

Bayport-Blue Point High School
64th Suffolk County Relays and Pentathlon For Boys

Dear Coach,

The Suffolk County Relays is the longest running relay meet on Long Island, dating back to 1946. In addition to awarding over 240 individual medals and team plaques, we also award trophies to best overall small school and large school team. Fully Automated Timing (FAT), a ton of medals, and the fact that the meet is typically over by 2:00 pm all contribute to why this meet is so enjoyable for coaches and athletes.

In addition, this year we will also be running the **PENTATHLON**. The pentathlon high jump and the pentathlon 110m high hurdles will be competed on Friday May 8 at 4PM. The remaining three events will be competed the following Saturday, May 9.

PLACE: Bayport Blue Point High School

DATE: Saturday, May 9, 2009 (*pentathlon to also be contested on Friday May 8*)

TIME: 10:00AM on Saturday (*4PM on Friday for two pentathlon events*)

ENTRY DUE: All entries must be received by Saturday, May 3, 2009

FACILITY: 400 meter all weather track (1/8" spikes permitted). FAT timing.

ENTRY FEE: \$150 blanket entry or \$20 per relay (\$20 per pentathlete). Make check or voucher payable to Bayport Blue-Point Track Club. This fee must accompany your entry and includes officials fees.

MAIL TO: Coach Michael Zafonte
Bayport Blue Point Athletic Office
189 Academy Street
Bayport, NY 11705

Michael Zafonte: _____

E-mail address: mzafonte@bbpschools.org

Timothy M. Mullins: _____

64th ANNUAL SUFFOLK COUNTY RELAYS

ORDER OF EVENTS

Friday, May 8, 2009 4:00 PM

110m Pentathlon High Hurdles	1x110	Open	Final
Pentathlon High Jump	1 man	Open	Final

Saturday, May 9, 2009 10:00am

On the track starting at 10:00am

4x1600m	4x1600	Open	Final
High Hurdle Shuttle Relay	2x120 yds	Open	Trials
400m Relay	4x100	Small/Big	Trials
800m Relay	4x200	Small/Big	Trials
High Hurdle Shuttle Relay	2x120 yds	Open	Final
Sprint Medley	200, 100, 100, 400	Small/Big	Final
400 Int. Hurdle Relay	2x400	Open	Final
Distance Medley	1200, 400, 800, 1600	Open	Final
Pentathlon 1500m	1x1500	Open	Final
2 Mile Relay	4x800	Open	Final
400m Relay	4x100	Small/Big	Final
800m Relay	4x200	Small/Big	Final
Mile Relay	4x400	Small/Big	Final

In the field starting at 10:00am (many events start simultaneously)

Discus Relay	2 man	Open	3 Throws
Pole Vault Relay	2 man	Open	
High Jump Relay	2 man	Open	
Long Jump Relay	2 man	Open	3 Jumps
Pentathlon Long Jump	1 man	Open	3 Jumps
Pentathlon Shot Put	1 man	Open	3 Throws
Shot Put Relay	2 man	Open	3 Throws
Triple Jump Relay	2 man	Open	3 Jumps

Order in the shot circle (pentathlon shot put, small school shot put, large school shot put)

Order in the discus circle (large school discus followed by small school discus)

Order on the jump runway (long jump, pentathlon long jump, triple jump)

Note: We divide the shot put and discus in to large/small for the purposes of speeding the meet up. Please note that shot put and discus are still treated as OPEN events.

64th Suffolk County Relays For Boys

ENTRY FORM

School _____ League _____

Coach _____ Coaches E-mail _____

Write the number of teams (*maximum of 3*) you wish to enter in an event on the lines below. Runners will be declared on the day of the meet.

_____	Pentathlon (1-Man)	OPEN
_____	4-Mile Relay (4-Man)	OPEN
_____	Shot Put (2-Man)	OPEN
_____	Discus (2-Man)	OPEN
_____	High Jump (2-Man)	OPEN
_____	Pole Vault (2-Man)	OPEN
_____	Long Jump (2-Man)	OPEN
_____	Triple Jump (2-Man)	OPEN
_____	High Hurdle Shuttle (2 x120 HH)	OPEN
_____	Mile Relay (4x400)	SMALL SCHOOL/BIG SCHOOL
_____	400 Relay (4x100)	SMALL SCHOOL/BIG SCHOOL
_____	800 Relay (4x200)	SMALL SCHOOL/BIG SCHOOL
_____	400 Intermediate Hurdle (2x400 IH)	OPEN
_____	Sprint Medley (200-100-100-400)	SMALL SCHOOL/BIG SCHOOL
_____	Distance Medley (1200-400-800-1600)	OPEN
_____	2-Mile Relay (4x800)	OPEN

****CHECK OR VOUCHER SHOULD ACCOMPANY THIS ENTRY FORM****

Payable To: Bayport-Blue Point Track Club

Entry Deadline: \$150.00 must be received by Saturday **May 3, 2009**

Mail To: Michael Zafonte
Bayport-Blue Point Athletic Department
189 Academy Street
Bayport, NY 11705