



**MIDDLE COUNTRY CENTRAL SCHOOL DISTRICT
38TH ANNUAL
MIDDLE COUNTRY RELAYS (Boys only)
CENTEREACH HIGH SCHOOL
SATURDAY, APRIL 4, 2009**

TO: Coaches of Public and Catholic High Schools
Nassau and Suffolk Counties
FROM: Meet Directors: Michael Soto – Newfield High School
Lauren Woodin – Newfield High School
RE: Middle Country Relays Information

Enclosed are the entry blanks for the Middle Country Relays to be held at Centereach High School starting at 10:00am sharp on Saturday, April 4, 2009. A meeting will be held at 9:30am to declare scratches and number of teams entered. One member of your coaching staff should be present to declare teams entered.

NOTE: Jumping and throwing relay entry cards must be submitted directly to the individual event judge.

NOTE: Running relay cards will be submitted at check-in.

Entry fee and entry blanks must be received by Friday, March 27, 2009. The boys' blanket entry fee shall be \$185.00 for unlimited entries or \$18.00 per relay team. Unlimited entries up to a limit of two teams per event with an additional \$10.00 per relay team for each additional entry above two. Entries will not be accepted unless accompanied by a check or school voucher. PLEASE!!! \$62.00 minimum team entry.

Any complications, call:

Michael Soto: Cell 631-513-7825, Home 631-289-0089, e-mail msoto_24@yahoo.com
Lauren Woodin: School 631-285-8300, e-mail LWoodin@mccsd.net

Mail entries to: **Newfield Track Club
c/o Lauren Woodin, Track Coach
Newfield High School
145 Marshall Drive
Selden, NY 11784**

ENTRIES DUE: Postmarked by MARCH 27, 2009

Attention Coaches: Coffee and donuts served from 9:00AM-10:00AM while making out relay cards.
Contestants will be allowed three (3) events.

MIDDLE COUNTRY RELAYS
APRIL 4, 2009 AT CENTEREACH HIGH SCHOOL (Boys Only)

1. 1/4" spikes or flats only.
2. No dressing facilities available.
3. Participants will be allowed to enter any two running events and one field OR two field and one running event.
4. Scoring shall be 10-8-6-4-2-1.
5. Team trophies will be given to the three top teams.
6. Individual 4" x 6" plaques will be given to the top five teams in each event. Trophies will be awarded for the outstanding performance in a running event and for the outstanding performance in a field event.
7. High jump shall start at 4'9" and go up to 5'0", 5'3", 5'6", 5'9", 6'0", 6'2", 6'4", and one inch thereafter.
8. Pole vault shall start at 8'0" and go up six inches to 12'6"; it will go up three inches thereafter. A total of five jumps per participant will be allowed.
9. No starting blocks allowed.
10. Coaches' Relay will not score. Schools can combine coaches to form relay and can consist of male and female coaches. No entry fee. Teams and length of relay will be decided upon at meeting prior to start of meet.
11. Teams arriving late will be able to enter field events, if they have not been completed. However, the pole vault and high jump bars will not be lowered.
12. A concession stand will be open. T-shirts will be sold.

NOTE: RAIN DATE – SUNDAY, APRIL 5, 2009 @ 10:00AM - SAME PLACE!!

Reminders

NOTE: Participants will be allowed to enter any three events.

1. All running event cards to clerk at check in.
2. All field event cards to field event judges when event called.
3. Plan for the meet to run ahead.
4. Attempt to use your own batons. (We will have them available, if necessary.)
5. Coaches only must sign for the 4" x 6" plaques (1st – 5th places when announced).

GOOD LUCK!!

38th ANNUAL MIDDLE COUNTRY RELAYS
Saturday April 4, 2009

ORDER OF EVENTS (APPROXIMATE TIMES)

EVENT#	TIME	EVENT
	10:00AM	All 3 Man Relays Except PV: J Galeano High Jump, M. Mastrogiacomo Shot Put, Ed Nook Discus, Long Jump followed by Triple Jump Pole Vault 2 Man Relay
1	10:00AM	Jason Soricelli Steeplechase (2x2000)
2	10:30AM	Frosh/Soph Modified DMR non-scoring: 800,400,200,1600
3	10:50AM	Sophomore 1600 Relay Final on Time (4X400) scoring
4	11:10AM	Harold Schwab 400M Intermediate Hurdles (3X400) Final on Time
5	11:30AM	William Iaia 6400 Relay (4X1600)
6	11:55AM	Sprint Medley (200, 100, 100, 400)
7	12:15PM	Ben Kizer 400 Relay (4X100)
8	12:30PM	Frosh/Soph 400 Relay (4X100) non-scoring
9	12:45PM	Bob Berkley Coaches Relay, non-scoring
10	1:00PM	Harry Schneider 330M High Hurdles, Final on Time (3X110)
11	1:15PM	Al Krauser 1600 Relay (4X400) Final on time
12	1:20PM	Freshman 1600 (4X400) non-scoring
13	1:45PM	Nick DeCillis Distance Medley
14	2:00PM	1600 Medley Relay (400, 200, 200, 800)
15	2:15PM	Joseph Muller 800 Relay
16	2:30PM	Anthony Perna 3200 Relay (4X800)

**Award Presentation: Outstanding Field, Outstanding Runner, Team Awards,
 Sophomore 4x4 is scoring.**

School: _____ DEADLINE: March 27, 2009 (postmarked)

PLEASE WRITE IN NUMBER OF TEAMS TO BE ENTERED (Maximum 2)

RUNNING EVENTS

OF TEAMS

Jason Soricelli Steeplechase (2 X 2000)	
Freshman-Sophomore Modified Distance Medley Relay (N.S.) 800, 400, 200, 1600	
Sophomore 1600 Relay	
Harold Schwab 400 Intermediate Hurdle Relay (3X 400)	
William Iaia 6400 (4 X 1600)	
Sprint Medley Relay (200, 100, 100, 400)	
Ben Kizer 400 Relay	
Freshman-Sophomore 400 Relay	
Harry Schneider 330 High Hurdle Shuttle Relay	
Al Krauser 1600 Relay	
Freshman 1600 Relay	
Nick DeCillis Distance Medley (1200, 400, 800, 1600)	
1600m Medley Relay (400, 200, 200,800)	
Joseph Muller 800 Relay	
Anthony Perna 3200 Relay (4 X 800)	
FIELD EVENTS (3 MAN TEAM EXCEPT PV)	
Michael Mastrogiacomo Shot Put	
Long Jump (3 man team)	
Triple Jump (3 man team)	
Joe Galeano High Jump (3 man team)	
Pole Vault (2 man team)	
Edward Nook Discus (3 man team)	

PLEASE MAIL TO: Newfield Track Club
 c/o Lauren Woodin
 Newfield High School
 145 Marshall Drive
 Selden, NY 11784

AMOUNT ENCLOSED:
 Blanket Entry = \$185
 _____ Events x \$18 = _____
 _____ Addt'l. relays x \$10 = _____
TOTAL AMT ENCLOSED = _____

*CHECKS PAYABLE TO: Newfield Track Club. Check or school voucher must accompany entry.
 \$185 unlimited or \$18.00 each relay team by March 27, 2009 (postmarked).