

14th Annual Beacon Steeplechase Jumpfest

Thursday April 25, 2019

The Beacon Track & Field staff cordially invites you and your team to join us on Thursday, April 25th as we celebrate jumping at the home of *Terrel Davis* and *Rayvon Grey*, the 2015-16 Boys Indoor State Champions in the Long Jump and Triple Jump. Our goal is to provide an inexpensive, high quality, and enjoyable event that highlights JUMPING!



In addition to the jumping events, shuttle hurdles will be contested for sprinters, 2K steeplechase for “distance jumpers”, shot put for your throwers, and Dutchess County’s largest sprint medley relay for those athletes that can’t jump! (99 SMR teams is our record!)

Meet Information:

- 1.** All events will be scored as 2-person relay events with times, heights, or distances combined for scoring. (Shuttle Hurdles will be 3-person teams, SMR is 4 people)
- 2.** There is NO limit to the number of relay teams entered (except in pole vault)
- 3.** NYS Public High School Athletic Association rules on participation will be enforced.
- 4.** Cards (3x5) for track events (Steeplechase, Sprint Medley, and Shuttle Hurdles) must be turned in at clerking area. There will be at least two sections of the Steeple so in the event of a rookie Steeplechaser, please indicate “Fast Section” or “Slow Section” to help the clerk get them into the proper race.
- 5.** Cards (3x5) for field events will be checked in at event. Relay pairings are top 2 finishers per team, next 2 finishers, etc... Individual competitors allowed. No seeds required for field events.

Schedule of Events:

3:45 PM	Coach’s Meeting
4:00	Track Events – All Cards Due @ Clerking Area
4:00	Field Events – All Cards Due @ Field Event
4:15 – 5:30	Girls Long Jump (endzone runway)
4:15 – 5:15	Boys Triple Jump (backstretch runway)
4:15	Girls + Boys High Jump (separate pits)
4:15	Girls Pole Vault (competition begins)
4:15	Girls + Boys Shot Put (separate throwing circles)
4:30	Girls Shuttle Hurdles
4:40	Boys Shuttle Hurdles
5:00	Girls Sprint Medley Relay (400-200-200-800)
5:15 – 6:45	Boys Long Jump
5:30 – 6:45	Girls Triple Jump
5:15(approx.)	Boys Pole Vault
5:40	Boys Sprint Medley Relay (400-200-200-800)
6:20	Girls 2000m steeplechase
6:45	Boys 2000m steeplechase

Event Information:

- ★ **Long Jump** 8', 12', and 18' toe boards with oversized pits. Minimum distance required for measurement: Boys: 17 feet; Girls: 12 feet. One hour window for 3 jumps.

Triple Jump – Toe boards of 18', 24', 30', 36', and 42'. Same procedure as Long Jump. Minimum distance for measurement: Boys: 32 feet; Girls: 24 feet
- ★ **High Jump** Girls ht. progression: 4'0", 4'3", 4'6", 4'9", 5'0", 5'2", 5'4",...
Boys ht. progression: 5'0", 5'3", 5'6", 5'9", 6'0", 6'2", 6'4",...
- ★ **Pole Vault** Maximum of 2 teams per gender per school due to time requirements
Girls begin @ 7'0", 8'0", (up by 1' until six left...then 6")
Boys begin @ 9'0", 10'0", 11'0" (up by 1' until six left...then by 6")
- ★ **Shot Put** Separate boys/girls circles. 3 throws – no finals
Minimum distance for measurement: Boys: 30 feet; Girls: 20 feet
- ★ **Shuttle Hurdles** – girls 3 x 100m; boys 3 x 110m
Up to 3 teams will race simultaneously on 8 lane straightaway
- ★ **Sprint Medley Relay** – 400-200-200-800
Top 18 seeds run in lanes; Remaining heats with waterfall start
- ★ **Steeplechase** – Excellent photo-op! Great way to determine your entries for Cornwall Steeplefest and/or Sectional Championships!

Scoring/Awards:

- ★ Events will score 10-8-6-4-2-1
- ★ Boys and girls will be scored separately
- ★ Medals to top 3 relay teams in each event
- ★ T-Shirts to top team in each event
- ★ Team trophy to top boys and girls squad



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Entry Form

Name of School	
School Address	
Coach's Name	
Phone #	

Entry/Payment Information (circle one):

Boys team only: \$100

Girls team only: \$100

Blanket Fee: \$175

OR

Number of Relay Pairs _____ x \$20 = _____

Make Checks or Vouchers Payable to: **Beacon High School Track**

Mail entry to:

Beacon High School
Attn: Coach Jim Henry
101 Matteawan Rd.
Beacon, NY 12508

Fax entry (with check to follow) to:

BHS Athletic Department
Attn: Coach Jim Henry
Fax #: (845) 231-0474



(Meet limited to first 12 teams)

E-mail Jim Henry at
Henry.J@beaconk12.org with any questions
and to reserve your spot for 2019!