

MEET INFORMATION

1. All Track competitors (relay and individual) must turn in a 3 x 5 card to the clerk's tent when the event is first called. All cards should have the athletes name, school, event, and seed on the front of the card. The card will be returned to the athlete to be worn by the anchor leg. Field events will need cards turned in at the event.
2. Only 1/8 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. A six jump rule is in effect in the pole vault relay in both divisions.
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 six in all events. Trophies will be given to the top three (3) schools (boys and girls) overall in Frosh/Soph and Varsity divisions.
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: \$350.00 blanket entry fee for boys and girls (\$200.00 for a separate boys or girls team), or \$40.00 per track relay and \$ 20.00 per field event relay. Each individual athlete is \$10.00 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 2nd, 2010.
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 call Dave Feuer at (845) 534-8009 Ext. 5823, email@dfeuer@cornwallschools.com during school hours, or (845) 783-1191 after school hours.

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. \$350.00**
 Boys only. \$200.00
 Girls only. \$200.00

Or:

Number of track relays _____ x \$40.00 = _____ Number of individuals _____ x \$10.00 = _____

Number of field relays _____ x \$20.00 = _____ Total amount due _____

School: _____

Address: _____

Boys Coach: _____ Girls Coach: _____

Phone: _____ (school) _____ (home)

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.
Distance Medley Relay (1200-400-800-1600)
400 Meter Relay
Sprint Medley Relay (400-200-200-800)
3200 Meter Relay
1600 Meter Relay
3 x Shuttle Hurdle Relay(**F/S G-VG-F/SB-VB**)
2000 Meter Steeplechase(**F/S G-VG-F/SB-VB**)

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 then Girls
Triple Jump- Girls then Boys
Pole Vault- Girls and Boys (6'-7'-8'-8'6"...) 6 jump rule
High Jump- Girls and Boys (two pits)
JAVELIN-VARSITY- Boys then Girls(**9AM Start! Flights**)

12:30PM
(Approx.)

VARSAITY Boys-Girls
3x Shuttle Hurdle Relay(**F/SG-VG-F/SB-VB**)
2000 Meter Steeplechase(**F/SG-VG-F/SB-VB**)
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

12:30pm (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 then Girls
Triple Jump- Girls then Boys
High Jump- Boys and Girls (two pits)
Pole Vault- Girls and Boys (7'-8'-9'-9'6") 6 jump rule

CORNWALL GREEN DRAGON RELAYS
SATURDAY, APRIL 10th, 2010
9:00 AM

Dear Coach,

Your team is invited to attend the 15th 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 10th, 2010 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 six places in all events, and the top three boys and girls teams in frosh/soph and varsity will receive trophies.

Attached is the informational packet for the GREEN DRAGON RELAYS. Please return the entry blank along with a check or school voucher by FRIDAY, APRIL 2nd. 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 call: Dave Feuer at work (845) 534-8009 Ext. 5823, or home at

(845) 783-1191. Email- dfeuer@cornwallschools.com

Sincerely,

David Feuer
Head Coach