



11th Annual
KINGSTON TIGERS MODIFIED
RELAYS



Friday, April 26th 2019 @ 4:30 p.m.
Dietz Stadium, Kingston, N.Y.

FAT TIMING THIS YEAR!!!

Online Entry:

Email to: jcahill@kingstoncityschools.org

Order of Events

2 relay teams unless otherwise noted

Running Events

55 Hurdle Relay (Unlimited Teams)

(Times added together/No Shuttle) Please note A, B, C, etc.

4x800

4x100

SMR (4-2-2-8) (1 entry)

800 M Steeplechase (3 Entries)

4x200

DMR (1200, 400, 800, 1600) (1 entry)

4x400 (1 entry)

Please give a seed time, name(s) & school on a 3x5 card for all track events.

Field Events (3 entries per event)

Long Jump B South Pit/G North Pit

Triple Jump B South Pit/G North Pit

Pole Vault B/G Combined

Discus B/G

Shot Put G/B

High Jump B South Pit/G North Pit

****South Pits are closer to the scoreboard****

Ribbons will be awarded to the TOP 6 in each event

TIGER RELAYS T-SHIRTS WILL BE FOR SALE. \$20.00

11th Annual Kingston Tigers Modified Track & Field Invitational Entry Form

High/Middle:
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: \$150.00, Boys Team: \$80.00, Girls Team: \$80.00

Total Due: \$ _____

Please Note the Change in the Check Payable

Made Payable to: **First Capital Track Club**

Federal ID/EIN # Available

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

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