



2008 PANTHER RELAYS

c/o Eric McLaud
Wallkill Varsity Track
Wallkill Senior High School
PO Box 310
Wallkill, NY 12589



Saturday April 5, 2008 (New York Sanction only)

Cost: \$285 per school (Boys and Girls)

\$200 per team

\$50 per Relay, \$15 per individual event

10:00 AM Track Start **9:30 Field Events

Contact: Eric McLaud (C) 845-800-1369

Athletic Office 845-895-7158

Athletic Fax 845-895-9261

Send voucher or check payable to "Wallkill Varsity Track" to address above by Monday April 1, 2007.

Refreshments will be available all day!!

Breakfast and lunch varieties.

Long Sleeve T-shirts for sale \$15.00

Wallkill High School is located 15 minutes from both the New Paltz Exit (Exit 18) and the Newburgh Exit (Exit 17) on the Thruway.

General Rules of the Meet:

ENTRIES FOR THE MEET WILL BE THROUGH **ONLINEENTRIES.COM**. ALL ENTRIES MUST BE IN NO LATER THAN WEDNESDAY APRIL 3TH BY 8:00 PM SO THAT THE MEET CAN BE SET UP FOR **SATURDAY**.

**** Please read procedure for track relays:** The clerking area will be at the white shed.. The teams will be marshaled to the starting line after being given their cards. After running the athletes must exit to the left of the white shed and walk around to get back to their team areas.

1. Starting Blocks **will not** be provided. Bring your own, **1/4 inch** protrusion allowed.
2. Shoes will be same -- 1/4 inch protrusion
3. All running events will be relays.
4. For Field Events you can enter **either** Varsity or Frosh-Soph , **not both**
5. Field Events are open individual entry (unlimited – **Except discus- 4 entries max**) The first mark will be measured. 2nd and 3rd attempts must meet minimum distance to be measured. (**No Finals**)
6. Panther Relays traditional "Running of the Bulls" Thrower's Relay 4 X 100 meter exhibition. (Non Scoring - Trophies and medals are awarded)
7. New York State Public High School Athletic Association rules on participation limits will be enforced. (Thrower's Relay counts as 1 event for the participant)
- **8. Scoring will be done on a 10-8-6-4-2-1 basis. Scoring will be in 2 divisions. Awards will only be given out to top 6 overall.. All Frosh - Soph events will be scored.**
9. Schools may enter more than 1 Relay but must declare the "A" team for scoring purposes. "B" , "C" teams cannot score. **This meet is for your opportunity to get times on some of your athletes.**
10. Athletes are to be in the stands or on top of the hill. **No one is allowed in the infield**

Awards:

Trophies for 1st Place in all events Medals for 2nd through 6th place.

Team Trophies for 1st, 2nd, and 3rd place for both boys and girls. (**Two Divisions**)

Order of Events on Back →

ORDER OF EVENTS

(Girls then Boys)

TRACK EVENTS

Frosh - Soph Sprint Medley (400-200-200-800) **Scratch Start**

Lt. Mark H. Dooley **Girls 3X 1500 Relay** and Boys **3 X 1600 Relay** (PLAQUES TO TOP 3 TEAMS)

3 x 400 Meter Intermediate Hurdles (Two Schools at a time)

4 x 800 Meter Relay

4 x 200 Meter Relay

3 x 100 / 110 Meter Shuttle Hurdles

4 x 100 Meter Relay

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

Sprint Medley Relay (400 - 200 - 200- 800)

THROWERS RELAY (4 X 100) **Non-Scoring**

Frosh - Soph 4 x 400 Relay (**Scratch Start**)

Varsity 4 x 400 Relay (**Top 8 Seeded for scratch start-- Rest of Field in 2nd and possible 3rd heat**)

FIELD EVENTS

9:30 START TIME

****UNLIMITED ENTRY EXCEPT AS INDICATED**

****CANNOT DOUBLE UP. (I.E. FROSH /SOPH AND ALSO VARSITY)**

BOYS SHOT PUT Frosh-Soph then Varsity using the following procedure Heat warm-up in UPPER CIRCLE then move to lower circle for 3 throws in heat. VARSITY: LOWER CIRCLE

GIRLS DISCUS VARSITY ONLY 4 COMPETITORS ONLY

BOYS/GIRLS FROSH/SOPH LONG /TRIPLE JUMP ON NORTH PIT (NEXT TO PV)

GIRLS VARSITY LONG JUMP/TRIPLE JUMP ON PIT #1 (NEXT TO SHED)

BOYS VARSTIY LONG JUMP/TRIPLE JUMP ON PIT #2 (NEXT TO FENCE)

JAVELIN COMBINED (UNTIL 1:00 PM)

GIRLS HIGH JUMP (FROSH/SOPH AND VARSITY COMBINED)

Start 3-6 and go up 3" to 4-9 then 1" after

Boys Pole Vault followed by Girls Pole Vault

Boys start at 7-0, 8-0, 9-0, 10-0, 11-0 and then up 6" to completion

Girls start at 6-0 up 6" to completion

12:30 START TIME

GIRLS SHOT PUT Same procedure as Boys from above.

BOYS DISCUS VARSITY ONLY 4 COMPETITORS ONLY

BOYS HIGH JUMP (FROSH/SOPH AND VARSITY COMBINED)

Start 4-6 up 3" to 5-9 then 1"after



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ENTRY SHEET: **SCHOOL** _____

COACH CONTACT INFORMATION (IN CASE OF BAD WEATHER)

NAME _____ Cell PHONE _____

FAX # _____

EMAIL _____

Checks or Voucher Payable to : Wallkill Varsity Track

Send completed Entry Sheet **and** voucher or check to address above by April 1, 2008.