

2010 CBA/La Salle Relays

Christian Brothers Academy
Airline Drive
Colonie

La Salle Institute
Williams Road
Troy

Coaches:

We would like to invite you to the eleventh annual CBA/La Salle Relays to be held at the CBA track on Saturday April 10, 2010. In its first ten years the meet was a success with most attending schools finding it a great way to begin the season.

Our unique entry fee system of using either a blanket entry or paying for each relay team entered lets you cater your entry to your team's needs.

The meet will start at 9:00am with field events and the 4 x 1600. In past years, the meet was done by 3pm. Cards are due at 8:30. We hope to see you on the 10th.

Sincerely,

John Leonard

Additional Information:

1. Medals will be given to the top 3 in each event with ribbons for 4th through 8th.
2. The top two teams, boys and girls, will receive team trophies.
3. Scoring will be on a 10-8-6-5-4-3-2-1 basis, varsity events only. Only one person per school can score in the 1500 or mile.
4. Spikes may be worn (1/4 in. or smaller.)
5. The check in area will be in the bleachers by the press box.
6. A blanket entry allows you to enter 9 varsity track relays, 5 frosh/soph track relays, 1 relay for each jump, one shot and one disc relay for varsity and frosh/soph. You can enter additional shot or disc relays if you don't enter all 4 jumps or by paying the extra entry of \$10 for each extra relay. To give an exaggerated example, you could use the blanket entry, enter nine 4 x 1600 relays, and get all your varsity runners home nice and early.
7. Place your entries on 4 x 6 index cards and hand them in at the check in tent by 8:30am. Use the TCITL system: clip the left hand corner for girls cards, the right hand corner for boys frosh/soph cards, and both corners for girls frosh/soph cards.
8. Results will be sent to Jon Broderick's site (section2harrier.com.)
9. Please supply your own batons, blocks, and throwing implements.
10. The frosh/soph shot and disc will use varsity implements.
11. There will be a concession stand outside the fence at the 200m mark.
12. Questions: John Leonard 674-0496 (home)
283-2500 (voice mail 529) Or: jleonard2856@msn.com

ORDER OF EVENTS for 2010

- 9am 6400 relay Varsity girls, varsity boys
(Boys and girls run together.)
- 9:10 4 x 100H Frosh/soph girls (30"), varsity girls (33")
4 x 110H Frosh/soph boys (36"), varsity boys (39")
(The hurdles will be run in lanes 3-8 while the 6400 relay is run. This year we are running the event as shuttle hurdles. There is no individual 100H or 110H this year.)
- 4 x 200 relay Varsity girls, varsity boys
- 4 x 800 relay Varsity girls, varsity boys
4 x 800 relay Frosh/soph girls, frosh/soph boys (may run together)
- Invitational 1500 Varsity girls/frosh/soph girls
Invitational mile Varsity boys/frosh/soph boys
- 4 x 100 relay Varsity girls, frosh/soph girls, varsity boys, frosh/soph boys
- Sprint Medley Varsity girls, varsity boys
(400, 200, 200, 800 May use waterfall start.)
- 3 x 400H Varsity girls, frosh/soph girls (both at 30")
3 x 400H Frosh/soph boys (33"), varsity boys (36")
- Distance Medley Varsity girls, varsity boys (1200, 400, 800, 1600)
- 4 x 400 relay Varsity girls, frosh/soph girls, varsity boys, frosh/soph boys
(Frosh/soph may use waterfall start.)
- 9am High jump: Girls then boys (opening height: girls 3'6 up 3" until 4'6 then 2",
boys 4'6 up 3" until 5'6 then 2")
- Pole vault: Girls and boys combined (girls: 6' and up 6", boys 7', 8', 9', then
up 6")
- Long jump: Boys then girls, followed by Triple jump: Boys then girls.
- Shot put: Boys then girls, then frosh/soph boys, then frosh/soph girls.
- Discus: Girls then boys, then frosh/soph girls, then frosh/soph boys.

ALL FIELD RELAYS ARE 3 PERSON TEAMS, ADD UP BEST PERFORMANCES. THREE JUMPS/THROWS SHOT, DISC, LJ, TJ. TIES BROKEN BY BEST JUMP OR THROW. IF STILL TIED, 2ND MAN'S BEST JUMP OR THROW, ETC. Two or one person teams are eligible for awards in all field relays.

You can have more than one shot or disc relay—but must pay extra for the additional teams. All other field events are limited to 1 team of 3 athletes per school. There are no frosh/soph jump relays!

Use Method A or Method B to determine your entry fee.

Method A Blanket Entry (Check one of the following)

Boys team entry _____ \$120

Girls team entry _____ \$120

Combined entry _____ \$200

The blanket entry entitles you to 9 varsity track relays, 1 entry per field relay, 5 frosh/soph track relays, and 1 frosh/soph shot and disc relay for each team (boys or girls) that you enter. You also get 2 entries in the respective invitational race, the 1500 for girls and the mile for boys.

Method B Extra Relays/Minimum Entry

If you wish to enter extra relays beyond what is allowed by the team entry or if you have a small team and do not want to pay the full cost of the blanket entry, use this method.

Please put down the number of relays and individuals you are entering in each category.

Varsity girls _____ Varsity boys _____

frosh/soph girls _____ frosh/soph boys _____

Girls 1500 _____ Boys Mile _____

No. of relays x \$10 _____

No. of 1500/mile x \$5 _____

Total _____

Method A total _____ + Method B total _____ = Total entry fee _____

Checks payable to "La Salle Institute"

This form should be in our hands by April 7th. Mail, email, or fax to John Leonard at La Salle. (Fax at is 283-6265). Jleonard2856@msn.com It is okay to bring a voucher or check to the meet.

Mail, email, or fax so that we receive it by April 7th to:

John Leonard
La Salle Institute
174 Williams Rd.
Troy, N.Y. 12180

Name of school _____ school phone _____

Boys' coach _____ home phone _____

Email _____

Girls' coach _____ home phone _____

Email _____