

19TH ANNUAL PINE BUSH INVITATIONAL RELAYS
FRIDAY MAY 10, 2019
PINE BUSH HIGH SCHOOL TRACK

NOTES ON THE MEET:

1. Entry fee: \$25.00 per relay team; \$10.00 per individual Event; or \$250.00 blanket entry.

Make checks Payable to:

Pine Bush CSD

and MAIL TO: Pine Bush High School

C/O: Track and Field

118 State Rt. 302 - Pine Bush, NY 12566

or FAX to 744-3160; Michael Gillespie Athletic Director

NO ENTRY WILL BE ACCEPTED AFTER MAY 8th

2. 1/4" spikes allowed. Bring your own batons; pins; and BLOCKS
3. Park bus in parking lot by track.
4. 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 3x5 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.

TRACK EVENTS:

Relays

Shuttle Hurdles

400m Relay (Fresh/Soph and Varsity)

800m Relay (Fresh/Soph and Varsity)

Modified 1600m Relay

1600m Relay (Fresh/Soph and Varsity)

3200m Relay (Fresh/Soph and Varsity)

Sprint Medley Relay

Distance Medley Relay

Individual

Fresh/Soph 1600/1500m Run

Varsity 800m Run

FIELD EVENTS:

Long Jump

Triple Jump

High Jump

Shot Put

Discus

Pole Vault

***** PLEASE LIMIT FIELD EVENT ENTRIES TO 3 PER SCHOOL

***** SHOT PUT AND DISCUS THROWS WILL BE MARKED UNLESS
THEIR THROW IS SHORTER THAN BEST

19TH ANNUAL PINE BUSH INVITATIONAL RELAYS

ORDER OF EVENTS

5:00 PM START TRACK EVENTS (Boys than Girls)

SHUTTLE HURDLE RELAY (3x110/3x100)

DISTANCE MEDLEY RELAY (1200-400-800-1600)

4X100M RELAY (Freshman/Sophomore then Varsity)

FRESHMAN/SOPHOMORE 1600/1500M RUN

SPRINT MEDLEY RELAY (400-200-200-800)

7th/8th (Modified) 4x400M RELAY

4x800M RELAY (Freshman/Sophomore then Varsity)

4x200M RELAY (Freshman/Sophomore then Varsity)

VARSITY 800M RUN

4x400M RELAY (Freshman/Sophomore then Varsity)

5:00 PM START FIELD EVENTS

POLE VAULT (Boys & Girls COMBINED)

HIGH JUMP (Boys & Girls COMBINED)

DISCUS (GIRLS than BOYS) SHOT PUT TO FOLLOW

LONG JUMP (Boys & Girls COMBINED) OPEN PIT

TRIPLE JUMP (Boys & Girls COMBINED) OPEN PIT

**19TH ANNUAL PB INVITATIONAL RELAYS
FRIDAY MAY 10, 2019**

EVENTS	BOYS	GIRLS
SHUTTLE HURDLES (LIMIT 1)	_____	_____
DISTANCE MEDLEY (LIMIT 1)	_____	_____
400M RELAY Fresh/Soph (LIMIT 1)	_____	_____
400M RELAY Varsity (LIMIT 1)	_____	_____
Fresh/Soph 1600/1500M RUN (LIMIT 1)	_____	_____
SPRINT MEDLEY (LIMIT 1)	_____	_____
7 th /8 th (Modified) 4X400M RELAY	_____	_____
3200M RELAY Fresh/Soph (LIMIT 1)	_____	_____
3200M RELAY Varsity (LIMIT 1)	_____	_____
800M RELAY Fresh/Soph (LIMIT 1)	_____	_____
800M RELAY Varsity (LIMIT 1)	_____	_____
800M RUN Varsity (LIMIT 3)	_____	_____
1600M RELAY Fresh/Soph (LIMIT 1)	_____	_____
1600M RELAY Varsity (LIMIT 1)	_____	_____
FIELD EVENT LIMIT TO 3 PER EVENT	_____	_____

TOTAL # OF Relay Entries: _____ x \$25.00= _____
TOTAL # OF Individual Entries: _____ x \$10.00= _____

TOTAL ENTRY = _____ or BLANKET ENTRY OF \$250.00
(circle)

Mail entries to: Pine Bush High School
C/O: Track and Field
118 State Rt. 302
Pine Bush, NY 12740

ENTRIES DUE MAY 8, 2019
****NO EXCEPTIONS****

Or Fax to: Pine Bush Athletic Director: 744-3160
CHECKS PAYABLE TO: Pine Bush CSD