

**3rd Annual
Tiger Relays
at Dietz Stadium, Kingston, NY
Location of the 2007 NY State Championships**

The Kingston High School Track and Field staff would like to invite you and your team to the 2nd annual Tiger Relays. Our goal is to (1) offer a quality alternative to the Penn Relays (since many schools cannot afford, or can only take a limited number of athletes); and (2) to attract teams from both the northern and southern regions of the state for a high caliber meet. We look forward to hearing from you soon.

Saturday, April 26, 2008

**The Facility: Dietz Stadium
(Centrally located between Albany and NYC, Thruway Exit 19)
8 Lane All Weather Track
Official Steeple Jump Pit**

Meet Information

- 1) **New Event:** We will run the Javelin. Open pit (boys and girls) from 11:00am – 1:00pm. 3 entry max . Due to time constraints, we are asking coaches to **send experienced throwers only!**
- 2) All *Field* events will be individual events (4 entries per Frosh/Soph; 4 entries per Varsity):
Frosh/Soph: 3 Attempts – no finals; Varsity: 4 Attempts no finals
- 3) 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.
Frosh/Soph: 3 attempts; *all* measured; no finals. **Varsity:** 4 attempts, no finals.
- 4) 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
Boys High Jump Start:	5-0, 5-3, 5-6 (then 1")	Girls High Jump Start:	4-6, 4-9, 5 (then 1")
- 5) **Pole Vault**
 - a. **Girls** (*both varsity and frosh/soph*) **start at 9:00** (starting height 6'; then 7', then by 6" to completion)
 - b. **Boys** (*both varsity and frosh/soph*) to follow (starting height 8, 9, 10 then by 6" to completion)
- 6) In both Varsity and Frosh/Soph Relays, each school may enter a max of **2 teams** each (Designate A or B: **both teams can score**). In the Steeple Chase, a school may enter no more than 3 athletes (3 varsity, 3 frosh/soph).
- 7) *Track* athletes **may** compete in both Frosh/Soph and Varsity events (except Steeplechase). *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event!

2/9/2008

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- 8) All hurdle relays will be run in individual lanes and then added together (This is so coaches can get times on their athletes).
- 9) Relay Cards must be handed at the clerking area: (relay and individuals) must turn in a 3 x 5 index card.
 - a. All cards should have name(s), school, event, (A or B team) and seed time on the front of each card.
 - b. The card will be returned to the athlete to be worn by the anchor leg (bring pins).
 - c. Athletes will be brought onto the infield for warm-up.
 - d. After the finish, athletes will exit immediately by the gate next to the finish.
 - e. No athletes will be allowed on the infield unless they are in the next event. This will be strictly enforced.
 - **Frosh/Soph Relay Cards must be in by 8:30am**
 - **Varsity Relay Cards must be in by 11:30am**
- 10) 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.
- 11) New York State Public High School Athletic Association rules on participation limits will be enforced.
- 12) Blocks will be supplied, ¼ inch spikes (or less) allowed.
- 13) All checks and vouchers **due by April 23th**
- 14) Make Checks or Vouchers Payable to: Kingston High School Track
- 15) Send Entry Forms to: KHS Track and Field, attn: Nick Badalato, Kingston High School, 403 Broadway, Kingston, NY, 12401.
- 16) Any Questions, please contact Nick Badalato:
E-mail: nbadalato@kingstoncityschools.org or cell phone: (845) 594 -6247
- 17) Tents are allowed at the top levels of both grandstands. No Radios please (this is to insure that all checks-ins happen on time).
- 18) All coaches and athletes must stay outside the track fence at all times. Concession stand will be open all day.
- 19) Coaches and Officials: the complimentary food shed will (by popular demand) be back!

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Team Information

**High School:
Address**

Athletic Dept Phone:

Team: Boys

Girls

Both

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

Team Contact:

Contact Phone:

Contact E-Mail:

Blanket Fee: \$325

Boys Team: \$175

Girls Team: \$175

Or

Number of Track Relay Teams: _____ x \$20 = _____

Individual Field Events: _____ x \$10 = _____

Total Due:

*All checks and vouchers due by April 23th

*Make Checks or Vouchers Payable to: Kingston High School Track

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

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

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Order of Events

Frosh/Soph Track Events: 9:00am start

- G/B: SMR (400, 200, 200, 800)
- G/B: DMR (1200, 800, 400, 1600)
- 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): 11:45pm 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: SMR (400, 200, 200, 800)
- G/B: 4 x 800
- G/B: 4 x 100
- G/B: Individual 1600/1500 (max of 4 entries)
- G/B: 4 x 200
- G/B: 3 x 400 Hurdles (times of the 3 hurdlers will be added together)
- G/B: 4x 400

Frosh/Soph Field Events: 9:00am start

- 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) 12:00pm start

- 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