

## VIKING RELAYS

Coaches, you are invited to the Sixth annual Viking Relays, to be held on **THURSDAY, May 2, 2019 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 Bill Miller at 845-457-2400, ext. 17886  
Email address: [ronald.hebbard@valleycentralschools.org](mailto: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: \$125

Girls entry: \$125

Blanket entry: \$200 for both teams

**MAKE CHECKS OUT TO:** Valley Central High School

Mail entry to: Valley Central High School  
Attn. Ron Hebbard  
1175, Rte. 17k  
Montgomery , NY 12549

Email address: [ronald.hebbard@valleycentralschools.org](mailto:ronald.hebbard@valleycentralschools.org)

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