

THE MARVIN GOLDBERG RELAYS

Date: Saturday May 2, 2009 Girls Meet
Time: 3:00PM Throwing events
3:30PM Track and Field events
@ Shoreham-Wading River HS
Fee: Unlimited Entry(This is an entry fee not a participation fee)

\$200.00

Or \$25 per Relay

Please list those relays you are entering

Send to:

Paul Koretzki (744-8586 or cell 553-2853 8am-midnight)

81 Mahogany Rd

Rocky Point, NY 11778

Make Checks payable to: **Wildcat Athletic Club**

Entries close 4/30

Note we can only accept the first 18 teams

The races will be run by Conferences in this order

Awards by Conference(see list)-

Conf 3-Conf 4-Friends Conf 3 JV-Conf 4 JV- Friends JV

3:30 2x400m hurdles (athletes will be seeded individually and times added)

3:45 4x800m (JV races maybe combined but awards will remain the same by group)

4:33 4x200m (Awards in each heat top three teams)

4:50 3x100m hurdles (teams run together times added)

5:00 400-200-200-800

5:35 4x400m

5:55 4x1600m (All teams at once awards split by group)

6:05* 4x100m shuttle hurdles (Run in lanes 5 and 6)

6:25 4x100m (Awards in each heat)

6:40 2x1500m walk (places added and scored as in cross country)

Awards: Basically more than the top 50% of every heat or group

Varsity and JV awards are equal

JV teams should be your second best team in the competition. Over the years we have granted JV status to some specific teams upon request. This has never been abused. Thank you. These requested JV's cannot take a JV medal from any other JV team but they can win duplicates. See Koretzki with you requests.

3:30 Long 5:30 Triple

3:30 **High Jump**

Opening height 3-9

Progression will basically be 3 inches.

We will progress in a "5 alive" fashion

The bar will not be held

In case of team ties it will be broken by (1) total team misses

(2) total team successful jumps (3) Highest height achieved by a member of the team.

3:00-5:00 **Shot**. Show up and throw. One practice and three scoring throws

5:00-7:00 **Discus** Show up and throw. One practice and three scoring throws

3:30 **Pole Vault** same rules as high jump. Opening height 6-0 girls. Basically up 6 inches. Note pole vault will be teams of two only.

Coaches: We will have relays in the field events three athletes in all except Pole Vault, which require two. In Field events you enter everyone you have on one Score sheet. The top three performers that day will then be designated your varsity. You will be asked to fill out the following field event sheet. I have enclosed a copy please reproduce and have ready when you arrive.

Please fill out 3x5 cards for all your running teams

Event

Varsity or JV

School

Group or Conference

Runners on team

Do not bother to put down seed times. All heats will be luck of the draw and duplicate awards will be issued by heat. I can't be bothered to set up heats and this way I can give away more medals.

Teams invited are from Conference III and IV plus teams that at one time were members of the above groups and have become addicted to the meet.

There are no team awards. All prizes will go to the athletes.

Please pick up your medals throughout the day.

All people in one event on one sheet. Do not designate varsity or JV the day's performances will do that.

These relays have been named in honor of the best coach in Suffolk County history. The late Mr. Goldberg coached at Stony Brook School and produced 30 years worth of Championship teams. A little know fact is that Marvin and Fred Conway originally purposed the concept of a small school invitational back in 1980. We have kept their concept and award medals based on Conference placement. At the time it was for small east end schools. Center Moriches High School where Mr. Goldberg ran his High School career has a photo of Marvin competing in cross country for that school in 1922.

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3:30PM Running and Jumping events

Fee: Unlimited Entry (This is an entry fee not a participation fee)

\$200.00 Or \$25 per relay team

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Number of teams

2x400m hurdles _____

4x800m _____

4x200m _____

3x100m hurdles _____

400-200-200-800 _____

4x400m _____

4x1600m _____

4x100m shuttle hurdles _____

4x100m _____

2x1500m walk _____

3xLong Jump _____

3xTriple Jump _____ one max

3xHigh Jump _____

3x Discus _____

3xShot Put _____

2xPole Vault _____

Total Relays _____ x \$25.00= _____

OR

Blanket Fee = \$200.00

Team _____

Coach _____

Phone Home _____ Cell _____ School _____

Email _____