

10TH ANNUAL PINE BUSH INVITATIONAL RELAYS
SATURDAY MAY 8, 2010
PINE BUSH HS TRACK

NOTES ON THE MEET

1. This letter is to inform you of our 10TH Annual Relays.
2. Entry fee: \$25.00 per relay team; \$10.00 per individual Event; or \$200.00 blanket entry. Make checks or vouchers out to PINE BUSH ATHLETIC ASSOCIATION/BOYS TRACK and mail to AL SCHMIDT 451 Borden Rd. Wallkill, NY 12589 or FAX to 744-3160; Harold Fried Athletic Director
NO ENTRY WILL BE ACCEPTED AFTER MAY 1ST
3. 1/4" spikes allowed. Bring your own batons; pins; and BLOCKS
4. Park bus in FRONT parking lot. There will be a concession stand.
5. AWARDS: Medals to Top 3 Teams in each Relay event
Medals to Top 6 in each Individual event including Field Events
NO TEAM SCORE
6. Bring a 3 x 5 card with full names of entry on the card with seed time. Hand in cards to clerks tent before the meet starts. Put cards in proper envelopes.

ORDER OF EVENTS: BOYS THEN GIRLS

6:00P.M..... SHUTTLE HURDLES (3X110 or 3X100) 1 TEAM PER SCHOOL
6:30P.M..... DISTANCE MEDLEY RELAY- 1 TEAM PER SCHOOL
7:00P.M..... 400M RELAY (4X100) - 2 TEAMS - 1 VARS/1 FR-SO
7:30P.M..... FROSH-SOPH 1600M RUN - 3 INDIVIDUALS PER SCHOOL
8:00P.M..... 7TH-8TH GRADE (MOD) 4X400M RELAY - 1 TEAM PER SCHOOL
8:30P.M..... 3200M RELAY (4X800) 2 TEAMS - 1 VARS/1 FR-SO
8:45P.M..... 800M RELAY (4X200) 2 TEAMS - 1 VARS/1 FR-SO
9:00P.M..... VARSITY 800M RUN - 3 INDIVIDUALS PER SCHOOL
9:30P.M..... 1600M RELAY (4X400) 2 TEAMS - 1 VARS/1 FR-SO

FIELD EVENTS

6:00P.M.... POLE VAULT- (GIRLS + BOYS COMBINED)
6:00P.M.... SHOT PUT- (GIRLS then BOYS)
6:00 P.M....HIGH JUMP (OPEN PIT-BOYS + GIRLS)
6:00-7:30P.M..... LONG JUMP (OPEN PIT-BOYS + GIRLS)
7:30-9:00P.M..... TRIPLE JUMP (OPEN PIT-BOYS + GIRLS)

***** PLEASE LIMIT FIELD EVENT ENTRIES TO 3 PER SCHOOL
***** SHOT PUT THROWS WILL BE MARKED UNLESS THEIR THROW IS SHORTER THAN BEST

***** TIMES MAY BE ADJUSTED AS NEEDED

**10TH ANNUAL PB INVITATIONAL RELAYS
SATURDAY MAY 8, 2010**

<u>EVENTS</u>	<u>BOYS</u>	<u>GIRLS</u>
SHUTTLE HURDLES (LIMIT 1)	_____	_____
DISTANCE MED (LIMIT 1)	_____	_____
400M RELAY FR/SO (LIMIT 1)	_____	_____
400M RELAY VARS (LIMIT 1)	_____	_____
FR/SO 1600M RUN (LIMIT 3)	_____	_____
7 TH /8 TH (MOD) 4X400M RELAY (LIMIT 1)	_____	_____
3200M RELAY FR/SO (LIMIT 1)	_____	_____
3200M RELAY VARS (LIMIT 1)	_____	_____
800M RELAY FR/SO (LIMIT 1)	_____	_____
800M RELAY VARS (LIMIT 1)	_____	_____
800M RUN VARS (LIMIT 3)	_____	_____
1600M RELAY FR/SO (LIMIT 1)	_____	_____
1600M RELAY VARS (LIMIT 1)	_____	_____
FIELD EVENT LIMIT TO 3 PER EVENT		

TOTAL # OF Relay Entries ___ x \$25.00= _____
TOTAL # OF Indiv. Entries ___ x \$10.00= _____

TOTAL ENTRY = _____ or BLANKET ENTRY OF \$200.00
(circle)

Mail entries to: Al Schmidt
451 Borden Rd.
Wallkill, NY 12589

**ENTRIES DUE MAY 1, 2010
NO EXCEPTIONS**

Or Fax to: Pine Bush Athletic Director: 744-3160
CHECKS/VOUCHERS PAYABLE TO: PB BOYS TRACK