



2026 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 with NEW Gill High Jump pit and standards!

F.A.T. services provided by Fulton Accurate Timing

Based on coach and athlete interest and suggestion from previous years, we continue to revise the order of events each year, while still to giving athletes the best opportunity to hit state standards and break school records. Come join us for what is always a great Friday night of competition!

Date: Friday, April 24th, 2026 (rain date Saturday 4/25, 4pm)

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

Entry Fees: \$450 blanket entry fee for both boys and girls teams, \$250 for one team,
(contact meet director to discuss entering individual athletes)

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

Order of Events:

Track Events (Girls, then Boys)

- 400m Hurdles
- 4x100m Relay
- 800m Run
- 100m Dash (prelims)
- 400m Kids "Fun Run" (Grades 1-5) (no Milesplit entry necessary)
- 2000m/3000m Steeplechase
- 100m Dash (Finals- Top 8 times from prelims)
- Invitational 1500m/1600m Run
- 100m/110m Hurdles
- 4x400m Relay
- Coaches 4x100m Relay (no Milesplit entry necessary)
- Throwers 4x100m Relay (athletes MUST be entered in at least 1 of the 4 throwing events, but NO other events)

Field Events

- | | |
|--|---------------------------|
| Long Jump (B/G 1 st) | Shot Put (G, then B) |
| Triple Jump (B/G 2 nd , after LJ) | Discus (B, then G) |
| High Jump (G, then B) | Hammer (B/G open circle) |
| Pole Vault (B, then G) | Javelin (B/G open sector) |

Awards:

Medals will be given out to 1st, 2nd, and 3rd place finishers in each event.

Logistics:

All entries will be input on Milesplit (ny.milesplit.com). Once we receive your entry form and payment, I will e-mail/text the password for the meet. Entries will close Thursday 4/23 at 8pm.

Be as accurate/realistic as possible with seed times.

The use of ¼" spikes and starting blocks are permitted. Athletes must bring their own blocks and batons.

All running events are finals based on time (except 100m prelims).

All track events will be run fast → fastest (except 100m prelims).

For open events, limit 3 individual entries per school per event.

For relays, max of 2 per school per event.

Maximum of 4 events total for each individual athlete.

3 Jumps for LJ and TJ- No Finals.

3 Throws for Shot and Discus- No Finals. Seeded flights last for each.

3 Throws for Hammer and Javelin- No Finals. Seeded flights first for each.

Hammer ~1½ hour open circle, Javelin ~1½ hour open sector both on top of the hill behind the high school. We may move ahead earlier if all athletes have completed their throws.

Likely 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

Likely Progression for PV: Girls Start at 5', Boys start at 6', then up 6"

**Actual HJ/PV starting heights and progressions will be determined based on entries.

**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 track or infield- the infield should be clear of all athletes not competing.

Tent setup for teams will be on the grass behind the bleacher areas or along the fence outside the track. Please do not set tents up in the stands next to the press box.

All clerking for track events will be done outside of the fence area near the finish line. Field events report directly to their event area.

Marlboro's athletic trainer will be on site for injuries. Please use your discretion.

In the event of inclement weather/lightning, teams should report to their buses.

Bathroom facilities are located outside behind the bleachers.

Concession stand, food truck, and meet t-shirts will be available for sale.

Contact Info: Pete Carofano - Meet Director & Head Varsity Boys Coach

E-Mail: peter.carofano@marlboroschools.org

Cell Phone: 845-926-2516



IRON DUKE RELAYS



ENTRY FORM

School Name: _____

Teams Attending: Boys only _____ Girls only _____ Both _____

Coach Name: _____

Coach Cell Phone: _____

Coach E-Mail: _____

Blanket Entry Fee: \$450.00

Boys Team Only/Girls Team Only: \$250.00

Individual Athletes: -contact meet director to discuss-

Amount Due: \$_____

Please make checks payable to: "Marlboro Varsity Club"

All entry forms and payments in our hands NO LATER than:

Friday, April 17th 2026

Send forms and payments to:

Mr. Philip Cancellaro
Athletic Director
50 Cross Rd.
Marlboro, NY 12542

-or-

Ms. Michele Landis
Secretary to the Athletic Director
50 Cross Rd.
Marlboro, NY 12542