

This note is to remind coaches of the Marvin Goldberg Girls Relays
Saturday May 7th at Shoreham-Wading River HS.

The Concept of the relays has always been since the day Mr. Goldberg and Fred Conway created this relay carnival is to give the small schools on the East end an Invitational where they can have some success. In recent years with new coaches and budgets the smaller schools have just stopped coming. I would hope that this note encourages you join us on Saturday May 7.

Things that make us different.

1—The running portion of the meet starts at 3:30 to help those students who are taking the SAT.

2---Conference 4 schools (basically league 7) run against each other.

Medals are awarded to the top half of all races and competitions.

3—Schools do not have to pay the full blanket fee (\$125 plus one Official) if you only bring a few athletes you can run and enter what you want and only pay \$25 per entry. This can be determined after you enter at the meet. Play first and pay later

4—Your second entry in each event will only compete against the second entry of other teams with awards given that are equal to the Varsity Races and events. We average giving out over 450 medals each meet.

The meet is set up so that Conference 3 runs against Conference 3 only the same for Conference 4 and the third category is Conference 1 and 2 who compete as a Friends category. Many of these schools are schools who have grown out of 3 or 4 and have made this meet a tradition.

Please contact Paul Koretzki at pkoretzki@aol.com if you would like to join us.

THE MARVIN GOLDBERG RELAYS

Date: Saturday May 7, 2011 Girls Meet

Time: 3:15PM Throwing events

3:30PM Track and Field events

@ Shoreham-Wading River HS

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

\$125.00 plus one Official's

Or \$25 per Relay

Please list those relays you are entering

Email them to pkoretzki@aol.com

Paul Koretzki (cell 553-2853 8am-midnight)

81 Mahogany Rd

Rocky Point, NY 11778

Make Checks payable to: **Wildcat TRACK Club (new)**

Entries close 5/4

Note we can only accept the first 18 teams

The races will be run by Conferences in this order

Awards by Conference

Conf 3-Conf 4-Conf 1&2 Conf 3 JV-Conf 4 JV- Conf 1&2 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.

3:15 Long 5:15 Triple

3:15 **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.

3:15-5:15 **Shot**. Show up and throw. One practice and three scoring throws

5:15-7:00 **Discus** Show up and throw. One practice and three scoring throws

3:15 **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.

All Suffolk Teams invited are invited

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.

THE MARVIN GOLDBERG RELAYS

Date: Saturday May 7, 2011 Girls Meet @ Shoreham-Wading River

Time: 3:15PM Throwing events

3:30PM Running and Jumping events

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

\$125.00 plus one official's fee Or \$25 per relay team plus ½ officials fee if less than 4 teams

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 Track Club

Entries close 5/3

Note we can only accept the first 18 teams

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 = ___\$125.00___

Officials fee will be determined by Section XI. In the past it has been 12 officials divided by 17 teams

Team _____ Coach _____ Phone _____

Home _____ Cell _____ School _____

Email_____