

THE MARVIN GOLDBERG RELAYS

Goldberg Meet Red Tee shirts to all Athletes!

If you could I need a number of athletes and managers by April 25 so that I may have the shirts at the meet. I will honor all shirts we need but late entries will be delivered when I can get the extras printed. See the note at the end of the entry sheet.

Date: Saturday May 7, 2016 Girls Meet
Time: 3:30pm Throwing events
3:30pm Track and Field events
@ Shoreham-Wading River HS
Fee: Unlimited Entry(This is an entry fee not a participation fee)
\$200.00 Or \$25 per Relay

The refs fees will be shared amongst the participating schools
(app. \$33 last yr)

Please list those relays you are entering

Send entry to Paul Koretzki
Co/ SWR Community Programs
250B Route 25A
Shoreham NY 11786

Email pkoretzki@aol.com
(cell 553-2853 8am-midnight)

Make and Mail Checks to: **“Wildcat Track Club”**

Medals by Heats

60% of each heats

Heats by conferences

Conf 3-Conf 4-Friends Conf 3 JV-Conf 4 JV- Friends JV

3:30 2x400m hurdles (2 athletes will run by team together)

3:40 4x800m (JV races maybe combined but awards will remain the same by group)

3:53 4x200m

4:05 3x100m hurdles (teams run together times added)

4:15 400-200-200-800

4:35 DMR 12-4-8-16

5:05 4x400

5:35 4x100m (Awards in each heat)

5:55 2x1500m walk (places added and scored as in cross country)

6:15 4x1600

Awards: Basically more than the top 60% 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.

3:30 Long then 5:15 Triple 5:15-7:15

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.

3:30-5:30 **Shot.** Show up and throw. One practice and three scoring throws

5:30-7:15 **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.

Teams invited are from Conference III and IV plus teams from Conference I and II who will run as the Friends Category

There are no team awards. All prizes will go to the athletes.

Please pick up your medals throughout the day.

In field all athletes 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.

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3:30 Throwing events

3:30 Jumping events

3:30 Running Events

Fee: Unlimited Entry (This is an entry fee not a participation fee)
\$200 Or \$25 per relay team

Please list those relays you are entering and approximate
number of athletes and managers. Please be honest.

Send entry to Paul Koretzki
Paul Koretzki
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Shoreham NY 11786

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Number of teams

2x400m hurdles _____

4x800m _____

4x200m _____

3x100m hurdles _____

DMR _____

4x400m _____

4x100m _____

2x1500m walk _____

4x1600m _____

3xLong Jump _____

3xTriple Jump _____

3xHigh Jump _____

3x Discus _____

3xShot Put _____

2xPole Vault _____

Total Relays _____ x \$35.00= _____ or Blanket \$200 _____

Team _____

Coach _____ Phone Home _____ Cell _____

School _____ Email _____

Approximately your Number of Athletes and Managers _____

Color Tee Shirts to all Athletes and MGRS

