



## **2023 IRON DUKE RELAYS**



**Your team is invited to participate in the annual Iron Duke Relays hosted by Marlboro Central High School. The meet will take place under the lights on Marlboro's newly resurfaced 8-lane all-weather track.**

**F.A.T. services provided by Fulton Accurate Timing!!**

**Based on coach and athlete interest from previous years, we adjusted the order of events, adding in more open events to give athletes an opportunity to hit state standards and break school records. Come join us for a great Friday night of competition!**

**Date: Friday, April 28<sup>th</sup>, 2023**

**Start Time: 4pm, coaches meeting 3:30pm**

**Entry Fees: \$350 blanket entry fee for both boys and girls teams, \$200 for one team**

**\*\* NOTE: This is a non-refundable entry fee, NOT a participation fee.**

### **Order of Events:**

#### **Track Events (Girls, then Boys)**

**400m Hurdles  
4x100m Relay  
Invitational 1500m/1600m Run  
100m Dash  
2000m/3000m Steeplechase  
400m Dash  
4x800m Relay  
100m/110m Hurdles  
800m Run  
4x400m Relay  
Throwers 4x100m Relay (athletes MUST be entered in a throwing event)**

#### **Field Events**

<b>Long Jump (B, then G)</b>	<b>Shot Put (B, then G)</b>
<b>Triple Jump (G, then B)</b>	<b>Discus (G, then B)</b>
<b>High Jump (B, then G)</b>	<b>Hammer (B/G open pit)</b>
<b>Pole Vault (Combined)</b>	<b>Javelin (B/G open pit)</b>

**Awards:**

Each 1<sup>st</sup> place competitor will receive an "Iron Duke Relays Champion" t-shirt.

**Logistics:**

All entries will be input on Milesplit (ny.milesplit.com). Once we receive your entry form and payment, I will e-mail/text the password for the meet.

Entries will close Thursday 4/27 at 8pm.

Be as accurate/realistic as possible with seed times.

All running events are finals based on time.

For open events, limit 3 individual entries per school.

For relays, max of 2 per school per event.

Maximum of 4 events total for each individual athlete.

2 pits will be used for LJ and TJ- we will run these simultaneously.

3 Jumps for LJ and TJ- No Finals. ~1½ hour open pit for each. We may move ahead earlier if all athletes have completed their jumps.

3 Throws for Shot and Discus- No Finals. Seeded flights last for each.

3 Throws for Hammer and Javelin- No Finals.

Hammer ~1½ hour open circle, followed by Javelin ~1½ hour open sector- both on top of the hill behind the high school. We may move ahead earlier if all athletes have completed their throws.

Starting Heights/Progression for HJ:

Girls 4' moving up 2" to 5', then 1" after

Boys 5' moving up 2" to 6', then 1" after

Progression for PV: Start at 6', then up 6"

Once a winner is determined for HJ/PV, they can determine their next height.

Once the meet begins, warm-ups should be done outside of the track area- not on the infield- the infield should be clear of all athletes not competing.

Tent setup for teams will be on the grass behind the bleacher areas.

Please do not set tents up next to the press box.

All clerking will be done outside of the fence area near the finish line.

Athletes are NOT allowed inside Marlboro High School. In the event of inclement weather/lightning, teams should report to their buses.

Bathroom facilities are located outside behind the bleachers.

We will break after the 4x800m relay to play the National Anthem and to recognize Marlboro's senior student-athletes. This usually takes around 15 minutes. Please plan Hurdle warm-up time/check-in accordingly.

**Contact Info:** Pete Carofano- Meet Director & Head Varsity Boys Coach

E-Mail: [peter.carofano@marlboroschools.org](mailto:peter.carofano@marlboroschools.org)

Cell Phone: 845-926-2516

Work Phone: 845-236-5810

Twitter: @PeteCarofano



# **IRON DUKE RELAYS**



## **ENTRY FORM**

School Name: \_\_\_\_\_

Teams Attending: Boys only \_\_\_\_\_ Girls only \_\_\_\_\_ Both \_\_\_\_\_

Coach Name: \_\_\_\_\_

Coach Cell Phone: \_\_\_\_\_

Coach E-Mail: \_\_\_\_\_

Blanket Entry Fee: \$350.00

Boys Team Only/Girls Team Only: \$200.00

Amount Due: \$\_\_\_\_\_

Please make checks payable to: "Marlboro Varsity Club"

All entry forms and payments in our hands NO LATER than:

Friday, April 21<sup>st</sup> 2023

Send forms and payments to:

Ms. Jonnah O'Donnell  
Athletic Director  
50 Cross Rd.  
Marlboro, NY 12542

or fax to: Marlboro Athletic Department  
Attn: Varsity Track & Field  
Fax #: 845-236-7625