Jamesville-DeWitt Girls & Boys Modified Track & Field Relays

For grade 7 and 8 students only - No grade 9 students

WHEN:	**Thursday, May 18, 2017**
WHERE:	J-D High School Track
TIME:	4:00 pm
ENTRY FEE:	No Entry FEE, just need to provide volunteers to work.
ELIGIBILITY:	7th & 8th grade Girls and Boys (No 9th graders)
ENTRIES:	Modified rules as outlined in the handbook
FOOTWEAR:	No spikes may be worn by any athlete.
DRESSING:	Please come dressed. Restrooms will be available
CONCESSION:	Quality food will be sold.
* VOLUNTEER:	Each school must supply one adult volunteer for timing, measuring, lane judging, etc. Report at finish line by 4:00.

CONFIRMATION: All entries due by Monday, March 27th. Please complete this form and return:

John Goodson
Director HPE/Athletics
Jamesville-DeWitt High School
Edinger Drive
DeWitt, NY 13214

Fax 445-5280, email: jgoodson@jd.cnyric.org

School Name _____

Boys _____Coach _____ Phone _____Email_____

Girls _____Coach _____ Phone _____Email_____

Name of volunteer worker: _____

Email address of volunteer worker:_____

COACHES MEETING: 4:00 - at Pressbox

- All schools will be responsible for supplying one competent worker. Report to PRESS BOX at 4pm
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RUNNING EVENTS: 4:30 pm start

4 x 100 (B then G)
4 x 800 (B then G)
4 x 200 (B then G)
4 x 400 (B then G)
SMR (400 x 200 x 200 x 800) (B then G)
(no fly zones for relay exchanges)

Each school may enter up to 2 relay teams in each event (B&G).

Ribbons or awards will NOT be awarded .

Please fill out a 3 x 5 index card (NOT 4x5 or 5x7!!!) for each running event entry:

EVENT (B or G) SCHOOL
Participant's Names:

PREDICTED TIME

FIELD EVENTS:

- **Two participants in each event per sex from each school**.
- No cards are necessary for field events. Enter field entries directly on score sheets on site.

Long Jump	4:00-4:30	Warm-up (B&G)
	4:30-5:30	Open pit (B&G) 2 jumps
Triple Jump	5:30-6:00	Warm-up (B&G)
	6:00-7:00	Open pit (B&G) 2 jumps
Shot Put	4:00-4:30	Boys warm-up
	4:30-5:30	Boys open throwing (2 throws)
	5:30-6:00	Girls warm-up
	6:00-7:00	Girls open throwing (2 throws)
Discus	4:00-4:30	Girls warm-up
	4:30-5:30	Girls open throwing (2 throws)
	5:30-6:00	Boys warm-up
	6:00-7:00	Boys open throwing (2 throws)
High Jump	4:00-4:30	Girls warm-up
	4:30-5:30	Girls competition
	5:30-6:00	Boys warm-up
	6:00-7:00	Boys competition

High Jump Bar Heights –

Boys – 4' then 4'6" then 3" raises to conclusion
Girls – 3'6" then 4' then 3" raises to conclusion
*** Two attempts at each height. The bar will never be lowered.

No Pole Vault

Due to space and time limitations, the field events will have a limit of 2 boys and 2 girls from each school. Each participant will be allowed 2 jumps/throws/attempts. Field events will be scored by adding the best distance/height of the 2 participants.

Jamesville-DeWitt High School – Modified Track & Field Invitational:

- Rt. 481 to the Fayetteville exit - 3E. Proceed on Genesee St. (Rt. 5E) to the first light.
- Turn right onto Maple Drive. Continue to the second stop sign. Turn left onto Edinger Dr.
- The High School campus and track are at the end of Edinger Drive.