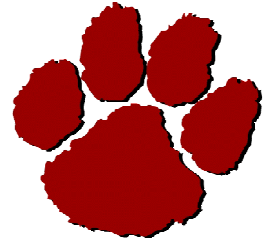


KINGSTON TIGERS MODIFIED **TRACK & FIELD RELAYS**



Friday, April 23rd @ 4:30 p.m.
Dietz Stadium, Kingston, N.Y.

We invite you to our 2nd annual Tigers Modified Relays at the site of the 2007 NYS Outdoor Track and Field Championships. The meet is open to all middle school teams for athletes in 7th and 8th grades. Each team member is allowed to enter a maximum of three events including up to two running or two field events. Each team may enter 2 relays per running event. There will be 4 entries allowed for the Long Jump and Shot Put. 3 entries will be permitted for the High Jump and Discus. All relays must have a 3x5 index card pinned to the anchor leg in each event entered. For the 55 Hurdle Relay, all athletes must have a separate card. Please mark 'A' and 'B' teams for timing and scoring purposes. 'B' teams are capable of scoring. All running events will be scored on time.

There will be a **\$90.00** blanket entry fee and a **\$45.00** fee for individual teams. Make checks payable to: **Kingston City School District.**

The meet will begin promptly at 4:30. All competitors in the discus and 4x100 will be expected to be ready to start by this time. Once the meet has started all athletes are expected to warm up outside of the track area. All athletes are expected to check in at their designated area when their even has been called. All athletes that are not competing should remain in the stands until their event is called. Please clean your area before leaving.

All rules and regulations are in effect.

1. Jewelry is not permitted. This means wrist bands, too.
2. No spikes allowed
3. No athlete can exceed 2400 meters in distance.

All events will be run boys then girls.
The discus will be run boys and girls at the same time due to daylight with
the shot put immediately following.
We will utilize 8 lanes in all events possible.
We will be using both Long Jump pits. Boys at one pit, girls at the other.
The 55 Hurdle Relay will be run with all 3 entrants per team in one heat with
3 entrants from another schools relay team.
DMR will be run as 1200, 400, 800, 1600.
Top 6 places score.
(10, 8, 6, 4, 2, 1)
Ribbons will be awarded to top 6 finishers in each event.
Trophies will be given to the top two teams.

Order Of Events

Track Events

4x100

4x800

4x200

55 H Relay

DMR

4x400

Field Events

Discus

Shot Put

Long Jump

High Jump

We hope to see you on April 23rd at our meet. We hope to have a great turnout and continue this meet for years to come. Please feel free to call **Joe Cahill** with any questions or concerns at **845-943-3885 (W)** or **845-901-9261(C)**.

Kingston Tigers Modified Track & Field Invitational Entry Form

High School:
Address

Athletic Dept Phone:

Team: Boys Girls Both

** Please make sure the contact information is correct and up to date

Team Contact:

Contact Phone:

Contact E-Mail:

Blanket Fee: \$90.00, Boys Team: \$45.00, Girls Team: \$45.00

Total Due: \$ _____

*All checks and vouchers due by April 23th

*Make Checks or Vouchers Payable to: Kingston High School Track

Kingston High School
Attn: Coach Joe Cahill
403 Broadway
Kingston NY, 12401

Fax to:
KHS Athletic Department
Attn: KHS Track
Fax #: 845 331-4161