

JOE BRANDI RELAYS

High School Girls Relay Meet

Saturday April 18, 2009

Connetquot HS, 9:30 am

Order of Events:

Running Events:

2 x 400 Hurdles
4 x 1600
4 x 100
2 x 1500 Walk
Mile Medley (400-200-200-800)
4 x 400
2 x 100 Hurdles
2 x 2000 Steeplechase
4 x 200
4 x 800
Sprint Medley (200-100-100-400)
Distance Medley (1200-400-800-1600)

Field Events

2 x Long Jump
2 x Triple Jump
2 x High Jump
2 x Shot Put
2 x Discus
2 x Pole Vault

Add times or distances in the field events, the hurdles, the walk and the steeple.

3-event rule

Medals to the top 10 teams in each relay!!!!!!

Team trophies to the top 5 teams!!!!!!

Blanket entry of: \$175 or \$10 per 2-girl relay, \$20 per 4-girl relay.

Make checks payable to: Connetquot Track

Due by April 14th

Send entry to: Jim Crowley
Connetquot HS
190 7th St.
Bohemia, NY 11716

email: jcrowley@sjcny.edu
fax: 631-244-2347

School _____

Coach _____ Email: _____

Blanket entry (\$175) OR

of 2-girl relays ___ x \$10 + # of 4-girl relays ___ x \$20 = total _____

Things You Should Know...

1. Every relay needs to have a relay card. Bring it to the clerk or to the event when it is called. Please include: Event, School, (A, B, C ... etc. if necessary), Last Names, and Seed Time.
2. You may enter as many relays teams as you want, but each athlete may only do 3 events.
3. In all field events, the hurdles, the steeple and the walk we will add the times or distances.
4. The LJ will go first, followed by the TJ. We will use both runways at once. Each of your athletes from the 2-person team will jump from her designated runway; we will measure both jumps and then rake.
5. The schools whose name starts with the letters A – L will throw the discus first; the others (M- Z) will throw the shot first. We will then switch. This way your athletes will stay together and a coach can watch all their throwers at once.
6. You can pick up your medals at any time or wait until the meet is over. They will be placed in a bag for you as the meet progresses. (TOP 10 get medals!)
7. Bathrooms are available in the school. Go through the doors between the gyms. There are 2 sets of bathrooms available.
8. HJ: starts at 4' up 2" all the way
PV: starts at 6' up 6" all the way
9. Ties in the events that are added will be broken by the top performer.
10. If you have any concerns please see one of the Connetquot coaches, don't yell at the volunteers! Coach Waring, Lehnert or Crowley will try to help you.
11. Please try the concession stand. The volunteers have worked hard to make it the best food stand ever!!!!
12. Keep your athletes out of the infield if they aren't competing in the LJ, TJ, PV, or HJ. We want to keep the middle of the infield clear.
13. We've changed the number of team trophies. We will give out trophies to the top 5 schools this year. The scoring at this meet is top 10. (14-12-10-8-6-5-4-3-2-1)
14. Of course you can have a field event relay with just one competitor if you don't have someone else to enter. They probably won't score though!
15. The Sayville Running Store is here today! Stop by and see what they've got!

***New Event:** At approximately 12 noon we will have a Special 4 x 100. Each school can enter one or more relay teams made up of any combination of coaches from that school with female track alumni. Absolutely no one from your current team may run in this special relay. Will try to keep it fun and will award medals to the top teams. Coaches; start getting in shape now!