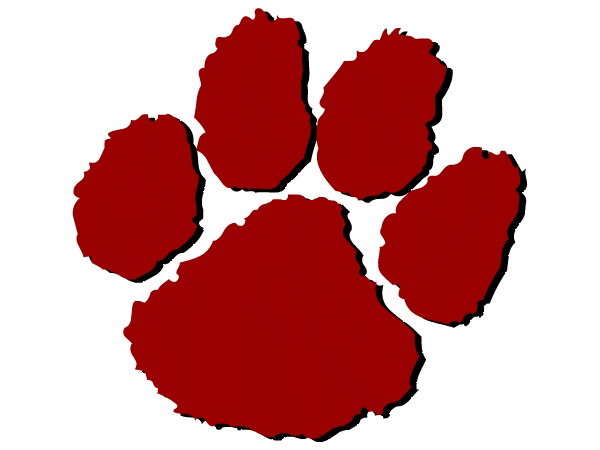
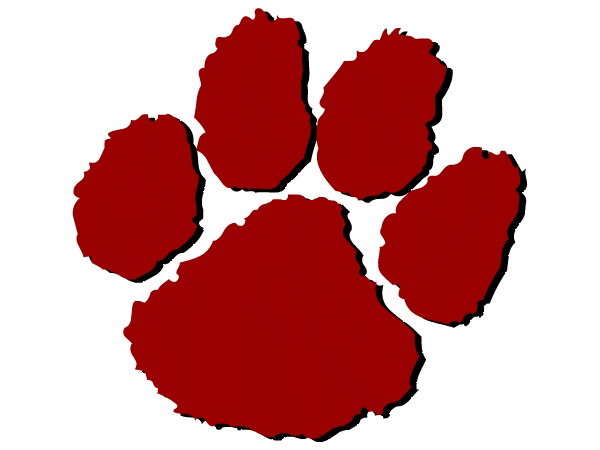
**13th Annual**

**Tiger Relays**

2/17/2017

**Saturday, April 28th, 2018**

**Dietz Stadium, Kingston, NY**

Official Steeple Jump Pit

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**No more cards - Full FAT (by Fulton Accurate Timing)**

**Register online at ny.milesplit.com**

**Results (times, splits, videos) posted immediately to Twitter**

**@TigerRelays (KingstonTigerRelays)**

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

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

**(Federal ID/EIN # Available)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Meet Information**

**1)** **Field Events:** *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event! Field event athletes must be registered through *ny.milesplit.com***. Registration will be closed** Friday night at 8:00pm before the meet**.**

**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 - Vars

b. **Frosh/Soph:** 3 attempts; no finals;

c. **Varsity:** 3 attempts, Top 9 go to finals (3 additional throws)

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 attempt will be measured):**

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

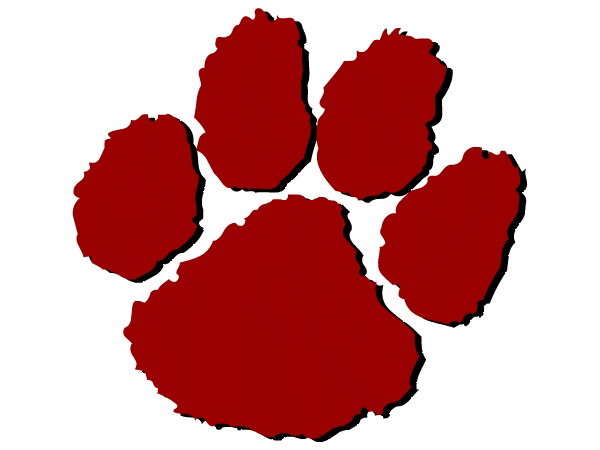
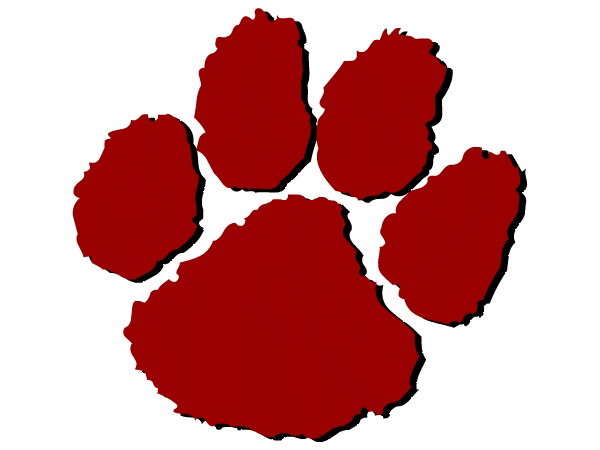
**2) Pole Vault:**

a. **Frosh/Soph Girls start at 9:00; Followed by Frosh/Soph Boys**

**Frosh/Soph Girls** - 6’, 7’, 8’, then every 6”; **Frosh/Soph Boys** - 8’, 9’, 10’, then every 6”

b. **Varsity Girls (no earlier than 12:30); followed by Varsity Boys**

**Varsity Girls** - 7’, 8’, 9’ then every 6”; followed by **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).Track event athletes much be registered through *ny.milesplit.com***. Registration will be closed** Friday night at **8:00pm** before the meet**.**

* Athletes will be brought onto the in-field for warm-up.
* 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 bestrictly enforced.
* **Maximum of ¼ inch spikes**

a. Max of **2 relay teams** per relay event; except DMR (1 Team Max)

b. Max of **3 athletes** per individual event: Steeple Chase, 1500/1600, 400IH/LH

**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. Boys and girls 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.

**6)** New York State Public High School Athletic Association rules on participation limits will be enforced.

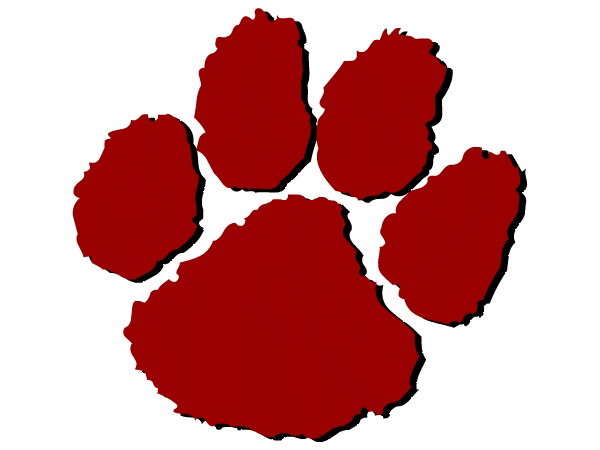
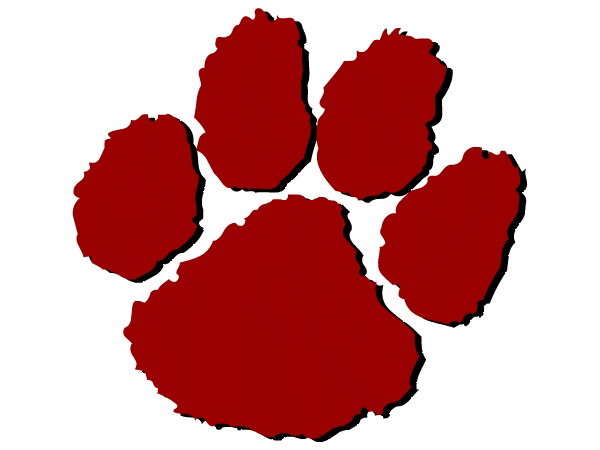
**7)** We will have a limited number of blocks at the track. However, teams are encouraged to bring their own.

**8)** All checks and vouchers **due by Wed before the meet**

Payable to: **Kingston Track & Field Club** (Federal ID/EIN # Available)

**9)** Any Questions, please contact Joe Cahill:

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

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**Order of Events**

**Varsity Javelin (Boys and Girls): open pit from 9:00am-11:00am (experienced throwers only!)**

**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
* Girls Frosh/Soph: 2000m steeple \*(max of 3 entries)\*

**Girls Varsity Steeple Chase: (no earlier than) 12:00pm start**

* Varsity: 2000m Steeple \*(max of 3 entries)\*
* Girls Boys Frosh/Soph: 2000m Steeple \*(max of 3 entries)\*
* Boys Varsity: 3000m Steeple \*(max of 3 entries)\*

**30 Minute Break for Coaches, Officials and Varsity Warm-ups**

**Varsity Track Events: (no earlier than) 12:30pm start**

* G: 3 x 100 Hurdles (times of the 3 hurdlers will be added together)
* B: 3 x110 Hurdles (times of the 3 hurdlers will be added together)
* G/B: 4 x 800
* G/B: 4 x 100
* G/B: Individual 1500/1600 \*(max of **3** entries)\* Seeded Heat will be Last
* G/B: Individual 400 Hurdles \*(max of **3** entries)\* Seeded Heat will be First
* G/B: 4 x 200
* G/B: DMR (1200-400-800-1600) \*(max of 1 team)\*
* G/B: 4x 400

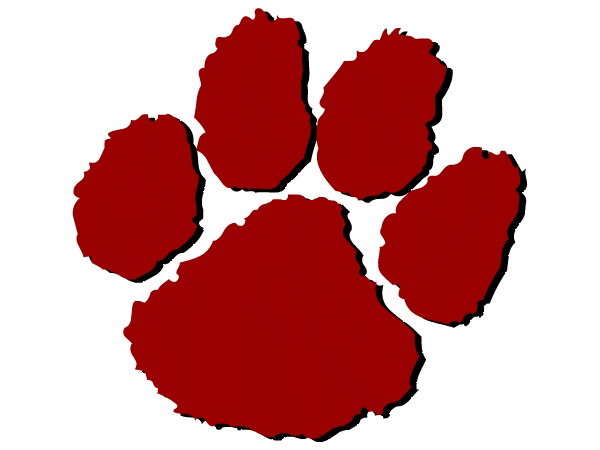
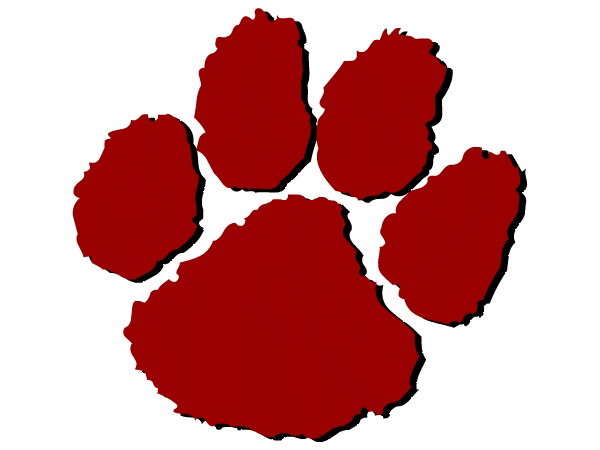
**Frosh/Soph Field Events: 9:00am start**

* Girls Pole Vault 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 Girls Discus
* Girls Shot followed by Boys Shot

**Varsity Field Events (no earlier than) 12:30pm start**

* Girls Pole Vault 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 Girls Discus
* Girls Shot followed by Boys Shot

**Results Posted to Twitter: @TigerRelays (KingstonTigerRelays)**

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**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:**

**Blanket Fee**: **$400 Boys Team: $200 Girls Team: $200**

Or

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

Individual Field Events: \_\_\_\_\_\_\_ x $10 = \_\_\_\_\_\_\_

**Total Due**: $25 minimum entry

\*All checks and vouchers due by the Wednesday before the meet.

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

**Mail to:**  or **Fax to:**

Kingston High School KHS Athletic Department

Attn: Joe Cahill Attn: KHS Track

403 Broadway Fax #: 845 331-161

Kingston NY, 12401

**Register at ny.milesplit.com**

Registration closed Friday night at 8:00pm before the meet