

# 2nd Annual “Knight at the Races”

## Meet Information

**Date:** Friday May 21<sup>st</sup>, 2010  
**Where:** Lansingburgh High School  
**When:** 4:30 p.m. – 10:30 p.m., scratches will be due by 4:15 p.m.

**Entry Fees:** *\$120.00 for each Single Gender Team, \$190.00 per multi-gender team.* Checks should be received at Lansingburgh High School no later than **Friday 14<sup>th</sup>, 2010**. Checks should be made out to **The Lansingburgh Track Booster Club**.

Payments should be made to *Lansingburgh Track Booster Club* and sent to:

Lansingburgh High School  
C/O Christian Brophy  
320 Seventh Avenue  
Troy, NY 12182

**Entries:** The first 25 schools that have entry fees paid will be accepted. Athletes may compete in any four (4) events. Schools may enter no more than two (2) athletes in any running or field events. Schools may enter one varsity relay for the following events: 400mRelay, 800mRelay, 1600mRelay, 3200mRelay, and DMR. The SMR is the only JV event of the day; schools may enter two teams for that one event. The JV relay teams **cannot** consist of any athlete entered in a varsity event. Any questions or concerns can be emailed to Christian Brophy, [cbrophy@lansingburgh.org](mailto:cbrophy@lansingburgh.org). Scratches must be made by 4:15 P.M. the day of the meet. No scratches or changes will be allowed after that point.

**Meet Entry:** Once we receive notification of your intent to have your team participate at “Knight at the Races” we will send an email with directions on how to enter your athletes.

**Scoring:** 10, 8, 6, 4, 2, 1 in all scoring varsity individual, field, and relay events

**Awards:** Trophies will be given to the first and second place boys and girls teams.

Medals will be given in each individual and relay event for 1<sup>st</sup> through 6<sup>th</sup> place. Awards can be picked as the results are announced.

**Facilities:** Brand new 6 Lane all weather track with Steeple Chase pit

2 Horizontal jumping pits

1 High jump pit and 1 pole vaulting pit

1 Shot put circle and 1 discus circle

2500 capacity bleachers on both home and away sides of track

Exterior access to indoor bathrooms will be available

Concession stand with a variety of hot foods

**Track Rules and Meet Regulations:** National Federation rules will be applied. The New York State uniform and jewelry rules will also be in effect. There will be no exceptions made for these regulations.

**Coaching :** Each coach will receive a seeding packet as they arrive to the meet. There will be a coaches meeting at approximately 4:15 p.m. This will be a meeting to discuss events, seeds, scratches, and procedures. There will be a 1<sup>st</sup> call for all events 20 minutes prior to the event, 2<sup>nd</sup> call will be 10 minutes prior, and last call will be 5 minutes prior to the event. Athletes that fail to check in will be scratched from the event and the event will move on as seeded.

**Starting Blocks:** Adjustable starting blocks will be provided. However, teams may bring and use their own blocks

**Concessions:** Dinner and refreshments will be sold for the entirety of the meet. T-shirts will be available for sale.

**Miscellaneous:** There will be ample area to warm up in the field behind the visitor bleachers immediately adjacent to the track facility.

There will be no finals for shot put, discus, long jump, and triple jump; each competitor will receive four attempts. This does not pertain to the competitors in the pentathlon.

Awards can be picked up by a team representative after each result is announced at the press box

Coaches and athletes are the only people allowed on the infield. **NO SPECTATORS** will be allowed inside the track facility.

**If you have any questions please contact:**

Christian Brophy (518) 221-3555 [cbrophy@lansingburgh.org](mailto:cbrophy@lansingburgh.org). – Boy's Varsity Head Coach

Or

Erik Smith (518) 469-2476 [Lburghsmith@hotmail.com](mailto:Lburghsmith@hotmail.com) – Girl's Varsity Head Coach

## Order of Events

All Running events will start at 4:30pm

1. 1500m Girls Racewalk
2. 100m H Pentathlon Girls
3. 110m HH Pentathlon Boys
4. DMR Girls (1200-400-800-1600)
5. DMR Boys (1200-400-800-1600)
6. 800m Relay Girls
7. 800m Relay Boys
8. SMR Girls (JV non-scoring 2 Teams)
9. SMR Boys (JV non-scoring 2 Teams)
10. 100m Semis Girls
11. 100m Semis Boys
12. 100m H Semis Girls
13. 110m HH Semis Boys
14. 3000m Run (Unseeded; if needed)
15. 3200m Run (Unseeded; if needed)
16. 3200m Relay Girls
17. 3200m Relay Boys
18. 100m H Finals Girls
19. 110m HH Finals Boys
20. 100m Girls (Finals)
21. 100m Boys (Finals)
22. 2000m Steeplechase
23. 3000m Steeplechase
24. 800m Run Girls
25. 800m Run Boys
26. 400m H Girls
27. 400m H Boys
28. 400m Relay Girls
29. 400m Relay Boys
30. 3000m Run (Seeded)
31. 3200m Run (Seeded)
32. 400m Girls (Timed Final)
33. 400m Boys (Timed Final)
34. 1500m Run (2 Sections if needed)
35. 1600m Run (2 Sections if needed)
36. 800m Girls Pentathlon
37. 1500m Boys Pentathlon
38. 200m Girls (Timed Final)
39. 200m Boys (Timed Final)
40. Girls Throwers Relay (Non-Scoring)
41. Boys Throwers Relay (Non-Scoring)
42. 1600m Relay Girls
43. 1600m Relay Boys

**Field Events**

**Jumping Pits will open at 4 p.m. for warm ups**  
**Jumping & Throwing events will start at 4:30pm**

**Horizontal Pits** – Pit #1 Girls LJ, Pentathlon Girls LJ, Girls TJ with **Pit #2**, Boys LJ, Pentathlon Boys LJ, Boys TJ

**High Jump** – Girls, Boys Pentathlon, Boys, Girls Pentathlon

**Shot Circle** – Boys SP, Girls SP, Girls Pentathlon SP, Boys Pentathlon SP

**Discus Circle** – Girls Discus followed by Boys Discus

**Pole Vault** – Continuous bar starting at 6', 6" increments

Boys and Girls Pentathlon Long Jump will take place simultaneously on pits 1 & 2. At the conclusion of the Pentathlon Long Jump there will be 30 minutes allowed for warm ups for those competing in the Triple Jump. Girls and Boys LJ & TJ will have an open pit for one hour while the events takes place; there will be 30minutes between each event for warm ups and getting marks. Any jumps that are not completed during the allotted time will be considered fouls.

**2<sup>nd</sup> Annual “Knight at the Races”**

Hosted by Lansingburgh High School Track and Field

Lansingburgh High School

320 Seventh Avenue

Troy, NY 12182

Team Name: \_\_\_\_\_

Coaches Name(s): Boys: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_

Girls: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_

Our School will be attending the meet with:

Boys Team \_\_\_\_\_ (\$120.00)

Girls Team \_\_\_\_\_ (\$120.00)

Both \_\_\_\_\_ (\$190.00)