



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 adjusted the order of events, 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) Thursday night meet in the area!!

Date: Thursday, April 30th 2020

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

Entry Fees: \$300 blanket entry fee for both boys and girls teams, \$175 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)

4x200m Relay

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- H/D added together)

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:

All entries will be done on Milesplit (ny.milesplit.com). Once we receive your entry form and payment, I will e-mail the password for the meet. Be as accurate as possible with seed times.

All running events are finals based on time.

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

Maximum of 4 events for each individual athlete.

Field event athletes MUST tell officials at their event which two are competing as Team A and which two are competing as Team 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.

We may move ahead earlier if all athletes have completed their jumps.

4 Throws for Shot, 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. We may move ahead earlier if all athletes have completed their throws.

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 4x200m Relay 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

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Twitter: @PeteCarofano



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ENTRY FORM

School Name: _____

Teams Attending: Boys only _____ Girls only _____ Both _____

Coach Name: _____

Coach Cell Phone: _____

Coach E-Mail: _____

Blanket Entry Fee: \$300.00

Boys Team Only/Girls Team Only: \$175.00

Amount Due: \$_____

Please make checks payable to: "Marlboro Varsity Club"

All entry forms and payments due NO LATER than: Wednesday, April 22nd 2020

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