



# Iron Duke Throw Off Series



Marlboro Track & Field invites you and your team to participate in our Throwing Series.

We will be contesting the following events:

- Shot Put
- Discus
- Javelin
- Hammer

Where:	Marlboro Central High School 50 Cross Road Marlboro, New York 12542
Dates	<ul style="list-style-type: none"> <li>• <u>Wednesday, May 17<sup>th</sup></u></li> <li>• <u>Monday, May 22<sup>nd</sup></u></li> <li>• <u>Tuesday, May 30<sup>th</sup></u></li> </ul> <p>All meets from 3:30pm to 7:30pm or until the sun sets.</p>
Declarations	<p>Please declare your team's attendance by Friday May 10<sup>th</sup> for any of the throwing meets.</p> <p>Please email all declarations to Coach Tom Fassell <a href="mailto:thomas.fassell@marlboroschools.org">thomas.fassell@marlboroschools.org</a></p> <p><u>We will only be accepting the first 6 teams who declare. You may elect to compete at as many as you would like.</u></p>
Entries	<p>All entries are due the day before the event by 8pm</p> <p><u>Please submit all entries via MileSplit (Entries will open on MileSplit by Friday March 17<sup>th</sup>.)</u></p> <p><u>Max entries per school: 3 athletes per gender per event. (Schools do not have to enter the same athletes for each event) For example, you may enter three different athletes in each of the four events.</u></p>

## Order of events

**\*Shot Put & Discus will receive 3 throws for all competitors then finals for the top 7 competitors\***

**\*Javelin and Hammer will receive 4 throws for all competitors\***

**When possible we will try to run ahead of schedule**

1)

**Time: 3:30 pm – 5:00 pm (Open pit Javelin closes at 5pm sharp)**

Open Pit Javelin Boys & Girls

2)

**Time: 4:30pm -5:30 pm**

Girls Shot Put

Boys Discus

3)

**Time: 5:30-6:30 pm**

Girls Discus

Boys Shot Put

4)

**Time: 6:30-7:30 pm (We will not start any sooner than 6pm)**

Girls hammer followed by Boys Hammer

# Iron Duke Throw Off Series

## DECLARATION FORM

Check all that apply (You may elect either or both)

\_\_\_\_\_ Wednesday May 17<sup>th</sup>    \_\_\_\_\_ Monday May 22<sup>nd</sup>    \_ \_\_\_\_\_ Tuesday May 30<sup>th</sup>

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

Athletic Department Phone: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Coach's Phone: \_\_\_\_\_

Contact's E-mail: \_\_\_\_\_

Entry fee:

\$75 per day flat rate per school per throwing meet.

(If you elect to go to all three you may send one check for \$150 with the declaration for all meets)

All checks made payable to the "Marlboro Varsity Club"

All entry forms and payments are due with your declaration deadline.

Send forms and payments to:

By Mail:

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

By Fax:

Marlboro Athletic Department  
Attn: Varsity Track and Field  
Fax #: 845-236-7625