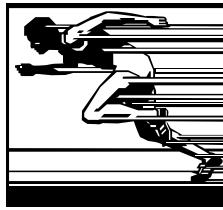


71st Annual Suffolk County Relays

Hosted by Bayport-Blue Point High School



Date: Friday May 13th (4PM) & Saturday May 14th (8:30AM/9AM)

The Suffolk County Relays is the longest running relay meet on Long Island, dating back to 1946. Schools from the PSAL as well as any section of the NYSPHAA are welcome to attend. As always this track meet will **include open invitational events** to accommodate coaches looking to obtain quality seed times. For the third straight year we will run the **SWEDISH RELAY (100-200-300-400)** which is a relay run at the National Championships.

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: Fully Automated Timing provided by Just-in-Time-Racing
¼' spikes are permitted on track and jumping runways**

Entry Fee: \$200 blanket entry fee

Check or money voucher must **arrive** prior to **May 9th, 2016**.

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

Mail completed entry along with check or money voucher to:

Bayport-Blue Point Athletic Office
c/o Mike Zafonte
189 Academy Street
Bayport, NY 11705

This is an entry fee only and not a participation/competition fee. There are no refunds. The officials and timing 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 are going to award a ton of custom 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. As in the past few years, we are running quality seeded open invitational events to attract the teams looking to get seed times for their athletes. Please read and follow the seeding procedures. As always this meet will not be an all-day affair. Typically the entire meet will be complete by 1:30.

Thanks as always for your support. We hope to see you at this year's 71st annual Suffolk County Relays. If you need to contact me for any reason, please email me at mzafonte@bbpschools.org



71st Suffolk County Relays ENTRY FORM

For the Business Office



School _____ League _____

Coach _____ Coaches E-mail _____

[] BLANKET ENTRY FEE: \$200

A blanket entry entitles you to place a maximum of three individuals/teams in each event with one exception. Please **limit** your long jump and triple jump relay teams to two since we only have one runway.

All invitational entries and pentathlon entries must be done online via just-in-time-racing by **May 9th**.

Please read the specific requirements for SEEDING athletes in this meet on the “Meet Rules and Procedures” page

PAYMENT SHOULD ACCOMPANY THIS ENTRY FORM

This is a non refundable entry fee and not a participation/competition fee. The officials and timing fees will be equally divided among all schools who enter in the meet and billed accordingly by Section XI.

ATTENTION BUSINESS OFFICE: The check for the entry fee must arrive PRIOR to competition. If you wait to pay, you risk your school not being able to compete in the meet. In addition, **Medals will not be given out to schools who have not paid in full.**

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

Mail completed entry along with **PAYMENT** to:

Bayport- Blue Point Athletic Office
c/o Mike Zafonte
189 Academy Street
Bayport, NY 11705

Meet Rules and Procedures

I Man Open Invitational Runners and Pentathletes : Must Be **SEEDED** via just-in-time-racing by Monday **May 9th**. The top 12 seeds will be selected for the 100m, 200m, 400m, 800m, and 1600m races. Seeds must come from an invitational meet that is published online (**NOT** a dual meet). If your seed cannot be verified online, you risk your athlete running in either a slower section or not at all.

Labels: All running athletes in non-baton relays must wear **labels** that include their **competitor number**.

Invitational Scratches: Please report any invitational scratches **before** the start of the meet. I reserve the right to allow last second entries in order to fill a field due to scratches.

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. **Please arrive at 8:30 AM on Saturday to start the pentathlon long jump.**

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 cards and small school athletes must be placed on YELLOW cards. These cards WILL BE PROVIDED – do not use your own.

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.

An athlete not in the pentathlon may compete in a 4th event if the 4th event is a seeded open invitational event (100m, 200m, 400m, 800m, and 1600m).

Entry Limit: A team may enter a maximum of three entries per event (pentathlon, seeded invitational, or relay) with one exception. Please limit the amount of long jump and triple jump relays to two.

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 emailed to you the Thursday 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, discus, long jump, and triple will contest with three throws/jumps and no finals. High jump will start at 5' and move up 2 inches at a time. Pole vault will follow 9' – 10' – 11' and then up 6 inches after that. **The high jump and pole vault increments may be changed based on competition.**

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.

Custom 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.

Access to the School: No one is allowed to enter the school building. Please use the portable lavatories located near the building.

71st ANNUAL SUFFOLK COUNTY RELAYS

ORDER OF EVENTS

Friday, May 13, 2016

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, 2016

9:00 AM (Pent. starts at 8:30AM)

400 Int. Hurdle Relay	2x400	Open	Final
6400m Relay (with batons)	4x1600	Open	Final
Invitational 100m (top 12)	1 man SEEDED	Open	Final
Invitational 200m (top 12)	1 man SEEDED	Open	Final
High Hurdle Relay (<u>not shuttle</u>)	2x110	Open	Final
Invitational 400m (top 12)	1 man SEEDED	Open	Final
Pentathlon 1500m (may be moved)	1 man	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
3200m Relay	4x800	Open	Final
Swedish Medley	100,200,300,400	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 9:00am (many events start simultaneously)

Discus Relay	2 man	Small/Big	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 (8:30AM)	1 man	Open	3 Jumps
Shot Put Relay	2 man	Small/Big	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 changed the shot and discus relay to be Small/Big events this year for the purpose of speeding up how medals are given out.