**10th Annual**

**KINGSTON TIGERS MODIFIED RELAYS**

Friday, April 27th 2018 @ 4:30 p.m.

Dietz Stadium, Kingston, N.Y.

**FAT TIMING THIS YEAR!!!**

**Full team rosters due by April 20, 2018**

**Email to:** **jcahill@kingstoncityschools.org**

**Order of Events**

**2 relay teams unless otherwise noted**

**Running Events**

55 Hurdle Relay (Unlimited Teams)

**(Times added together/No Shuttle) Please note A, B, C, etc.**

4x800

4x100

 4x400 (**1 entry)**

800 M Steeplechase **(3 Entries)**

SMR (4-2-2-8) (**1 entry)**

4x200

DMR (1200, 400, 800, 1600) **(1 entry)**

Please give a seed time, name(s) & school on a 3x5 card for all track events.

**Field Events (3 entries per event)**

Long Jump B South Pit/G North Pit

Triple Jump B South Pit/G North Pit

Pole Vault B/G Combined

Discus B/G

Shot Put G/B

High Jump B South Pit/G North Pit

**\*\*South Pits are closer to the scoreboard\*\***

**Ribbons will be awarded to the TOP 6 in each event**

**TIGER RELAYS T-SHIRTS WILL BE FOR SALE. $20.00**

**10th Annual Kingston Tigers**

**Modified Track & Field**

**Invitational Entry Form**

High/Middle:

School

Address

Athletic Dept Phone:

Team: Boys Girls Both

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

Team Contact:

Contact Phone:

Contact E-Mail:

Blanket Fee: $150.00, Boys Team: $80.00, Girls Team: $80.00

Total Due: $\_\_\_\_\_\_\_\_

**Please Note the Change in the Check Payable**

Made Payable to: **First Capital Track Club**

Federal ID/EIN # Available

Kingston High School Fax to:

Attn: Coach Joe Cahill KHS Athletic Department

403 Broadway Attn: KHS Track

**Kingston NY, 12401 Fax #: 845 331-4161**