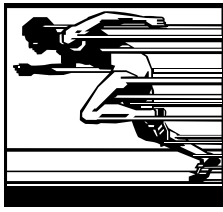


66th Annual Suffolk County Relays

Hosted by Bayport-Blue Point High School



Date: Friday May 13th (4PM) & Saturday May 14th (8AM)

The Suffolk County Relays is the longest running relay meet on Long Island, dating back to 1946. This year's track meet will **include open invitational events** to accommodate coaches looking to obtain quality seed times. The meet will continue to have certain events grouped as large school or small school which increases the number of medals awarded. Every event will be scored and a small school and large school champion will be crowned at the end.

**Facility: A New Track was Installed in the Summer of 2010
Fully Automated Timing provided by Just-in-Time-Racing
¼' spikes are permitted on track and jumping runways**

Entry Fee: \$150 blanket entry fee

Check or money voucher must arrive prior to May 13th, 2010.

Make checks payable to: Bayport-Blue Point Track Club [Tax ID# 11-6001996]

Mail completed entry along with check or money voucher to:

Coach Mike Zafonte
189 Academy Street
Bayport, NY 11705

This is an entry fee only and not a participation/competition fee. The officials fees are not included. The officials fees will be equally divided among all schools who enter in the meet and billed accordingly by section xi.

This meet has been a great success over the past few years and we hope to continue the tradition. We award a ton of medals to both large and small schools. We utilize fully automated timing for reliable scoring and seeding. Sayville Running Company sets up a tent and puts quality equipment and apparel on display. We run a stocked concession stand and will be selling T shirts. This year we are running quality seeded open invitational events to attract the teams looking to get seed times for their athletes. The meet is starting earlier so that you can still be home by 4PM.

Thanks as always for your support. We hope to see you at this year's 66th annual Suffolk County Relays. If you need to contact me for any reason, please email me at mzafonte@bbpschools.org

Meet Rules and Procedures

1 Man Open Invitational Runners Must Be Seeded Online by Monday May 9th. The top 18 seeds will be selected for the 100m, 200m, and 400m dashes. The top 12 seeds will be selected for the 800m and 1600m races. Seeds must come from an invitational meet (not a dual meet) that is published online. Seeds that cannot be verified online will not be accepted.

Invitational Scratches: Please report any invitational scratches before the start of the meet.

The Pentathlon: On Friday May 13th, the pentathlon 110m high hurdles, pentathlon shot put, and pentathlon high jump will be contested starting at 4PM. The remaining two events will be contested on Saturday May, 14th.

Color Coded Cards: Since we separate large and small schools in scoring, we utilize color coded index cards to speed up scoring. Large school athletes must be placed on BLUE colored cards and small school athletes must be placed on YELLOW colored cards. These cards WILL BE PROVIDED. As always, please include the competitor number on every card.

Competitor Limit: An athlete may compete in ANY three events (individual or relay). The one exception is if an athlete competes in the pentathlon he may not compete in any other event.

Entry Limit: A team may enter a maximum of three entries per event (pentathlon, seeded invitational, or relay). Please note that entries to invitational events are based on seed and there is no guarantee that your runner(s) will qualify. Seeds for invitational events will be posted the Wednesday before the meet so that coaches can make adjustments to their relays.

Speeding Up Meet: In the interest of keeping the meet moving, all running events will be final on time. In addition, shot put and discus will contest with three throws and no finals. Long jump and triple jump will contest with three jumps and no finals. High jump will start at 5' and move up 2 inches at a time. Pole vault will start at 9'6" and move up 6 inches at a time. The high jump and pole vault increments may be reduced after a certain mark based on competition. This will be determined prior to the start of the event.

Scoring: Every event in the meet will be scored (10-8-6-4-2-1). There will be a separate small school and large school score kept. In this meet, a large school is classified as any school from leagues 1 – 4 and a small school is classified as any school from leagues 5 – 8.

Medals: In any open event, medals will be awarded to the top 4 overall places regardless of school size. In any small/big event, medals will be awarded to the top 4 large school finishers and the top 4 small school finishers. At the conclusion of the meet, a large school and small school champion will be named and awarded a championship trophy.

66th ANNUAL SUFFOLK COUNTY RELAYS

ORDER OF EVENTS

Friday, May 13, 2011

4:00 PM

110m Pentathlon High Hurdles	1 man	Open	Final
Pentathlon High Jump	1 man	Open	Final
Pentathlon Shot Put	1 man	Open	3 Throws

Saturday, May 14, 2011

8:00 AM

400 Int. Hurdle Relay	2x400	Open	Final
4x1600m (with batons)	4x1600	Open	Final
Invitational 100m (top 18)	1 man SEEDED	Open	Final
Invitational 200m (top 18)	1 man SEEDED	Open	Final
High Hurdle Relay (<u>not shuttle</u>)	2x110	Open	Final
Invitational 400m (top 18)	1 man SEEDED	Open	Final
Invitational 800m (top 12)	1 man SEEDED	Open	Final
Invitational 1600m (top 12)	1 man SEEDED	Open	Final
Sprint Medley	100, 100, 200, 400	Small/Big	Final
Distance Medley	1200, 400, 800, 1600	Open	Final
Pentathlon 1500m	1 man	Open	Final
3200m Relay	4x800	Open	Final
400m Relay	4x100	Small/Big	Final
800m Relay	4x200	Small/Big	Final
1600m Relay	4x400	Small/Big	Final

In the field starting at 8:00am (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
Shot Put Relay	2 man	Open	3 Throws
Triple Jump Relay	2 man	Open	3 Jumps

Order in the shot circle (small school shot put followed by large school shot put)

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

Order on the jump runway (pentathlon long jump, 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.

66th Suffolk County Relays ENTRY FORM

School _____

League _____

Coach _____

Coaches E-mail _____

BLANKET ENTRY FEE: \$150

Write the number of teams/individuals (maximum of 3) you wish to enter in an event on the lines below. This information is used to organize your coaches packet and provide you with the proper amount of field event cards.

RELAYS AND PENTATHLON

_____ Pentathlon (1-Man)

_____ Shot Put (2-Man)

_____ High Jump (2-Man)

_____ Long Jump (2-Man)

_____ High Hurdle (2 x110)

_____ 400m Relay (4x100)

_____ 400m Intermediate Hurdle (2x400 IH)

_____ Distance Medley (1200-400-800-1600)

_____ 4 x 1600 Relay (4-Man)

_____ Discus (2-Man)

_____ Pole Vault (2-Man)

_____ Triple Jump (2-Man)

_____ 1600m Relay (4x400)

_____ 800m Relay (4x200)

_____ Sprint Medley (100-100-200-400)

_____ 3200m Relay (4x800)

1 MAN OPEN SEEDED INVITATIONAL EVENTS

_____ 100m Dash

_____ 200m Dash

_____ 400m Dash

_____ 800m Dash

_____ 1600m Dash

IMPORTANT SEEDING INFORMATION

You **must seed** your **invitational** athletes via email. Please email me your athlete's time along with the meet where the seed was achieved **prior to May 9th**. Seeds must come from an invitational meet only (not a dual meet) that has results published online. Seeds that cannot be verified online will not be accepted. Accepted runners will be posted on just-in-time-racing the Wednesday before the meet to allow coaches to adjust their relays.

PAYMENT SHOULD ACCOMPANY THIS ENTRY FORM

Check or money voucher must arrive prior to **May 13th, 2011**.

Make checks payable to: Bayport-Blue Point Track Club

Mail completed entry along with check or money voucher to:

Coach Mike Zafonte

189 Academy Street

Bayport, NY 11705