

VIKING RELAYS

Coaches, you are invited to the Sixth annual Viking Relays, to be held on **THURSDAY, May 5, 2016 at 4:00 PM, at Valley Central High School.**

1. All relay teams must turn in a 3 x 5 card to the clerk's tent when the event is first called. All cards should have the athlete's names, school, event, and seed time on the front of the card. Field event athletes are to check in at the event when first called.
2. Only 1/8 inch or 1/4 inch recessed spikes are permitted on the track and runway surfaces.
3. All running relays are 4 competitors per team and field events are 2 competitors per team, except shuttle hurdles, individuals are able to compete.
4. Any questions, call Mike Bellarosa at 845-457-2400, ext. 17886
Email address: ronald.hebbard@valleycentralschools.org
Fax #: 845-457-4418

PLEASE CALL, E-MAIL, OR FAX YOUR CONFIRMATION

4:00PM-----warm-ups may start
4:30PM-----Girls shotput starts, followed by Boys,
Boys discus followed by Girls
5:00PM-----Girls and Boys pole vault starts
Girls long jump starts, followed by Boys
Boys triple jump starts, followed by girls
Boys and Girls high jump starts
5:00PM-----Running events start

VIKING RELAYS

YOU MAY ENTER 3 TEAMS PER EVENT.

ORDER OF EVENTS:

DMR (1200-400-800-1600)
3 x 110/100SH
VARSITY SMR (400-200-200-800)
FROSH/SOPH SMR
VARSITY 800 Medley Relay (100-100-200-400)
FROSH/SOPH 800 Medley Relay
4 x 400
Wgt man 4 x 100

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YES, WE WILL ATTEND _____

School: _____

Address: _____

Boys Coach: _____ Girls Coach: _____

Phone: _____ school _____ home

Boys entry: \$100

Girls entry: \$100

Blanket entry: \$150 for both teams

MAKE CHECKS OUT TO: Valley Central High School

Mail entry to: Valley Central High School

Attn. Ron Hebbard

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Montgomery , NY 12549

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Fax #: 845-457-4418