

12th Annual  
**Tiger Relays**

**Saturday, April 29th, 2017**

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

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**No more cards -Full FAT (by Fulton)**

**Register online at [ny.milesplit.com](http://ny.milesplit.com) -**  
**<http://ny.milesplit.com/meets/261102/info#.WIIZTxsrIdU>**

**Results (times, splits, videos) posted immediately to Twitter**  
**@TigerRelays (KingstonTigerRelays)**

**\*\*Please Note the Check Payable\*\***

**Make Checks Payable to: Kingston Track & Field Club**  
**(Federal ID/EIN # Available)**

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**Meet Information**

1) **Field Events:** *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event! Field event athletes must be registered through *ny.milesplit.com*. **Registration will be closed** Friday night at 8:00pm before the meet. **All events will be put in flights.** Check-in at the event location

- a. All *Field* events will be individual events: 4 entries max - Frosh/Soph; 4 entries max - Vars
- b. **Frosh/Soph:** 3 attempts; no finals;
- c. **Varsity:** 3 attempts, Top 9 go to finals (3 additional throws)
- d. 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.

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 |

2) **Pole Vault:**

- 1. **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"
- 2. **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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- 3) **Track Events:** *Track* athletes **may** compete in both Frosh/Soph and Varsity events (except Steeplechase). Track event athletes must be registered through *ny.milesplit.com*. **Registration will be closed** Friday night at 8:00pm before the meet.
- Athletes will be brought onto the in-field for warm-up.
  - After the finish, athletes will exit immediately by the gate next to the finish.
  - No athletes will be allowed on the infield unless they are in the next event. This will be strictly enforced.
  - **Maximum of ¼ inch spikes...please!**
- a. Max of **2 relay teams** per relay event; except DMR (1 Team Max)
  - b. Max of **3 athletes** per individual event: Steeple Chase, 1500/1600, 400IH/LH
- 4) **110/100 Hurdle Relay:** seeded and run as an open; and then added together (This is so coaches can get individual times on their athletes). Teams must register 3 *individual* athletes with *individual* seed times.
- 5) 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.
- 6) New York State Public High School Athletic Association rules on participation limits will be enforced.
- 7) We will have a limited number of blocks at the track. However, teams are encouraged to bring their own.
- 8) All checks and vouchers **due by Wed before the meet**

Payable to: **Kingston Track & Field Club** (Federal ID/EIN # Available)

- 9) Any Questions, please contact Nick Badalato:  
E-mail: [nbadalato@kingstoncityschools.org](mailto:nbadalato@kingstoncityschools.org) or cell phone: (845) 594 -6247

# 12th Annual Tiger Relays

## 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) \*(max of 1 team)\*
- 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

**Results Posted to Twitter: @TigerRelays (KingstonTigerRelays)**

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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: \$400

Boys Team: \$200

Girls Team: \$200

Or

Number of Track Relay Teams: \_\_\_\_\_ x \$40 = \_\_\_\_\_

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

Total Due:

\*All checks and vouchers due by the Wednesday before the meet.

\*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

**Register at [ny.milesplit.com](http://ny.milesplit.com)**

**<http://ny.milesplit.com/meets/261102/info#.WIIZTxsrIdU>**

Registration closed Friday night at 8:00pm before the meet