

## LADY BUCCANEER RELAYS

- DATE:** Saturday - April 25, 2009
- TIME:** 10:30 a.m. Coaches Meeting/Entries Due  
11:00 a.m. Relays Start
- SITE:** Oswego Middle School Athletic Complex
- FORMAT:** This is a girl's only meet
- LIMIT:** This relay event will be limited to the first 8 teams who have confirmed their intentions to participate. Please call Jim McCaul at 342-1123 after 7:00 p.m. or e-mail at [jmccaul6@twcnny.rr.com](mailto:jmccaul6@twcnny.rr.com) Deadline to confirm intentions is Friday - March 20, 2009.
- ENTRIES:** One relay entry per running or field event
- AWARDS:** T-Shirts – one team randomly drawn among the top six places in each relay – one shirt limit per athlete
- FEATURED EVENTS:** To be predetermined – winning members of these relays each receive a plaque
- SCORING:** There will be NO team scoring
- FEE:** \$90.00 per team
- OFFICIALS:** Please bring a timer and watch. If you do not bring a competent timer, you will be asked to time. We will provide all other officials
- FACILITY:** 8 lane polyurethane track. Jumping runways polyurethane. Starting blocks will be provided.
- DRESS:** No locker rooms will be available, please come dressed. There are only bathroom facilities.
- CARDS:** Running event entries must be submitted to the clerk by 10:30 a.m. Include first and last name on all entry cards. Field event relays will sign in.
- RULES:** Federation rules will be used with the exception that a girl may only enter **THREE** events
- RUNNING ORDER:** 2 x 100 meter hurdles  
4 x 400 meter relay  
distance medley relay (12-4-8-16)  
international sprint medley (1-2-3-4)  
4 x 200 meter relay  
4 x 800 meter relay  
2 x 400 meter hurdles  
sprint medley relay (4-2-2-8)  
4 x 100 meter relay  
4 x 100 meter thrower's relay
- FIELD ORDER:** 3 x shot put relay - 3 throws - open ring  
3 x discus relay - 3 throws - open ring – to follow shot put  
2 x long jump relay - 3 jumps - open pit  
2 x triple jump relay - 3 jumps - open pit – to follow long jump  
There will be NO high jump or pole vault contested.
- QUESTIONS:** If you have a question or concern, please contact Jim McCaul at the number or mailing address above.

**2009 LADY BUCCANEER RELAYS**

SCHOOL:

COACH:

COACH'S CELL/HOME PHONE NUMBER:

COACH'S SCHOOL/WORK PHONE NUMBER:

E-MAIL:

SUGGESTIONS:

Please mail this form along with a voucher or check for \$90.00 made payable to the "OSWEGO BUCCANEER BOOSTERS" to:

Jim McCaul  
Oswego High School  
2 Buccaneer Blvd.  
Oswego, NY 13126

DEADLINE: FRIDAY – APRIL 3, 2009

THANK YOU...