

# 26<sup>th</sup> Annual Junkyard Relays

Saturday, May 18<sup>th</sup> 2019 10:00am @ Clinton Central School

Co-ed meet / Co-ed aggregate team scoring

\$200 Entry fee

[ny.milesplit.com](http://ny.milesplit.com)

- 1) Athletes may enter a maximum of four events on the day.
- 2) Eight (8) places will be scored in all events. 10-8-6-5-4-3-2-1
- 3) Batons **WILL** be exchanged in the 3x 400H.
- 4) Three (3) jumps, Three (3) throws in all field events. Distances will be added.
- 5) In ALL field events & HIGH Hurdles: You *may* enter up to 4 (top 3 count to score)
- 6) 3 x 400h = 3 names listed ONLY

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## 2019 Junkyard Relays Order of Events:

Track Events - 10:00am - boys then girls (unless noted \* as a Girls ONLY event)

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| 1. 3 X HH  | 10. 3 x 400 H (batons exchanged!)      |
| 2. 4 x 8   | 11. "Coaches only Musical Chairs"!     |
| 3. ISMR(1-2-3-4)                                   | 12. 4 x 200                            |
| 4. Freshmen only ISMR (1-2-3-4)                    | 13. DMR(8-4-12-16)                     |
| 5. * <u>Girls only event</u> (1-1-2-4)             | 14. SMR(4-2-2-8)                       |
| 6. 4 x 1600 / 4 x 1500                             | 15. Boys 180 lbs+ 4 x 1                |
| 7. 4 x 1   | 16. * <u>Girls</u> Throwers 4 X 1      |
| 8. 4 x 4   | 17. Boys 220 lbs+ 4 x 1                |
| 9. * <u>Girls only event</u> "Odd" Relay (1-3-5-7) | 18. 2 x STEEPLE (boys 3000/girls 2000) |

## Field Events - 10:00am

3 x Triple Jump

3 x Long Jump

3 x Pole Vault

(Standards: close, middle or far system)

3 x "Light-Weight" Shot Put All competitors MUST weigh 135 pounds or less (boys only)!

3 x Shot Put

3 x Javelin Toss

3 x Weight Throw

3 X High Jump will start at 10:00 with GIRLS. Bar will be at 3'9" for 30 minutes and then increase 3" every 15 minutes. It is the athlete's responsibility to get their jumps in. This will be timed. They might NOT get 3 attempts at each height. At 12:15 BOYS will start at 4'9" for 30 minutes and then increase by 3" every 15 minutes. Same rules apply.

## Boys Throwers relay rules: No "Cheaters"!!

- \* Two (2) separate divisions: Each race COUNTS as its own event towards 4 total (max)
- \* Lightweight Division: 4x1 for ALL 4 throwers weighing at least 180 lbs. individually!
- \* Heavyweight Division: 4x1 for ALL 4 throwers weighing at least 220 lbs. individually!
- \* An athlete may enter both if their weight qualifies...but **each run** will count as a separate event towards 4 maximum on the day. These are scoring events that count!
- \* You **must** have also competed in at least one throwing event on THIS DAY to be eligible

Girls Throwers relay: No weigh-ins! One "division" of 4x1 (All four girls entered **MUST** have competed in a throwing event as one of their events in the meet on THIS DAY - 2019!)