14th Annual
Tiger Relays
Saturday, April 27th, 2019

Dietz Stadium, Kingston, NY
Official Steeple Jump Pit
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Full FAT (by Fulton Accurate Timing)
Register online at ny.milesplit.com
Results posted immediately to Twitter
@TigerRelays (KingstonTigerRelays)

Please Note the Check Payable
Make Checks Payable to: **First Capital Track Club**
(Federal ID/EIN # Available)
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Meet Information

1) Field Events: *Field* athletes **cannot** compete in the same Frosh/Soph as Varsity event! Field event athletes must be registered through *ny.milesplit.com*. **Registration will be closed** Friday night at 8:00pm before the meet.
All events will be put in flights. Check-in at the event location

    a. All *Field* events will be individual events: 4 entries max - Frosh/Soph; 4 entries max - Vars
    b. **Frosh/Soph:** 3 attempts; no finals;
    c. **Varsity:** 3 attempts, Top 9 go to finals (3 additional throws)
    d. To keep the meet moving, there will be minimum marks at *the varsity level*: The 1st attempt will be measured, and then, only marks which meet the minimum distance will be measured.

Varsity Minimum Marks (first attempts 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

2) Pole Vault:
    a. **Frosh/Soph & Varsity Girls (combined) start at 9:00**; Followed by Frosh/Soph Boys
    Frosh/Soph Girls - 6', 7', 8', then every 6"; **Frosh/Soph Boys** - 8', 9', 10', then every 6"

    b. **Varsity Boys will begin at the conclusion of Frosh/Soph Boys (no earlier than 12:30)**
    Varsity Boys - 8', 9', 10', then every 6"

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3) Track Events: *Track* athletes **may** compete in both Frosh/Soph and Varsity events (except Steeplechase).Track event athletes much be registered through *ny.milesplit.com*. **Registration will be closed** Friday night at **8:00pm** before the meet.

- Athletes will be brought onto the in-field 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 bestrictly enforced.
- **Maximum of ¼ inch spikes**

   a. Max of **2 relay teams** per relay event; except DMR (1 Team Max)
   b. Max of **3 athletes** per individual event: Steeplechase, 1500/1600, 400IH

4) 110/100 Hurdle Relay: seeded and run as an open; and then added together (This is so coaches can get individual times on their athletes). Teams must register 3 *individual* athletes with *individual* seed times.

5) 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 1st and 2nd place varsity boys and girls, and to 1st and 2nd place frosh/soph boys and girls.
Plaques for the winner of the Varsity Girl's 1500 and Discus.

6) New York State Public High School Athletic Association rules on participation limits will be enforced.

7) We will have a limited number of blocks at the track. However, teams are encouraged to bring their own.

8) All checks and vouchers **due by Wed before the meet**

Payable to: **First Capital Track Club** (Federal ID/EIN # Available)

9) Any Questions, please contact Joe Cahill:
E-mail: jcahill@kingstoncityschoools.org or cell phone: (845) 901-9261

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Order of Events

Varsity Javelin (Boys and Girls): open pit from 9:00am-11:00am (experienced throwers only!)

Frosh/Soph Track Events: 9:00am start
- G/B: SMR (400, 200, 200, 800)
- G/B: DMR (1200, 400, 800, 1600) *(max of 1 team)*
- G/B: 4 x 100
- G/B: 4 x 800
- G/B: 4 x 400
- Girls Frosh/Soph: 2000m steeple *(max of 3 entries)*

Girls Varsity Steeple Chase: (no earlier than) 12:00pm start
- Varsity: 2000m Steeple *(max of 3 entries)*
- Boys Frosh/Soph: 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 x110 Hurdles (times of the 3 hurdlers will be added together)
- G/B: 4 x 800
- G/B: 4 x 100
- G: ***Yvonne Sill Memorial Girl's 1500*** (3 entries) Slow to Fast
- B: 1600 (3 entries) Slow to Fast
- G/B: Individual 400 Hurdles *(max of **3** entries)*   Seeded Heat will be First
- G/B: 4 x 200
- G/B: DMR (1200-400-800-1600) *(max of 1 team)*
- G/B: 4x 400

Frosh/Soph Field Events: 9:00am start
- Boys Pole Vault followed by Combined Girls (F/S & Var)
- 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 Shot Put followed by Girls Shot Put
- Girls Discus followed by Boys Discus

Varsity Field Events (no earlier than) 12:30pm start
- Girls Pole Vault Combined (F/S & Var) followed by Boys Pole Vault
- 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 ***Doreen Benes Memorial Girls Discus***

Girls Shot followed by Boys Shot

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

High School Name
School Address

Athletic Dept Phone:

Team Coach/Contact:

Contact Phone:

Contact E-Mail:

☐ **Blanket Fee: $400**   ☐ **Boys Team: $200**   ☐ **Girls Team: $200**

Or

Number of Track Relay Teams: _____ x $40 = _____

Individual Field Events: _____ x $10 = _____

Total Due: _____ $25 minimum entry

*All checks and vouchers due by the Wednesday before the meet.

*Make Checks or Vouchers Payable to: **First Capital Track Club**

Mail to: or   **Fax to:**
Kingston High School   KHS Athletic Department
Attn: Joe Cahill   Attn: KHS Track
403 Broadway   Fax #: 845 331-161
Kingston NY, 12401

Register at ny.milesplit.com

Registration closed Friday night at 8:00pm before the meet