

**10<sup>th</sup> Annual  
MOUNT RELAYS  
Saturday April 10, 2010  
Mt. St. Michael Academy**

**PENN RELAYS QUALIFIER.**

**COME RUN, JUMP, VAULT, AND THROW AGAINST SOME OF  
THE BEST TEAMS IN THE EAST COAST.**

**Facilities**

- \* Six lane, super fast, all weather 400m "Eurotan ME" Track
- \* Concrete Shot and Discus Circles
- \* Eurotan High jump area, and Eurotan Jumps and Vault Runways.
- \* Two sand pits
- \* All grass Javelin area
- \* Bleacher seating on both sides of the track

**FULLY AUTOMATIC TIMING "FINISH LYNX"**

by Judith Allen Enterprises

**MEDICAL**

- \* A trainer will be available all day
- \* Ice machine on campus

**AWARDS**

- \* Medals to the top six in all events

**QUESTIONS**

- \* **Coach William Hackshaw** W 718-515-6400 ext 312  
[WCHACK953@yahoo.com](mailto:WCHACK953@yahoo.com)

- \* **1/4 inch spikes or less**

**SANCTIONS**

- \* **National Federation**
- \* **NY,CT,NJ**
- \* **CHSAA**
- \* **PSAL**

## **COACHES INSTRUCTION SHEET**

### **ENTRIES**

- \* Due date is Tuesday April 6, 2010
- \* No entries will be accepted the day of the meet

### **RELAYS**

- \* All relays will be seeded the day of the meet.
- \* All relays are final on time
- \* All 4x100m relays and first three heats of the varsity 4x400m relays will be run in lanes
- \* All other relays and heats will use a California start
- \* 3 attempts and **No Finals** in all Field Events
- \* No starting blocks will be allowed
- \* Batons will be supplied

### **ELIGIBILITY**

- \* An athlete may compete in any three events
- \* Freshmen can not run in sophomore events.

**ENTRY FORM (Due Tuesday April 6, 2010)**

**Boys individual events**

\_\_\_ 400IH  
\_\_\_ LJ  
\_\_\_ TJ  
\_\_\_ HJ  
\_\_\_ PV  
\_\_\_ SP  
\_\_\_ DISCUS  
\_\_\_ JAVELIN

**Girls individual events**

\_\_\_ 400Ih  
\_\_\_ LJ  
\_\_\_ TJ  
\_\_\_ HJ  
\_\_\_ PV  
\_\_\_ SP  
\_\_\_ DISCUS  
\_\_\_ JAVELIN

**Boys Relays Girls Relays**

\_\_\_ Frosh 4x400m  
\_\_\_ Soph 4x400m  
\_\_\_ Frosh 4x800m  
\_\_\_ Soph 4x800m  
\_\_\_ Varsity DMR  
\_\_\_ Varsity 4x100m  
\_\_\_ Varsity 4x400m  
\_\_\_ Varsity 4x800m

\_\_\_ Frosh 4x400m  
\_\_\_ Soph 4x400m  
\_\_\_ Frosh 4x800m  
\_\_\_ Soph 4x800m  
\_\_\_ Varsity DMR  
\_\_\_ Varsity 4x100m  
\_\_\_ Varsity 4x400m  
\_\_\_ Varsity 4x800m

Total # of individuals \_\_\_ x \$6.00

Total # of relays \_\_\_ x \$20.00 Total Entry Fee \$ \_\_\_\_\_

**Max Entry per Boys or Girls team is \$300. For both Boys and Girls \$500.**

**Make Checks Payable to: "Mt. St. Michael Academy" (Include with Entry)**

**Mail entry to:**

**Coach William Hackshaw  
Mt. St. Michael Academy  
4300 Murdock Ave.  
Bronx, NY 10466**

School \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Coaches' Name \_\_\_\_\_ Phone # \_\_\_\_\_

**10th Annual  
MOUNT RELAYS  
Saturday April 10, 2010  
Mt. St. Michael Academy**

**Mount Relays Time Schedule**

**RUNNING EVENTS**

**10:00** Varsity Girls 400Ih  
**10:15** Varsity Boys 400Ih  
**10:30** Varsity Girls 4x800m  
**10:55** Varsity Boys 4x800m  
**11:15** Frosh Girls 4x800m  
**11:40** Frosh Boys 4x800m  
**12:00** Soph Girls 4x800m  
**12:15** Soph Boys 4x800m  
**12:25** Varsity Girls 4x100m  
**12:45** Varsity Boys 4x100m  
**1:05** Varsity Girls DMR  
**1:35** Varsity Boys DMR  
**2:05** Frosh Girls 4x400m  
**2:30** Frosh Boys 4x400m  
**2:55** Soph Girls 4x400m  
**3:15** Soph Boys 4x400m  
**3:35** Varsity Girls 4x400m  
**4:00** Varsity Boys 4x400m

**FIELD EVENTS (3 attempts – No Finals)**

**9:00am** Boys Discus  
Girls Discus to follow  
**9:30am** Boys Javelin  
Girls Javelin to follow  
Girls Shot Put  
Boys Shot Put to follow  
Girls Long jump  
Boys Long Jump to follow  
Girls Triple Jump to follow Boys Long Jump  
Boys Triple Jump to follow  
Girls Pole Vault  
Boys Pole Vault to follow  
**10:30am** Girls High Jump  
Boys High Jump to follow