



16th Annual Tiger Relays Saturday, April 29th, 2023

FDR High School, Staatsburg, NY

Full FAT (by Fulton Accurate Timing)

Live Results: live.athletic.net

Results on Twitter: @TigerRelays (KingstonTigerRelays)

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

Make Checks Payable to: **First Capital Track Club**

(Federal ID/EIN # Available)

Meet Information

Online registration closes Thursday 4/27 at 10:00pm

1) Field Events: *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event. **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 - **Var**
- b. **Frosh/Soph**: 3 attempts; no finals
- c. **Varsity**: 3 attempts, Top 9 go to finals (3 additional attempts)
- d. To keep the meet moving, there will be minimum marks at the varsity level: The 1st attempt will be measured, and then, only marks which meet the minimum distance will be measured.

Varsity Minimum Marks (first attempts will be measured):

Boys Javelin: 74	Girls Javelin: 50
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:

a. Frosh/Soph Boys start at 9:00; Followed by Frosh/Soph & Varsity Girls (combined)

Frosh/Soph Girls - 6', 7', 8', then every 6"; Frosh/Soph Boys - 7', 8', 9', then every 6"

Varsity Girls cannot enter before 7'; 7'-8', then every 6"

b. Varsity Boys will begin at the conclusion of Frosh/Soph & Varsity Girls

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).

- Athletes will be brought onto the infield after check-in.
- 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**
- Max of **2 relay teams** per relay event; except DMR (1 Team Max)
- Max of **3 athletes** per individual event: Steeplechase, 1500/1600, 400IH

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. Boy's and Girl's teams are scored separately.

Medals will go to the **top 6** in each event. Team trophies will be given to 1st and 2nd place varsity boys and girls, and to 1st and 2nd place frosh/soph boys and girls.

Plaques for the winner of the Varsity Girl's 1500 and Varsity Girl's Discus.

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. Teams are encouraged to bring their own.

8) All checks and vouchers payable to: **First Capital Track Club** (Federal ID/EIN # Available)

9) Any Questions, please contact Joe Cahill:

E-mail: jcahill@kingstoncityschools.org or cell phone: (845) 901-9261



16th Annual Tiger Relays

Order of Events

NO JAVELIN THIS YEAR – SORRY!!

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

F/S and Varsity Steeplechase ***3 entries per race***

- Girls Frosh/Soph: 2000m steeple
- Girls Varsity: 2000m Steeple
- Boys Frosh/Soph: 2000m Steeple
- Boys Varsity: 3000m Steeple

*****NO BREAK BETWEEN F/S & VARSITY TRACK EVENTS*****

Varsity Track Events:

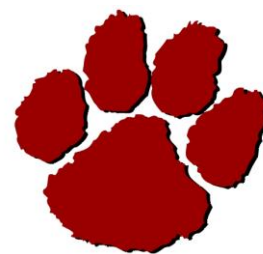
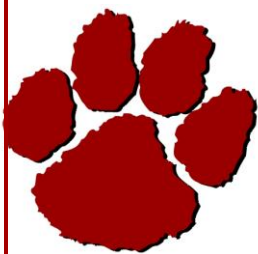
- G: 3 x 100 Hurdles (times of the 3 hurdlers will be added together)
- B: 3 x 110 Hurdles (times of the 3 hurdlers will be added together)
- G/B: 4 x 800
- G/B: 4 x 100
- **G: Yvonne Sill Memorial Girl's 1500** (3 entries) Slow to Fast
- B: 1600 *(3 entries)* Slow to Fast
- G/B: Individual 400 Hurdles *(max of 3 entries)*
- G/B: 4 x 200
- G/B: DMR (1200-400-800-1600) *(max of 1 team)* ***may be combined based on entries***
- G/B: 4x 400

Frosh/Soph Field Events: 9:00am start

- Boys Pole Vault followed by Combined Girls (F/S & Var)
- 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 Shot Put followed by Girls Shot Put
- Girls Discus followed by Boys Discus

Varsity Field Events

- Girls Pole Vault Combined (F/S & Var) 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 **Doreen Benes Memorial Girls Discus**
- Girls Shot followed by Boys Shot



16th Annual Tiger Relays Team Information

****Please make sure the contact information is correct and up to date****

High School Name
School Address

Athletic Dept Phone:

Team Coach/Contact:

Contact Phone:

Contact E-Mail:

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Blanket Fee: \$400

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Boys Team: \$200

☐

Girls Team: \$200

Or

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

Individual Field Events: _____ x \$10 = _____

Total Due:

\$25 minimum entry

***Make Checks or Vouchers Payable to: First Capital Track Club**

Mail to:

Kingston High School
Attn: Joe Cahill
403 Broadway
Kingston NY, 12401

or

Fax to:

KHS Athletic Department
Attn: Joe Cahill/Tiger Relays
Fax #: 845 331-4161

Register at ny.milesplit.com

Registration closed Thursday night at 10:00pm before the meet