



2024 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 night of competition- one of the only Friday night meets around!

Date: Friday, April 26th, 2024

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

Entry Fees: \$400 blanket entry fee for both boys and girls teams, \$250 for one team,
\$25 per individual athlete (please contact meet director to discuss)

**** 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 (Trials)

2000m/3000m Steeplechase

100m Dash (Finals- Top 8 times from Trials)

4x800m Relay

400m Dash

100m/110m Hurdles

800m Run

4x400m Relay

Throwers 4x100m Relay (athletes **MUST** be entered in a throwing event)

Field Events

Long Jump (G, then B)

Triple Jump (B, then G)

High Jump (G, then B)

Pole Vault (B, then G)

Shot Put (B, then G)

Discus (G, then B)

Hammer (B/G open pit)

Javelin (B/G open pit)

Awards:

Each 1st 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 4/25 at 8pm.

Be as accurate/realistic as possible with seed times.

All running events are finals based on time (except 100m Dash).

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, 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 100m Trials to play the National Anthem

and to recognize Marlboro's senior student-athletes. This usually takes around 10-15 minutes. Please plan Steeplechase warm-up time/check-in accordingly.

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

E-Mail: 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: \$400.00

Boys Team Only/Girls Team Only: \$250.00

Individual Athletes: \$25.00

Amount Due: \$_____

Please make checks payable to: "Marlboro Varsity Club"

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

Friday, April 19th 2024

Send forms and payments to:

Mr. Philip Cancellaro
Athletic Director
50 Cross Rd.
Marlboro, NY 12542

-or-

Ms. Michele Landis
Secretary to the Athletic Director
50 Cross Rd.
Marlboro, NY 12542