

JOE BRANDI RELAYS

High School Girls Relay Meet
Saturday April 16, 2016
Connetquot HS, 9:30 am

Order of Events:

Running Events:

9:30	2 x 400 Hurdles
9:55	4 x 1600
10:30	4 x 100
11:00	2 x 1500 Walk
11:30	Mile Medley (400-200-200-800)
12:10	4 x 400
12:40	2 x 100 Hurdles
12:55	2 x 2000 Steeplechase
1:30	4 x 200
1:55	Swedish Medley (100-200-300-400)
2:10	4 x 800
2:45	Sprint Medley (200-100-100-400)
3:05	Distance Medley (1200-400-800-1600)

Field Events

9:30	2 x Long Jump (3 team max)
TBA	2 x Triple Jump (3 team max)
9:30	2 x High Jump
9:30	2 x Shot Put
9:30	2 x Discus
9:30	2 x Pole Vault

- **Please send your roster in word or excel format to: jcrowley@sjcny.edu at least one week before the meet (Name and grade)**
- 3-event rule
- Add times or distances in the field events, the hurdles, the walk and the steeple.
- Medals to the top 10 teams in each relay!!!!!!
- Team trophies to the top 3 teams!
- Blanket entry of: \$200 or \$20 per 2-girl relay, \$30 per 4-girl relay.
- Make checks payable to: **Connetquot Track** Due by April 12th

Send entry to: Jim Crowley
Connetquot HS
190 7th St.
Bohemia, NY 11716

email: jcrowley@sjcny.edu
fax: 631-244-2347

School _____

Coach _____ Email: _____

Blanket entry of **\$200** or

of 2-girl relays _____ x \$20 + # of 4-girl relays _____ x \$30 = 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, COMPETITOR NUMBER, and Seed Time. (You will be assigned competitor numbers in your packet.)
2. You may enter as many relays teams as you want in all events except the LJ and TJ. Each athlete may only do 3 events. Notice the 3 team limits for the LJ and TJ.
3. In all field events, both hurdles, the steeple and the walk we will add the times or distances.
4. The LJ will go first, followed by the TJ. We only have one runway.
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 10', 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, Edwards, Austin 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! We try to keep our prices very fair.
12. Keep your athletes out of the infield. We want to keep the middle of the infield as clear as possible.
13. We will give out trophies to the top 3 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 will be here! Stop by and see what they've got!
16. T-Shirts go fast! Short sleeve \$10, Long sleeve \$15.
17. We want to get the PV started quickly. Get your athletes there early to check in and warm-up.
18. Swedish Relay is new this year (it has been in the Nationals for a few years now.) We will start at the normal start line. The 100 and 200 will stay in lanes, the 300 will take it in lanes then cut in. The race will finish on the opposite side of the track (the normal 200 start.)