

# JOE BRANDI RELAYS

High School Girls Relay Meet  
Saturday April 16, 2011  
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 12<sup>th</sup>

**Send entry to:** Jim Crowley                      email: jcrowley@sjcny.edu  
Connetquot HS                                      fax: 631-244-2347  
190 7<sup>th</sup> St.  
Bohemia, NY 11716

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" to 5', 1" the rest of the way  
PV: starts at 6' up 6" to 9', 3" the rest of 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 as clear as possible.
13. We will give out trophies to the top 5 schools. 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!