

24th Annual Junkyard Relays

Saturday, May 20st 2017 10:00am @ Clinton Central School

Co-ed meet / Co-ed aggregate team scoring

\$200 Entry fee

ny.milesplit.com

- 1) Athletes may enter a maximum of **four** events on the day.
- 2) **Eight** (8) places will be scored in all events. 10-8-6-5-4-3-2-1
- 3) Batons **WILL** be exchanged in the 3x 400H.
- 4) Three (3) jumps, Three (3) throws in all field events. Distances will be added.
- 5) In ALL field events & HIGH Hurdles: Teams *may* enter 4 athletes (top 3 score)
- 6) 3 x 400h = 3 names listed ONLY

2017 Junkyard Relays Order of Events:

Track Events - 10:00am - boys then girls (unless noted*)

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| 1. 3 X HH | 10. 3 x 400 H (batons exchanged!) |
| 2. 4 x 8 | 11. "Non-scoring Musical Chairs"! |
| 3. Scoring ISMR(1-2-3-4) | 12. 4 x 200 |
| 4. "Non-scoring Freshman only ISMR" (1-2-3-4) | 13. DMR(8-4-12-16) |
| 5. * <u>Girls only event</u> (1-1-2-4) | 14. SMR(4-2-2-8) |
| 6. 4 x 1600 / 4 x 1500 | 15. Boys 180 lbs+ 4 x 1 |
| 7. 4 x 1 | 16. * <u>Girls</u> Throwers 4 X 1 |
| 8. 4 x 4 | 17. Boys 220 lbs+ 4 x 1 |
| 9. * <u>Girls only</u> event "Odd" Relay (1-3-5-7) | 18. 2 x STEEPLE (boys 3000/girls 2000) |

Field Events - 10:00am

3 x Triple Jump

3 x Long Jump

3 x Pole Vault

3 x "Light-Weight" Shot Put (All competitors MUST weigh 135 pounds or less!)

3 x Shot Put

3 x Discus Throw

3 x Javelin Toss

3 x Weight Throw

3 X High Jump will start at 10:00 with GIRLS. Bar will be at 4'0" for 30 minutes and then increase 3" every 15 minutes. It is the athlete's responsibility to get their jumps in. This will be timed. They might NOT get 3 attempts at each height. At 12:15 BOYS will start at 5'0" for 30 minutes and then increase by 3" every 15 minutes. Same rules apply.

Throwers relay rules: Read carefully..No "Cheaters"!!

- * Two (2) separate divisions (Each counting as its own event.)
- * Lightweight Division: 4x1 for ALL 4 throwers weighing at least 180 lbs. individually!
- * Heavyweight Division: 4x1 for ALL 4 throwers weighing at least 220 lbs. individually!
- * An athlete may enter both if their weight qualifies, however, each run will count as a separate event towards 4 maximum on the day. These are scoring events (4 total)
- * You must have also competed in at least one throwing event on THIS DAY to be eligible

Girls Throwers relay: No weigh-ins! One "division" of 4x1 (All four girls entered MUST have thrown as one of their events in the meet on THIS DAY - Junkyards 2017!)