

**THE 27TH ANNUAL
WILSON MEMORIAL TRACK CLUB
CRUSADER RELAYS**

Dear Coach:

The Monroe Woodbury Central School District and the Dick Wilson Track Club would like to invite you to participate in the 27TH ANNUAL CRUSADER RELAYS to be held on Saturday, May 1st, 2010

Monroe Woodbury is a SAT testing center for the exam, given on the same day. Your student athlete may take the exam, at our center and still compete. Check with guidance for the closing date for application and specify our test center, #33-314. If additional information is needed, you may contact **Jim Glover at 845-460-6700 X6744, fax 845-460-6067 or email jglover@mw.k12.ny.us**

AWARDS: Team Trophies: First & Second
Individual: T-Shirts, Frosh/Soph: first three finishers, individual and relay.
T-Shirts, Varsity: first five finishers individual events, first four relays.

REFRESHMENTS: A fully stocked refreshment stand is open for both breakfast and lunch.

FEES: \$1.00 per individual \$14.00 per relay team
BLANKET: Boys team: \$200.00 Girls team: \$200.00
Boys and Girls combined: \$350.00

Checks payable to: **DICK WILSON MEMORIAL TRACK CLUB**

EVENTS: ATHLETES MAY COMPETE IN 4 EVENTS.

NOTE

**NO STARTING BLOCKS ARE PERMITTED IN ANY EVENT.
1/8TH INCH SPIKES ARE ALLOWED IN ALL EVENTS.**

SEEDS: Bring a 3X5 card with names and seed information for all running events on meet day.
SANCTIONS: States of New York and New Jersey, PSAL and CHSAA
DIRECTIONS: 1/4 Mile from exit 16 NYS Thruway and exit 131 NYS Rt. 17
DEADLINE: Entries must be postmarked by 4/24/10

MEET RULES

1. There will be no warming up on the track once the meet is underway.
2. In all field events, Varsity competitors will have four (4) throws, four (4) jumps. **NO FINALS**
3. In all field events, Frosh/Soph competitors will have three (3) throws, three (3) jumps. **NO FINALS**
4. All track competitors will check in with the clerk of the course when the race is called.
5. In individual events the individual will present his/her card to the clerk who will hand the card back to the runner to be pinned on the front of the runner's shirt.
6. In relay events the anchor runner will present his/her card to the clerk who will hand the card back to the runner to be to the front of the anchor runners shirt.
7. Teams must provide their own batons.
8. Scoring will be 6-4-3-2-1 in all divisions.
9. Trophies will be awarded to first and second place teams in all divisions.
10. This meet is governed by the N.Y.P.H.S.A.A. Handbook and the National Federation Alliance Handbook of Track and Field.
11. Please pick up awards at the press box after the final results are announced.
12. An infraction of the rules may result in the disqualification of your team. Please cooperate. We hope you enjoy your day here at Monroe Woodbury. We are planning to hold this event on the first Saturday of May in 2010.

***** A FIRST AID STATION WILL BE AVAILABLE IN CASE OF INJURY *****

**OUTSTANDING FACILITIES
400 METER ALL WEATHER TRACK
2 LJ PITS * 2 TJ PITS * 2 SP CIRCLES * 2 DISC CIRCLES * POLE-VAULT * HIGH JUMP**

27TH ANNUAL CRUSADER RELAYS

OFFICIAL ENTRY FORM

FROSH-SOPH EVENTS

#INDIVIDUALS

___ FR/SOPH BOYS L-JP
 ___ FR/SOPH GIRLS L-JP
 ___ FR/SOPH BOYS T-JP
 ___ FR/SOPH GIRLS T-JP

INDIVIDUALS

___ FR/SOPH GIRLS H-JP
 ___ FR/SOPH BOYS H-JP
 ___ F/S GIRLS POLE VAULT
 ___ F/S BOYS POLE VAULT

#INDIVIDUALS

___ FR/SOPH BOYS SHOT
 ___ FR/SOPH BOYS DISC
 ___ FR/SOPH GIRLS DISC
 ___ FR/SOPH GIRLS SHOT

RELAYS

___ GIRLS F/S SPRINT MEDLEY (4-2-2-8)
 ___ GIRLS F/S 400M RELAY
 ___ GIRLS F/S 3200M RELAY
 ___ GIRLS F/S 1600M RELAY

RELAYS

___ BOYS F/S SPRINT MEDLEY (4-2-2-8)
 ___ BOYS F/S 400M RELAY
 ___ BOYS F/S 3200M RELAY
 ___ BOYS F/S 1600M RELAY

VARSITY EVENTS

#INDIVIDUALS

___ VARSITY BOYS T-JP
 ___ VARSITY GIRLS T-JP
 ___ VARSITY GIRLS L-JP
 ___ VARSITY BOYS L-JP

INDIVIDUALS

___ VARSITY BOYS H-JP
 ___ VARSITY GIRLS H-JP
 ___ VAR GIRLS POLE VAULT
 ___ VAR BOYS POLE VAULT
 ___ VARSITY BOYS JAVELIN*
 ___ VARSITY GIRLS JAVELIN*

#INDIVIDUALS

___ VARSITY BOYS SHOT
 ___ VARSITY BOYS DISC
 ___ VARSITY GIRLS DISC
 ___ VARSITY GIRLS SHOT
 ___ VARSITY GIRLS HAMMER
 ___ VARSITY BOYS HAMMER

*CONTESTED IN AM

INDIVIDUALS

___ GIRLS OPEN 400M HURDLES
 ___ GIRLS OPEN 100M HURDLES
 ___ GIRLS OPEN 100M DASH
 ___ GIRLS OPEN 800M RUN
 ___ GIRLS OPEN 1500M RUN

INDIVIDUALS

___ BOYS OPEN 400M HURDLES
 ___ BOYS OPEN 110M HURDLES
 ___ BOYS OPEN 100M DASH
 ___ BOYS OPEN 800M RUN
 ___ BOYS "JAMES F KELLY" 1500M RUN

RELAYS

___ **GIRLS VARSITY 6400M RELAY***
 ___ GIRLS VAR SPRINT MEDLEY (4-2-2-8)
 ___ GIRLS VARSITY 3200M RELAY
 ___ GIRLS VARSITY 400M RELAY
 ___ GIRLS VARSITY DMR (3/4, 1/4, 1/2, 1)
 ___ GIRLS VARSITY 1600M RELAY

RELAYS

___ **BOYS VARSITY 6400M RELAY***
 ___ BOYS VARS SPRINT MEDLEY (4-2-2-8)
 ___ BOYS VARSITY 3200M RELAY
 ___ BOYS VARSITY 400M RELAY
 ___ BOYS VARSITY DMR (3/4, 1/4, 1/2, 1)
 ___ BOYS VARSITY 1600M RELAY

ENTRY FEE: # OF INDIVIDUAL ENTRIES _____

OF RELAY ENTRIES _____

X \$12.00 = _____

X 18.00 = _____

TOTAL = _____

BLANKET FEE: BOYS \$200.00 _____

GIRLS \$200.00 _____

TEAM \$350.00 _____

MAIL ENTRY W/CHECK OR VOUCHER
 PAYABLE TO: WILSON MEMORIAL TRACK CLUB
 BY 4/24/10 SEND OR FAX TO:

JIM GLOVER
CENTRAL VALLEY ELEMENTARY SCHOOL
RT. 32
CENTRAL VALLEY, NY 10917

FAX # 845-460-6067

SCHOOL: _____
 ADDRESS: _____

BOYS COACH NAME _____
 GIRLS COACH NAME _____

HOME# _____

SCHOOL# _____

E-MAIL _____

THE 27TH ANNUAL
CRUSADER RELAYS

MAY 1ST, 2010
ORDER OF EVENTS

RUNNING EVENTS

STARTING AT 9:00

1. GIRLS F/S SPRINT MEDLEY (4-2-2-8)
2. BOYS F/S SPRINT MEDLEY (4-2-2-8)
3. **GIRLS VARSITY 6400M RELAY**
4. GIRLS F/S 400M RELAY
5. BOYS F/S 400M RELAY
6. **BOYS VARSITY 6400M RELAY**
7. GIRLS F/S 3200M RELAY
8. BOYS F/S 3200M RELAY
9. GIRLS F/S 1600M RELAY
10. BOYS F/S 1600M RELAY

STARTING APPROX AT 12:15 PM

11. GIRLS OPEN 100M HURDLES TRIALS
12. BOYS OPEN 110M HURDLES TRIALS
13. GIRLS OPEN 100M DASH TRIALS
14. BOYS OPEN 100M DASH TRIALS
15. GIRLS OPEN 800M RUN
16. BOYS OPEN 800M RUN
17. BOYS OPEN 110M HURDLES SEMI
18. GIRLS OPEN 100M HURDLES SEMI
19. GIRLS OPEN 100M DASH SEMI
20. BOYS OPEN 100M DASH SEMI
21. GIRLS VARSITY SPRINT MEDLEY (4-2-2-8)
22. BOYS VARSITY SPRINT MEDLEY (4-2-2-8)
23. GIRLS OPEN 1500M RUN
24. BOYS "**JAMES F. KELLY**" MEMORIAL 1500M RUN
25. GIRLS 100M HURDLES FINAL
26. BOYS 110M HURDLES FINAL
27. GIRLS 100M DASH FINAL
28. BOYS 100M DASH FINAL
29. GIRLS VARSITY 3200M RELAY
30. BOYS VARSITY 3200M RELAY
31. GIRLS OPEN 400M HURDLES
32. BOYS OPEN 400 M HURDLES
33. GIRLS VARSITY 400M RELAY
34. BOYS VARSITY 400M RELAY
35. GIRLS VARSITY DIST.MED (3/4, 1/4, 1/2, 1)
36. BOYS VARSITY DIST.MED (3/4, 1/4, 1/2, 1)
37. GIRLS VARSITY 1600M RELAY
38. BOYS VARSITY 1600M RELAY

FIELD EVENTS

STARTING AT 9:00

- F/S BOYS LONG JUMP
F/S GIRLS LONG JUMP
F/S GIRLS HIGH JUMP
F/S GIRLS POLE VAULT
F/S BOYS SHOT PUT
F/S GIRLS DISCUS
VARSAITY BOYS JAVELIN

AFTER COMPLETION OF ABOVE EVENTS:

- F/S BOYS TRIPLE JUMP
F/S GIRLS TRIPLE JUMP
F/S BOYS HIGH JUMP
F/S BOYS POLE VAULT
F/S GIRLS SHOT PUT
F/S BOYS DISCUS
VARSAITY GIRLS JAVELIN

STARTING APPROX AT 12:30 PM

- VARSAITY GIRLS TRIPLE JUMP
VARSAITY BOYS TRIPLE JUMP
VARSAITY GIRLS HIGH JUMP
VARSAITY GIRLS POLE VAULT
VARSAITY BOYS SHOT PUT
VARSAITY GIRLS DISCUS

AFTER COMPLETION OF ABOVE EVENTS:

- VARSAITY GIRLS LONG JUMP
VARSAITY BOYS LONG JUMP
VARSAITY BOYS HIGH JUMP
VARSAITY BOYS POLE VAULT
VARSAITY BOYS DISCUS
VARSAITY GIRLS SHOT PUT

AFTER COMPLETION OF THE BOYS DISCUS:

"JOSEPH S. PULIAFICO" MEMORIAL

- VARSAITY GIRLS HAMMER THROW
VARSAITY BOYS HAMMER THROW

- Please report to your event on time. Running events report to the clerk with a 3x5 card with school, names and seed time on front. Field events report directly to event and do not need cards.
- Athletes should enter the track at the end of the chute.
- NO athlete or coach is allowed on the infield at any time. Warm ups are done outside the track.

- A trainer will be available under the scoreboard.
- Bathrooms are located at the concession stand, Porta-Potties behind visitor side stands.
- Refreshment stand is open for both breakfast and lunch.
- 1/8th inch spikes only. No starting blocks allowed.
Have a great day!