

12th Annual
Tiger Relays

Saturday, April 29th, 2017

The Facility @ Dietz Stadium, Kingston, NY
Official Steeple Jump Pit

No more cards -Full FAT (by Fulton)

Register online at ny.milesplit.com -
<http://ny.milesplit.com/meets/261102/info#.WIIZTxsrIdU>

Results (times, splits, videos) posted immediately to Twitter
@TigerRelays (KingstonTigerRelays)

****Please Note the Check Payable****

Make Checks Payable to: **Kingston Track & Field Club**
(Federal ID/EIN # Available)

Meet Information

1) **Field Events:** *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event! Field event athletes must be registered through ny.milesplit.com. **Registration will be closed** Friday night at 8:00pm before the meet. **All events will be put in flights.** Check-in at the event location

- a. All *Field* events will be individual events: 4 entries max - Frosh/Soph; 4 entries max - Vars
- b. **Frosh/Soph:** 3 attempts; no finals;
- c. **Varsity:** 3 attempts, Top 9 go to finals (3 additional throws)
- d. To keep the meet moving, there will be minimum marks at *the varsity level*: The 1st attempt will be measured, and then, only marks which meet the minimum distance will be measured.

Varsity Minimum Marks (first attempt will be measured):

Boys Shot:	V:35	Girls Shot:	V:25
Boys Discus:	V:90	Girls Discus:	V:70
Boys Long:	V:17	Girls Long:	V:12
Boys Triple:	V:36	Girls Triple:	V:26

2) **Pole Vault:**

- 1. **Frosh/Soph Girls start at 9:00; Followed by Frosh/Soph Boys**
Frosh/Soph Girls - 6', 7', 8', then every 6"; Frosh/Soph Boys - 8', 9', 10', then every 6"
- 2. **Varsity Girls (no earlier than 12:30); followed by Varsity Boys**
Varsity Girls - 7', 8', 9' then every 6"; followed by Varsity Boys - 8', 9', 10', then every 6"

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- 3) **Track Events:** *Track* athletes **may** compete in both Frosh/Soph and Varsity events (except Steeplechase). Track event athletes must be registered through *ny.milesplit.com*. **Registration will be closed** Friday night at 8:00pm before the meet.
- Athletes will be brought onto the in-field for warm-up.
 - After the finish, athletes will exit immediately by the gate next to the finish.
 - No athletes will be allowed on the infield unless they are in the next event. This will be strictly enforced.
 - **Maximum of ¼ inch spikes...please!**
- a. Max of **2 relay teams** per relay event; except DMR (1 Team Max)
 - b. Max of **3 athletes** per individual event: Steeple Chase, 1500/1600, 400IH/LH
- 4) **110/100 Hurdle Relay:** seeded and run as an open; and then added together (This is so coaches can get individual times on their athletes). Teams must register 3 *individual* athletes with *individual* seed times.
- 5) Scoring will be 10 – 8 – 6 - 5 - 4 – 3 – 2 – 1 in each event. Boys and girls teams are scored separately. **Medals** will go to the **top 6** in each event. Team trophies will be given to 1st and 2nd place varsity boys and girls, and to 1st and 2nd place frosh/soph boys and girls.
- 6) New York State Public High School Athletic Association rules on participation limits will be enforced.
- 7) We will have a limited number of blocks at the track. However, teams are encouraged to bring their own.
- 8) All checks and vouchers **due by Wed before the meet**

Payable to: **Kingston Track & Field Club** (Federal ID/EIN # Available)

- 9) Any Questions, please contact Nick Badalato:
E-mail: nbadalato@kingstoncityschools.org or cell phone: (845) 594 -6247

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Order of Events

Varsity Javelin (Boys and Girls): open pit from 9:00am-11:00am (experienced throwers only!)

Frosh/Soph Track Events: 9:00am start

- G/B: SMR (400, 200, 200, 800)
- G/B: DMR (1200, 400, 800, 1600) *(max of 1 team)*
- G/B: 4 x 100
- G/B: 4 x 800
- G/B: 4 x 400
- Girls Frosh/Soph: 2000m steeple *(max of 3 entries)*

Girls Varsity Steeple Chase: (no earlier than) 12:00pm start

- Girls Varsity: 2000m Steeple *(max of 3 entries)*
- Boys Frosh/Soph: 2000m Steeple *(max of 3 entries)*
- Boys Varsity: 3000m Steeple *(max of 3 entries)*

30 Minute Break for Coaches, Officials and Varsity Warm-ups

Varsity Track Events: (no earlier than) 12:30pm start

- G: 3 x 100 Hurdles (times of the 3 hurdlers will be added together)
 - B: 3 x 110 Hurdles (times of the 3 hurdlers will be added together)
 - G/B: 4 x 800
 - G/B: 4 x 100
 - G/B: Individual 1500/1600 *(max of 3 entries)* Seeded Heat will be Last
 - G/B: Individual 400 Hurdles *(max of 3 entries)* Seeded Heat will be First
 - G/B: 4 x 200
 - G/B: DMR (1200-400-800-1600) *(max of 1 team)*
 - G/B: 4x 400
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Frosh/Soph Field Events: 9:00am start

- Girls Pole Vault followed by Boys Pole Vault
- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot

Varsity Field Events (no earlier than) 12:30pm start

- Girls Pole Vault followed by Boys Pole Vault
- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot

Results Posted to Twitter: @TigerRelays (KingstonTigerRelays)

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Team Information

****Please make sure the contact information is correct and up to date****

High School:

Athletic Dept Phone:

Team Coach/Contact:

Contact Phone:

Contact E-Mail:

Blanket Fee: \$400

Boys Team: \$200

Girls Team: \$200

Or

Number of Track Relay Teams: _____ x \$40 = _____

Individual Field Events: _____ x \$10 = _____

Total Due:

*All checks and vouchers due by the Wednesday before the meet.

*Make Checks or Vouchers Payable to: **Kingston Track & Field Club**

Mail to:

Kingston High School
Attn: Coach Nick Badalato
403 Broadway
Kingston NY, 12401

or

Fax to:

KHS Athletic Department
Attn: KHS Track
Fax #: 845 331-4161

Register at ny.milesplit.com

<http://ny.milesplit.com/meets/261102/info#.WIIZTxsrIdU>

Registration closed Friday night at 8:00pm before the meet