

11th Annual  
**Tiger Relays**

**Saturday, April 30th, 2016**

**The Facility @ Dietz Stadium, Kingston, NY**  
Official Steeple Jump Pit

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**We are Going FAT!!!**

**Field and Individual Events Will Register through Link Below**

<http://ny.milesplit.com/meets/228444-kingston-tiger-relays>

Registration closed 8:00pm, the Thursday night before the meet

**Please Note the Change in the Check Payable**  
Made Payable to: **Kingston Track & Field Club**  
**Federal ID/EIN # Available**

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**Meet Information**

**Frosh/Soph Relay Cards must be in by 8:30am**

**Varsity Relay Cards must be in by 11:30am**

- 1) All *Field* events will be individual events: 4 entries max - Frosh/Soph; 4 entries max - Varsity
- 2) **Frosh/Soph:** 3 attempts; no finals;  
**Varsity:** 3 attempts, Top 3 go to finals (3 additional throws)
  - To keep the meet moving, there will be minimum marks at *the varsity level*: The 1<sup>st</sup> attempt will be measured, and then, only marks which meet the minimum distance will be measured.
- 3) Varsity Minimum Marks (first attempt will be measured):

Boys Shot:	V:35	Girls Shot:	V:25
Boys Discus:	V:90	Girls Discus:	V:70
Boys Long:	V:17	Girls Long:	V:12
Boys Triple:	V:36	Girls Triple:	V:26
- 4) **Pole Vault:**
  - **Frosh/Soph Girls start at 9:00; Followed by Frosh/Soph Boys**  
Frosh/Soph Girls - 6', 7', 8', then every 6"; Frosh/Soph Boys - 8', 9', 10', then every 6"
  - **Varsity Girls (no earlier than 12:30); followed by Varsity Boys**  
Varsity Girls - 7', 8', 9' then every 6"; followed by Varsity Boys - 8', 9', 10', then every 6"

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- 5) In both Varsity and Frosh/Soph Relays, each school may enter a max of 2 **teams** each (Designate A or B: **both teams can score**). In the Steeple Chase, a school may enter no more than 3 athletes (3 varsity, 3 frosh/soph).
- 6) *Track* athletes **may** compete in both Frosh/Soph and Varsity events (except Steeplechase). *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event!
- 7) **Running Event Cards (make names official – Last Name, First Initial - for Mile Split)**
  - All cards should have name(s), school, event, (A or B team) and seed time on the front of each card.
  - The card will be returned to the athlete to be worn by the anchor leg (bring pins).
    - a. Athletes will be brought onto the in-field for warm-up.
    - b. After the finish, athletes will exit immediately by the gate next to the finish.
    - c. No athletes will be allowed on the infield unless they are in the next event. This will be strictly enforced.
    - d. **Maximum of ¼ inch spikes...please!**
- 8) **Field Events:** Field event athletes must be registered through **onlineentries.com**. **Registration will be closed 8:00pm Thursday night before the meet. All** events will be put in flights. Check in at the event location
- 9) Hurdle relay will be run in individual lanes and then added together (This is so coaches can get times on their athletes).
- 10) Scoring will be 10 – 8 – 6 - 5 - 4 – 3 – 2 – 1 in each event. Boys and girls teams are scored separately. Medals will go to the top 6 in each event. Team trophies will be given to 1<sup>st</sup> and 2<sup>nd</sup> place varsity boys and girls, and to 1<sup>st</sup> and 2<sup>nd</sup> place frosh/soph boys and girls.
- 11) New York State Public High School Athletic Association rules on participation limits will be enforced.
- 12) We will have a limited number of blocks at the track. However, teams are encouraged to bring their own.
- 13) All checks and vouchers **due by April 22<sup>th</sup>**; Payable to: **Kingston Track & Field Club**

**Federal ID/EIN # Available**
- 14) Any Questions, please contact Nick Badalato:  
E-mail: [nbadalato@kingstoncityschools.org](mailto:nbadalato@kingstoncityschools.org) or cell phone: (845) 594 -6247
- 15) Tents are allowed at the top levels of both grandstands. No radios please (this is to insure that all checks-ins happen on time).

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## Team Information

**\*\*Please make sure the contact information is correct and up to date\*\***

High School:

Athletic Dept Phone:

Team Coach/Contact:

Contact Phone:

Contact E-Mail:

Blanket Fee: \$375

Boys Team: \$200

Girls Team: \$200

Or

Number of Track Relay Teams: \_\_\_\_\_ x \$20 = \_\_\_\_\_

Individual Field Events: \_\_\_\_\_ x \$10 = \_\_\_\_\_

**Total Due:**

\*All checks and vouchers due by April 22<sup>nd</sup>

\*Make Checks or Vouchers Payable to: **Kingston Track & Field Club**

Mail to:

Kingston High School  
Attn: Coach Nick Badalato  
403 Broadway  
Kingston NY, 12401

or

Fax to:

KHS Athletic Department  
Attn: KHS Track  
Fax #: 845 331-4161

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## Order of Events

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**Varsity Javelin (Boys and Girls): open pit from 9:00am-11:00am (experienced throwers only!)**

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**Frosh/Soph Track Events: 9:00am start**

- G/B: SMR (400, 200, 200, 800)
- G/B: DMR (1200, 400, 800, 1600)
- G/B: 4 x 100
- G/B: 4 x 800
- G/B: 4 x 400
- Girls Frosh/Soph: 2000m steeple (max of 3 entries)

**Girls Varsity Steeple Chase: (no earlier than) 12:00pm start**

- Girls Varsity: 2000m Steeple (max of 3 entries)
- Boys Frosh/Soph: 2000m Steeple (max of 3 entries)
- Boys Varsity: 3000m Steeple (max of 3 entries)

**30 Minute Break for Coaches, Officials and Varsity Warm-ups**

**Varsity Track Events: (no earlier than) 12:30pm start**

- G: 3 x 100 Hurdles (times of the 3 hurdlers will be added together)
  - B: 3 x 110 Hurdles (times of the 3 hurdlers will be added together)
  - G/B: 4 x 800
  - G/B: 4 x 100
  - G/B: Individual 1500/1600 (max of 3 entries)\*      Seeded Heat will be Last
  - G/B: Individual 400 Hurdles (max of 3 entries)\*      Seeded Heat will be First
  - G/B: 4 x 200
  - G/B: DMR (1200-400-800-1600) (max of 1 team)\*
  - G/B: 4x 400
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**Frosh/Soph Field Events: 9:00am start**

- Girls Pole Vault followed by Boys Pole Vault
- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot

**Varsity Field Events (no earlier than) 12:30pm start**

- Girls Pole Vault followed by Boys Pole Vault
- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot