

**ITHACA HIGH SCHOOL MEN'S AND WOMEN'S TRACK & FIELD
HEAD COACH: DAN FRAVIL**

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**To: Athletic Directors
Track & Field Coaches**

**From: Ed Redmond
Athletic Director
Ithaca City School District**

Date: February , 2010

Re: 17th Annual Ithaca High School Track Relays !

AD/Coach:

You and your track teams (Boys & Girls) are cordially invited to the 17th Annual I.H.S. Track Relays to be held on Friday, April 30, 2010 at Ithaca High School. Starting time is 4:00 p.m. with a scratch coaches meeting at 3:30 p.m. in the infield of the stadium.

In 2007, on our newly resurfaced track, we had eleven meet records set and in 2008 we had nine new meet records. And then last year, 2009, we had ten new meet records set. We are looking forward to another highly competitive meet.

Again, this year, we will have Finish Right Timing doing all of our entries on line and doing FAT timing. Results will be immediate. We will send instructions for making entries to all entered teams in early April.

Once more, we will use the water pit for the steeplechase relays. It has been a real hit with both runners and spectators; we will do this again. To ensure safety, the water pit will not be used on the first lap of each race. Fields will be seeded to reduce hazards. If you have questions please ask.

The entry fee is \$125.00 per team or \$200.00 combined. We offer a discounted fee for teams wishing to enter only one or two events. Please call or email Dan Fravil about this.

MAKE CHECKS PAYABLE TO: ITHACA HIGH SCHOOL ATHLETICS

Please send back the entry form to me no later than Tuesday, March 16th with your intentions to either enter or not enter.

Thank you for attending, we look forward to receiving your entry form.

If you have any questions, please call me at 607-274-2155.

PS: A.D. , PLEASE FORWARD TO YOUR TRACK COACHES !!!

Date: Friday, April 30, 2010

Time: 4:00 p.m. - Meet Starts
3:30 p.m. - Scratch meeting on infield

Facility: 8-Lane Rubberized All-Weather Surface
Runways are also rubberized

¼" PIN or PYRAMID SPIKES ONLY will be allowed on the track and runways

Scoring: Running Relays: 10,8,6,4,2,1
Field Event Relays: 5,4,3,2,1,1/2

Awards: T-shirts to the first, second AND third place teams in each event. Ribbons to the first six places. Trophies to the First Place Team and Runner-Up Team. MVP Trophy to top male and female runner and MVP Trophy to top male and female field event.

Fee: \$125.00 per team (Boys or Girls)
\$200.00 per combined teams

17TH Annual IHS Relays - Entry Form

School Name: _____ Phone # _____

Coaches' Names: *BOYS* _____ Phone # (W) _____ (C) _____
GIRLS _____ Phone # (W) _____ (C) _____

Athletic Director: _____ Phone # (W) _____
Phone # (H) _____

_____ Will Attend _____ Will Not Attend

Circle One: Boys Team Girls Team Combined Team

PLEASE RETURN NO LATER THAN TUESDAY, MARCH 16th

ORDER OF EVENTS

(MEET BEGINS @ 4:00)

1. 6400 M RELAY – G – FINAL
2. 400M SHUTTLE HURDLES – G- SEMI
3. 6400 M RELAY – B – FINAL
4. 400 SHUTTLE HURDLES – G – FINAL
5. 440 SHUTTLE HURDLES – B – SEMI
6. SPRINT MEDLEY – G – FINAL
7. SPRINT MEDLEY – B – FINAL
8. 400 M RELAY – G – SEMI
9. 400 M RELAY – B – SEMI
10. DISTANCE MEDLEY – G – FINAL
11. 1600 M – G – FINAL
12. 440 SHUTTLE HURDLES – B – FINAL
13. DISTANCE MEDLEY – B – FINAL
14. 1600 M RELAY – B – FINAL
- BREAK-10 Min. –Awards & Scoring
15. 400 M RELAY – G – FINAL
16. 400 M RELAY – B – FINAL
17. 3200 M RELAY – G – FINAL
18. 800 M RELAY – G – SEMI
19. 800 M RELAY – B – SEMI
20. 3200 M RELAY – B – FINAL
21. STEEPLECHASE (3200M) – G – FINAL
Over Barriers/with water pit
22. STEEPLECHASE (3200M) – B – FINAL
Over Barriers/with water pit
23. 800 M RELAY – G – FINAL
24. 800 M RELAY – B – FINAL

Long Jump, Triple Jump, Shot Put, Discus (two competitors from each school) – Each competitor will receive three trials with the combined best effort of each competitor counting for total distance of that team.
Steeplechase – the water pit will be used, to ensure safety the pit will not be used on the first lap of each race.

FIELD EVENT RELAYS

BEGIN @ 4:00

CONSISTS OF TWO INDIV'S

1. BOYS POLE VAULT (GIRLS FOLLOW)
2. BOYS DISCUS (GIRLS FOLLOW)
3. BOYS LONG JUMP (TJ FOLLOWS)
4. GIRLS SHOT PUT (BOYS FOLLOW)
5. GIRLS HIGH JUMP (BOYS FOLLOW)
6. GIRLS LONG JUMP (TJ FOLLOWS)
7. B & G TRIPLE JUMPS FOLLOW LJ

POINTS

RUNNING EVENTS (TEAMS OF 4 INDIV'S)

10, 8, 6, 4, 2, 1

FIELD EVENTS (TEAMS OF 2 INDIV'S)

5, 4, 3, 2, 1

High Jump and Pole Vault (two competitors from each school) – competitors in each event will be allowed to pick their heights. Each competitor will receive three trials with the combined best effort of each competitor counting for total height of that team.

Please understand: Once a competitor chooses a height, the bar cannot go lower for that competitor. (Both High Jump and Pole Vault)

Each school is allowed one team ONLY per event