



IRON DUKE RELAYS



Your team is invited to participate in the annual Iron Duke Relays hosted by Marlboro Central High School. The meet will take place under the lights, when necessary, on Marlboro's 8-lane all-weather track.

Date: Friday, April 29th 2016

Start Time: 5pm (shot put/discus start at 4:30pm), coaches meeting at 4:45pm

Entry Fees: \$280 blanket entry fee for both boys and girls teams, \$150 for one team

Order of Events:

Track (Girls, then Boys)

400m Hurdles (open, no relays)

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

2000m/3000m Steeplechase (open, no relays)

4x200m Relay

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

- Only one team per gender per school

100m/110m Hurdle Relay

- 3 athletes on a team, times added together
- Incomplete teams allowed, but cannot score

Frosh/Soph 800 Medley Relay (100-100-200-400)

4x800m Relay

4x100m Relay

4x400m Relay

Throwers 4x100m Relay (athletes MUST be entered in a throwing event)

Field (2 athletes per team)

Long Jump (B, then G)

Triple Jump (G, then B)

High Jump (B, then G)

Pole Vault (G, then B)

Shot Put (B, then G)

Discus (G, then B)

Awards:

Each 1st place team competitor will receive an "Iron Duke Relays Champion" t-shirt.

Both "A" and "B" teams are eligible for awards.

Logistics:

Maximum of 2 teams for boys and girls for all events (unless otherwise noted).

Maximum of 4 events for each individual athlete.

3x5 index cards will be turned in to the clerk upon arrival before the meet begins.

- Please put seed times on index cards- be as accurate as possible.

Field event teams will sign in at their events.

2 pits will be opened for LJ and TJ- we will run these simultaneously.

3 Jumps/Throws only for LJ, TJ, SP, D (no finals).

Starting Heights/Progression for HJ:

Girls 4' moving up 2" to 5', then 1" after

Boys 5' moving up 2" to 6', then 1" after

Starting Heights/Progression for PV:

Girls 6', then up 6"

Boys 7', then up 6"

Warm up's should be done outside of the track area- not on the infield.

Please make sure athletes are listening for event calls.

Athletes are not allowed inside Marlboro High School. Bathroom facilities are located outside behind the bleachers.

Contact Info: Pete Carofano- Head Varsity Boys Coach

E-Mail: peter.carofano@marlboroschools.org

Phone: 845-236-5810



IRON DUKE RELAYS



ENTRY FORM

Team Name: _____

Athletic Department Phone: _____

Teams Attending: Boys _____ Girls _____ Both _____

Team Contact Name: _____

Team Contact Phone: _____

Team Contact E-Mail: _____

Blanket Entry Fee: \$280.00

Boys Team/Girls Team Only: \$150.00

Amount Due: \$_____

Please make checks payable to: "Marlboro Varsity Club"

All entry forms and payments are due NO LATER than: *Friday, April 15th 2016*

Send forms and payments to:

Ms. Jonnah O'Donnell
Athletic Director
50 Cross Rd.
Marlboro, NY 12542

or fax to: Marlboro Athletic Department
Attn: Varsity Track & Field
Fax #: 845-236-7625