



13th Annual Tiger Relays

2/17/2017

Saturday, April 28th, 2018

Dietz Stadium, Kingston, NY
Official Steeple Jump Pit

No more cards - Full FAT (by Fulton Accurate Timing)
Register online at ny.milesplit.com
Results (times, splits, videos) posted immediately to Twitter
@TigerRelays (KingstonTigerRelays)

****Please Note the Check Payable****
Make Checks Payable to: First Capital Track 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:

- a. **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"
- b. **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**
 - 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: **First Capital Track Club** (Federal ID/EIN # Available)

9) Any Questions, please contact Joe Cahill:

E-mail: jcahill@kingstoncityschools.org or cell phone: (845) 901-9261



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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

- Varsity: 2000m Steeple *(max of 3 entries)*
- Girls 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

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)



13th Annual Tiger Relays Team Information

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

High School Name
School Address

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:

\$25 minimum entry

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

*Make Checks or Vouchers Payable to: **First Capital Track Club**

Mail to:

Kingston High School
Attn: Joe Cahill
403 Broadway
Kingston NY, 12401

or

Fax to:

KHS Athletic Department
Attn: KHS Track
Fax #: 845 331-161

Register at ny.milesplit.com

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