

Ryan Wells Coed Relay Carnival
APRIL 26, 2008

10:00 A.M. Running Events - All events are timed finals

2 X 400 meters Intermediate Hurdles (girls - boys)
4 x 1600 meters Relay(girls - boys)
4 x 100 meters Relay (girls - boys)
1600 meter Sprint Medley Relay (400m - 200m -200m -800m) (girls - boys)
2 X 100 meters High Hurdles (girls)
2 X 110 meters hurdles (boys)
4 x 800 meters (girls - boys)
Distance Medley Relay (1200m - 400m - 800m -1600m) (girls - boys)
4 x 200 meters relay (girls - boys)
800 meters Sprint Medley Relay (200m - 100m -100m -400m) (girls - boys)
2 x 2000 meters Steeplechase (girls)
2 x 3000 meters Steeplechase (boys)
4 x 400 meters Relay (girls - boys)

Field Events Three (3) person relays in Shot Put, Discus, Long Jump and Triple Jump and Two (2) relays in High Jump, Pole Vault and Javelin

10:00 A.M.

Girls Shot Put (3 throws)
Boys Discus (3 throws)
Girls Long Jump (3 jumps)
Girls High Jump (starting height 3'8)
Boys Pole Vault (starting height 8' 0")

11:30 A.M.

Boys Long Jump (3 jumps)
Girls Javelin (3 throws)

1:00 P.M.

Boys Shot Put (3 throws)
Girls Discus (3 throws)
Boys High Jump (starting height 4'6")
Girls Pole Vault (starting height 6'0")
Girls Triple Jump 3 jumps)

2:30 P.M.

Boys Triple Jump (3 jumps)
Boys Javelin (3 throws)

Meet Information

1. Coaches meeting at 9:30 A.M.
2. All entries must be submitted on 3X5 Cards. Individuals cards are needed in both hurdle events.
3. No Spikes or Plastic Bottom shoes are allowed on the track or runways surfaces.
4. Starting blocks will be provided.
5. Each school will be expected to provide a competent timer for the finish line.
6. A quality concession stand will be available.
7. Individual Awards will be given to the top 6 teams in each event.

COED- TEAMS \$125.00 INDIVIDUAL TEAMS \$100.00

PAYMENT SHOULD BE MADE TO Canastota Central Schools

C/O Steve Tornatore Athletic Director 120 Roberts Street Canastota, New York 13032

INFORMATION : ANDY PINO School (315) 225-7048 or Home 363-0846

Entry Deadline is April 22, 2008

Send entry form and check to:

**Steve Tornatore - Athletic Director
Canastota High School
120 Roberts Street
Canastota, New York 13032**

SCHOOL _____ BOYS GIRLS BOTH

**Boys Coach _____
School Phone _____ Home Phone _____
E-Mail _____**

**Girls Coach _____
School Phone _____ Home Phone _____
E-Mail _____**