

**5th Annual  
Tiger Relays  
At Dietz Stadium, Exit 19, Kingston, New York**

The Kingston High School Track and Field staff would like to invite you and your team to the 5th annual Tiger Relays. Our goal is to (1) offer a quality alternative to the Penn Relays (since many schools cannot afford, or can only take a limited number of athletes); and (2) to attract teams from both the northern and southern regions of the state for a high caliber meet. We look forward to hearing from you soon.

**Saturday, April 24, 2010**

**The Facility: Dietz Stadium  
(Conveniently located between Albany and NYC, Thruway Exit 19)**

8 Lane All Weather Track

4 Jump Pits

2 High Jump Pits

Pole Vault Pit

Shot and Disc Areas

Official Steeple Jump Pit

**\*Please note the Varsity Javeline Time Change (9:30 – 11:30)\***

**Meet Information**

- 1) All *Field* events will be individual events (4 entries per Frosh/Soph; 4 entries per Varsity): Frosh/Soph: 3 throws – no finals; Varsity: 4 throws, no finals.
- 2) To keep the meet moving, there will be minimum marks at *the varsity level*: The 1<sup>st</sup> attempt will be measured, and then, only marks which meet the minimum distance will be measured. **Frosh/Soph:** 3 attempts; *all* measured; no finals. **Varsity:** 4 attempts, no finals.
  - a. Frosh/Soph high jump: Girls Start: 4; 4-3, 4-6, then by 1” to completion
  - b. Frosh/Soph high jump: Boys Start: 4-6, 4-9, 5, then by 1” to completion
- 3) Varsity Minimum Marks (first attempt will be measured):

Boys Shot: V:35	Girls Shot: V:25
Boys Discus: V:90	Girls Discus: V:70
Boys Long: V:17	Girls Long: V:12
Boys Triple: V:36	Girls Triple: V:26
Boys High Jump Start: 4-9 to 5-6 by 3”; (then 1”)	Girls High Jump Start: 4-3 to 5’ by 3”; (then 1”)
- 4) **Pole Vault:**
  - a. **Girls** (*both varsity and frosh/soph*) **start at 9:00** (starting height 6’; then 7’, 8’; then by 6” to completion)
  - b. **Boys** (*both varsity and frosh/soph*) to follow (starting height 8’, then 9’, 10’; then by 6” to completion)
- 5) In both Varsity and Frosh/Soph Relays, each school may enter a max of 2 **teams** each (Designate A or B: **both teams can score**). In the Steeple Chase, a school may enter no more than 3 athletes (3 varsity, 3 frosh/soph).
- 6) *Track* athletes **may** compete in both Frosh/Soph and Varsity events (except Steeplechase). *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event!

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- 7) All hurdle relays will be run in individual lanes and then added together (This is so coaches can get times on their athletes).
- **Frosh/Soph Relay Cards must be in by 8:30am**
  - **Varsity Relay Cards must be in by 11:30am**
- 8) **Running Event Cards:** relay and individual (3x5) cards to be handed in at the clerking area.
- All cards should have name(s), school, event, (A or B team) and seed time on the front of each card.
  - The card will be returned to the athlete to be worn by the anchor leg (bring pins).
  - Athletes will be brought onto the infield for warm-up.
  - After the finish, athletes will exit immediately by the gate next to the finish.
  - No athletes will be allowed on the infield unless they are in the next event. This will be strictly enforced.
- 9) **Field Events Cards:** Field event cards (to save time) will be handed in at the specific event venue.
- All cards should have name(s), school, event, (A or B team) and seed mark on the front of each card.
  - **Varsity** events will be put in flights.
- 10) Scoring will be 10 – 8 – 6 - 5 - 4 – 3 – 2 – 1 in each event. Boys and girls teams are scored separately. Medals will go to the top 6 in each event. Team trophies will be given to 1<sup>st</sup> and 2<sup>nd</sup> place varsity boys and girls, and to 1<sup>st</sup> and 2<sup>nd</sup> place frosh/soph boys and girls.
- 11) New York State Public High School Athletic Association rules on participation limits will be enforced.
- 12) Blocks will be supplied, ¼ inch spikes (or less) allowed.
- 13) All checks and vouchers **due by April 22<sup>th</sup>**
- 14) Make Checks or Vouchers Payable to: Kingston High School Track
- 15) Send Entry Forms to: KHS Track and Field, attn: Nick Badalato, Kingston High School, 403 Broadway, Kingston, NY, 12401.
- 16) Any Questions, please contact Nick Badalato:  
E-mail: [nbadalato@kingstoncityschools.org](mailto:nbadalato@kingstoncityschools.org) or cell phone: (845) 594 -6247
- 17) Tents are allowed at the top levels of both grandstands. No Radios please (this is to insure that all checks-ins happen on time).
- 18) All coaches and athletes must stay outside the track fence at all times. **Please support the KHS track team by going to the “food stand” up in the park...better food, better prices!**
- 19) Coaches and Officials: **the complimentary food shed will (by popular demand) be there!**

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**Team Information**

**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: \$325**

**Boys Team: \$175**

**Girls Team: \$175**

Or

Number of Track Relay Teams: \_\_\_\_\_ x \$20 = \_\_\_\_\_

Individual Field Events: \_\_\_\_\_ x \$10 = \_\_\_\_\_

**Total Due:**

\*All checks and vouchers due by April 22<sup>th</sup>

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

Kingston High School  
Attn: Coach Nick Badalato  
403 Broadway  
Kingston NY, 12401

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

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**Order of Events**

**Pole Vault:**

- **Girls** (both Frosh/Soph and Varsity) starts at 9:00 - 6', 7', 8', then 6" to completion
- **Boys to follow** (both Frosh/Soph and Varsity) - 8', 9', 10', then 6" to completion

**Javelin: Open Pit, 9:30am-11:30pm (varsity, experienced throwers only!)**

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**Frosh/Soph Track Events: 9:00am start**

- G/B: SMR (400, 200, 200, 800)
- G/B: DMR (1200, 400, 800, 1600)
- G/B: 4 x 100
- G/B: 4 x 800
- G/B: 4 x 400
- Girls Frosh/Soph: 2000m steeple (max of 3 entries)
- Boys Frosh/Soph: 2000m Steeple (max of 3 entries)

(\*\*Steeple times/order will not be altered\*\*)

**Girls Varsity Steeple Chase (no earlier than): 12:00pm start**

- Girls Varsity: 2000m Steeple (max of 3 entries)
- Boys Varsity: 3000m Steeple (max of 3 entries)

**30 Minute Break for Coaches, Officials and Varsity Warm-ups**

**Varsity Track Events (no earlier than): 12:30pm start**

- G: 3 x 100 Hurdles (times of the 3 hurdlers will be added together)
  - B: 3 x 110 Hurdles (times of the 3 hurdlers will be added together)
  - G/B: SMR (400, 200, 200, 800)
  - G/B: 4 x 800
  - G/B: 4 x 100
  - G/B: Individual 1600/1500 (max of 4 entries)
  - G/B: 4 x 200
  - G/B: 3 x 400 Hurdles (times of the 3 hurdlers will be added together)
  - G/B: 4x 400
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**Frosh/Soph Field Events: 9:00am start**

- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot

**Varsity Field Events (no earlier than) 12:00pm start**

- Girls Long Jump followed by Triple Jump
- Boys Triple Jump followed by Long Jump
- Girls High Jump followed by Boys High Jump (may be at the same time)
- Boys Discus followed by Girls Discus
- Girls Shot followed by Boys Shot