

MEET INFORMATION

1. All Track and Field events need to be entered online on Milesplit this year by 9pm on Friday, April 7th. Please read online entry instructions enclosed.
2. Only 1/4 inch spikes are permitted on the track and runways. No blocks permitted on the track. Please bring your own pins and batons.
3. National Federation rules will govern the meet. An athlete may compete in both Frosh/Soph and Varsity divisions in all track events: you may not compete in both Frosh/Soph and Varsity divisions in any field event
4. In all Varsity and Frosh/Soph relays (track and field), each school may enter two teams. In the Varsity and Frosh/Soph Steeplechase, a school may enter three individual athletes. In both the Frosh/Soph and Varsity divisions you may enter only one boys and girls team in the pole vault relay. All individual and relay events will count in team scoring.
5. Field event relays are two competitors per relay team and both must have a legal mark to score. Throwers and jumpers will be given three attempts with no finals.
6. Scoring will be 10 – 8 – 6 – 4 – 2 – 1 in each event. Boys and girls teams are scored separately. Medals will go to the top three in all events. Plaques will be given to the top schools (boys and girls) overall in Frosh/Soph and Varsity divisions. **Fleet Fundraising** Backpacks to Steeplechase winners.
7. Team score ties will be awarded to the team with the most first place finishes. Field event relay ties will go to the team with the highest individual performance.
8. Entry fee: \$450.00 blanket entry fee for boys and girls (\$250.00 for a separate boys or girls team), or \$50.00 per track relay and \$ 30.00 per field event relay. Each individual athlete is \$15.00 per event.
9. Make checks or vouchers payable to: **Cornwall Central High School Track**
10. Send entries to: David Feuer @ Cornwall Central High School, 10 Dragon Drive, New Windsor, NY 12553
11. All entry forms with check or voucher are **due by April 3, 2023**.
12. Only coaches should pick up medals at the scorers table. All coaches and non-competing athletes should remain outside the track fence at all times. A snack bar will be open all day. T-shirts will be sold this year.
13. Any questions, please contact Dave Feuer at (845) 325-2172 or email at dfeuer@cornwallschools.com

GREEN DRAGON RELAYS ENTRY BLANK

Frosh/Soph Relays (2 teams max. Please indicate the number of teams)

	<u>BOYS</u>	<u>GIRLS</u>
3 x Shuttle Hurdles	-----	-----
Distance medley relay	-----	-----
400 meter relay	-----	-----
3200 meter relay	-----	-----
Sprint medley relay	-----	-----
2000 meter steeplechase (3 max)	-----	-----
1600 meter relay	-----	-----
Shot put	-----	-----
Discus	-----	-----
Long jump	-----	-----
Triple jump	-----	-----
High jump	-----	-----
Pole Vault (1 team max)	-----	-----

Varsity Relays (2 teams max. Please indicate the number of teams)

	<u>BOYS</u>	<u>GIRLS</u>
3 x Shuttle Hurdles	-----	-----
400 meter relay	-----	-----
3 x 400 meter hurdles	-----	-----
3200 meter relay	-----	-----
2000 meter steeplechase (3 max)	-----	-----
Sprint medley	-----	-----
Distance medley	-----	-----
1600 meter relay	-----	-----
Shot put	-----	-----
Discus	-----	-----
Javelin	-----	-----
Long jump	-----	-----
Triple jump	-----	-----
High jump	-----	-----
Pole vault (1 team max)	-----	-----

Blanket entry: **Both boys and girls:** \$450.00
 Boys only: \$250.00
 Girls only: \$250.00

Or:
 Number of track relays _____ x \$50.00 = _____ Number of individuals _____ x \$15.00= _____

Number of field relays _____ x \$30.00 = _____ Total amount due _____

School: _____

Address: _____

Boys Coach: _____ Girls Coach: _____

Phone: _____ Email (Coach/AD) _____

Mail to: David Feuer, Cornwall High School, 10 Dragon Drive, New Windsor, NY 12553

CORNWALL GREEN DRAGON RELAYS
ORDER OF EVENTS

9:00am

FROSH / SOPH Girls – Boys.
3x Shuttle Hurdle Relay
Fleet Fundraising 2000m Steeplechase
Distance Medley Relay (1200-400-800-1600)
400 Meter Relay
Sprint Medley Relay (400-200-200-800)
3200 Meter Relay
1600 Meter Relay

9:00am

Field events
Shot Put – Boys; Girls to follow (two circles will be used)
Discus- Girls; Boys to follow (two circles will be used)
Long Jump- Boys and Girls (two pits)
Triple Jump- Boys and Girls (after LJ)
Pole Vault- Girls and Boys (6'-7'-8'-8-6"...))
High Jump- Girls and Boys (two pits)
JAVELIN-VARSITY- Boys then Girls (9AM Start! Flights)

12:15PM
(Approx.)

VARISITY Boys-Girls
3x Shuttle Hurdle Relay
Fleet Fundraising 2000m Steeplechase
400 Meter Relay
Distance Medley Relay (1200-400-800- 1600)
3x400 Meter Intermediate Hurdle Relay
3200 Meter Relay
Sprint Medley Relay (400-200-200-800)
1600 Meter Relay

12:15pm (approx.)

Field Events

Shot Put- Boys; Girls to follow (two circles will be used)
Discus- Girls; Boys to follow (two circles will be used)
Long Jump- Boys and Girls (two pits)
Triple Jump- Boys and Girls (after LJ)
High Jump- Boys and Girls (two pits)
Pole Vault- Girls and Boys (7'-8'-9'-9'6")

CORNWALL GREEN DRAGON RELAYS

Saturday, APRIL 8th, 2023

9:00 AM

Dear Coach,

Your team is invited to attend the 26th annual **CORNWALL GREEN DRAGON RELAYS** at the outstanding new Cornwall Track and Field Facility. The meet will be held at the new Cornwall High School located at 10 Dragon Drive, New Windsor, directly off Rt. 94 and 1 mile west of the 5 Corners Intersection in Vails Gate. The Green Dragon Relays will take place on April 8th 2023 at 9:00 AM. Cornwall is located just four miles north of the U.S. Military Academy at West Point.

The meet will offer varsity and frosh/soph divisions, in both track and field. Awards will be given to the top three places in all events, and the top boys and girls teams in frosh/soph and varsity will receive plaques.

Attached is the informational packet for the **GREEN DRAGON RELAYS**. Please return the entry blank along with a check or school voucher by **Monday, APRIL 3rd**. Make all checks payable to: **CORNWALL CENTRAL HIGH SCHOOL TRACK**.

We look forward to hosting you and your school. If there are any questions or concerns please contact Dave Feuer at (845) 325-2172 or email dfeuer@cornwallschools.com

Sincerely,

David Feuer
Head Coach

Cornwall Dragon Relays
Online Entry Procedures:

1. Create an account on Milesplit's website at ny.milesplit.com
2. Enter or update your team's roster
3. Enter ALL Track and Field events online this year. The computer will take your first two performances in field events and make them your "A" team and the next two will become your "B" team at the end of competition. We will still add up 400IH times to make up relays.
4. Submit your entry
5. Online entries will be open until 9 pm the night before the meet (April 7th) Scratches will be taken prior to the meet.