weather track. Based on coach and athlete interest from previous years, we changed the order of events this year, adding in more open events to give athletes an opportunity to hit state standards and break school records. Limit first 10 schools to submit entry form and payment. Come join us for the most competitive (and only) Friday night meet in the area!!

Date: Friday, April 12th 2019 (change in date for this year only)

Start Time: 4pm, coaches meeting 3:30pm

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)

4x100m Relay

800m Run (open)

100m Dash (open)

2000m/3000m Steeplechase (open)

4x400m Relay

Invitational 1500m/1600m (open- top 15 seed times ONLY for each gender)

3x100m/110m Hurdle Relay

- 3 athletes on a team, run at the same time, times added together
- Incomplete teams allowed, but cannot score

4x800m Relay

400m Run (open)

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

Field Events (2 athletes per team)

Long Jump (G, then B)

Shot Put (G, then B)

Triple Jump (B, then G)

Discus (B, then G)

High Jump (B, then G)

Hammer (open, no teams)

Pole Vault (G, then B)

Javelin (open, no teams)

Awards:

Each 1st place competitor (team and open events) 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 for running events will be turned in to the clerk upon arrival before the meet begins.

- 3x5 Index Card: Athlete Name, School, Event, Seed Time
- Be as accurate as possible with seed times.

Field event teams will sign in at their events- athletes must tell officials which two are competing as a team, A or B.

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

3 Jumps for LJ and TJ- no finals. 1½ hour open pit for each before switching.

4 Throws for SP, Disc, Hammer and Jav- no finals.

Hammer 1½ hour open pit, followed by Jav 1½ hour open pit- both on top of the hill behind the high school.

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 a winner is determined for HJ/PV, they can determine their next height.

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

All clerking will be done outside of the fence area near the finish line.

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 Invitational 1500m/1600m Run to recognize Marlboro's senior student-athletes. This usually takes around 15 minutes. Please plan Hurdle Relay warm-up time/check-in accordingly.

Contact Info: Pete Carofano- Head Varsity Boys Coach

E-Mail: peter.carofano@marlboroschools.org

Phone: 845-236-5810

Twitter: @CoachPeteC



IRON DUKE RELAYS



ENTRY FORM

School Name: _____

Athletic Department Phone: _____

Teams Attending: Boys only _____ Girls only _____ Both _____

Team Contact Name and Title: _____

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 5th 2019*

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