



NANUET RELAYS 2010

NANUET SENIOR HIGH SCHOOL

(845) 627-9811



The **43rd ANNUAL NANUET RELAYS** will take place at Nanuet Senior High School on **SATURDAY, APRIL 10, 2010**, at 9:00 a.m.

The **NANUET RELAYS** are sponsored by the **NANUET BLACK & GOLD CLUB**. They are held with the support of the Board of Education of the Nanuet Public Schools.

The closing date for all entries is **MONDAY, MARCH 29th**.

Entry Fee or Voucher must accompany your entry.

Please make your check payable to:

NANUET TRACK CLUB

Please mail all entries to:

MEET DIRECTOR - NANUET RELAYS
C/O SHERI DEMPSEY
239 EHRHARDT ROAD
PEARL RIVER, NY 10965

*** PLEASE NOTE: Minimum Entry Fee is \$60.00 (per team)***

Boys and girls teams from one school are considered to be 2 teams. Therefore, the minimum entry for a boys' team and a girls' team would be \$120.00. Maximum entry fee for a boys' team is \$225.00 and for a girls' team is \$225.00. Track Event Relays are \$20 each & Field Event Relays are \$10 each.

EXHIBITION STEEPLECHASE: 2X2000m - dry - 4 barriers - Boys/Girls - 1 heat each - scoring based on combined time. Single entrants will be accepted.

ALUMNI MILE: Please spread the word to your alumni, coaches, and friends that we will be holding an open mile race for men and women. The race will take place at approximately 2:00 p.m. You may enter up to race time and there is no entry fee.

COACHES RELAY: There will be an Alumni & Coaches 400m Relay for coaches, alumni, and friends. The race will take place immediately following the Alumni Mile. You may enter up to race time and there is no entry fee.

If there are any questions or problems, please call:

LARRY BECKERLE

Home: (845) 426-6335

Work: (845) 356-1600

Cell: (914) 393-0275

lbeckerle@beckerlelumber.com

SHERI DEMPSEY

Home: (845) 620-0323

Cell: (914) 419-2308

sdempsey@nanuetsd.org

NANUET RELAYS 2010

MEET INFORMATION

Sanction for this meet is approved for New York, New Jersey, Connecticut, CHSAA, and NYC PSAL.

State rules prohibit the wearing of jewelry and watches. Please make sure to advise your athletes prior to the meet.

Up to 1/4" spikes are permitted!!!

**** ATHLETES ARE LIMITED TO TWO (2) VARSITY EVENTS EACH ****

*** PLEASE NOTE - All J.V., Frosh, Frosh-Sophomore, and Exhibition events are non-scoring.

All Field Event Relays are two (2) competitors per relay team.

Throwers and Jumpers will be given three (3) attempts with no finals.

Each event is competed as an open event and awards are presented as follows:

GOLD MEDALS - To Each Member of the First Place Relay Team in Each Event

SILVER MEDALS - To Each Member of the Second Place Relay Team in Each Event

BRONZE MEDALS - To Each Member of the Third, Fourth, and Fifth Place Relay Team in Each Event

** Each member of the first place relay team in each event will also receive a Championship T-Shirt.

Five additional awards will be given out at the conclusion of the meet. They are:

THE "DAVE HANSON TROPHY" FOR COMBINED TEAM CHAMPION
TEAM CHAMPION TROPHIES FOR BOYS AND GIRLS
TEAM RUNNER-UP TROPHIES FOR BOYS AND GIRLS

** All relays are run as indicated on enclosed entry blank **

** All relays are to be conducted in proper team uniforms **

ORDER OF EVENTS

TIME EVENT

9:00 J.V. DISTANCE MEDLEY RELAY FOR BOYS (800-200-400-1600)
 J.V. DISTANCE MEDLEY RELAY FOR GIRLS (800-200-400-1600)
 1200 INTERMEDIATE HURDLE RELAY FOR BOYS
 1200 INTERMEDIATE HURDLE RELAY FOR GIRLS
 6400 METER RELAY FOR BOYS
 330 METER SHUTTLE HURDLE RELAY FOR BOYS
 6400 METER RELAY FOR GIRLS
 300 METER SHUTTLE HURDLE RELAY FOR GIRLS
 400 METER RELAY TRIALS FOR BOYS (6 FASTEST TO FINALS)
 400 METER RELAY TRIALS FOR GIRLS (6 FASTEST TO FINALS)
 3200 METER RELAY FOR BOYS
 3200 METER RELAY FOR GIRLS
 800 METER RELAY FOR BOYS
 800 METER RELAY FOR GIRLS
 FROSH-SOPH 3200 METER RELAY FOR BOYS
 FROSH-SOPH 3200 METER RELAY FOR GIRLS
 VARSITY DISTANCE MEDLEY RELAY FOR BOYS (1200-400-800-1600)
 VARSITY DISTANCE MEDLEY RELAY FOR GIRLS (1200-400-800-1600)
 400 METER RELAY FINALS FOR BOYS
 400 METER RELAY FINALS FOR GIRLS
 FROSH 1600 METER RELAY FOR BOYS
 FROSH 1600 METER RELAY FOR GIRLS
 ALUMNI MILE
 ALUMNI & COACHES 400M RELAY
 FROSH-SOPH 1600 METER RELAY FOR BOYS
 FROSH-SOPH 1600 METER RELAY FOR GIRLS
 SPRINT MEDLEY RELAY FOR BOYS (200-200-400-800)
 SPRINT MEDLEY RELAY FOR GIRLS (200-200-400-800)
 EXHIBITION STEEPLECHASE RELAY 2X2000 METER
 1600 METER RELAY FOR BOYS
 1600 METER RELAY FOR GIRLS

FIELD EVENTS - First Event Begins at 9:00 a.m.:

GIRLS HIGH JUMP	BOYS SHOT PUT	BOYS LONG JUMP
BOYS HIGH JUMP	FR/SO GIRLS SHOT PUT	GIRLS LONG JUMP
	GIRLS SHOT PUT	BOYS TRIPLE JUMP
	FR/SO BOYS SHOT PUT	GIRLS TRIPLE JUMP

GIRLS DISCUS	GIRLS POLE VAULT
FR/SO BOYS DISCUS	BOYS POLE VAULT
BOYS DISCUS	
FR/SO GIRLS DISCUS	

NOTE: * Only freshmen may run in Frosh 1600 Meter Relay. Freshmen may compete in any Frosh-Soph Relays.

**** An athlete is limited to 2 varsity events.**

***In case of inclement weather, the high jump will be moved indoors.

Please have appropriate foot gear for the gym floor.

NANUET RELAYS 2010



9:00 A.M.

SATURDAY, APRIL 10, 2010

ENTRIES CLOSE MONDAY, MARCH 29, 2010. ENTRY FEE MUST ACCOMPANY VOUCHER

CHECKS MADE PAYABLE TO: **NANUET TRACK CLUB**

ENTRIES AND VOUCHERS SHOULD BE SENT TO:

MEET DIRECTOR - NANUET RELAYS

C/O SHERI DEMPSEY

239 EHRHARDT ROAD

PEARL RIVER, NY 10965

FAX -- (845) 627-6692

VARSITY RELAYS (ONE (1) TEAM MAXIMUM PER RELAY EVENT):

	<u>BOYS</u>	<u>GIRLS</u>
400M RELAY (4 X 100)	_____	_____
800M RELAY (4 X 200)	_____	_____
1600M RELAY (4 X 400)	_____	_____
3200M RELAY (4 X 800)	_____	_____
6400M RELAY (4 X 1600)	_____	_____
SPRINT MEDLEY RELAY (200-200-400-800)	_____	_____
DISTANCE MEDLEY RELAY (1200-400-800-1600)	_____	_____
SHUTTLE HURDLE RELAY (BOYS-3 X 110) (GIRLS-3 X 100)	_____	_____
1200M INTERMEDIATE HURDLE RELAY (3 X 400)	_____	_____
All Field Event Relays are 2 competitors per relay team		
SHOT PUT RELAY	_____	_____
DISCUS RELAY	_____	_____
HIGH JUMP RELAY	_____	_____
TRIPLE JUMP RELAY	_____	_____
LONG JUMP RELAY	_____	_____
POLE VAULT RELAY	_____	_____

J.V., FROSH/SOPH, FROSH & EXHIBITION RELAYS (THREE (3) TEAMS MAXIMUM PER RELAY EVENT) - Indicate number:

	<u>BOYS</u>	<u>GIRLS</u>
2X2000M STEEPLECHASE RELAY (4 Barriers, Dry)	_____	_____
J.V. DISTANCE MEDLEY RELAY (800-200-400-1600)	_____	_____
FROSH 1600M RELAY (4 X 400)	_____	_____
FROSH-SOPH 1600M RELAY (4 X 400)	_____	_____
FROSH-SOPH 3200M RELAY (4 X 800)	_____	_____
FROSH-SOPH SHOT PUT RELAY	_____	_____
FROSH-SOPH DISCUS RELAY	_____	_____

MINIMUM ENTRY FEE: \$60.00 PER BOY'S TEAM & \$60.00 PER GIRL'S TEAM

MAXIMUM ENTRY FEE: BOYS - \$225.00 GIRLS - \$225.00

TRACK EVENT RELAYS FOR BOYS AND GIRLS - \$20.00 EACH

FIELD EVENT RELAYS FOR BOYS AND GIRLS - \$10.00 EACH

BOYS:

TOTAL TRACK RELAYS: _____ X \$20= _____

TOTAL FIELD RELAYS: _____ X \$10= _____

TOTAL ENTRY FEE: \$ _____

BOY'S BLANKET FEE: \$ _____ (\$225.00)

\$ _____ (\$225.00)

GIRLS:

TOTAL TRACK EVENTS: _____ X \$20= _____

TOTAL FIELD EVENTS: _____ X \$10= _____

TOTAL ENTRY FEE: \$ _____

GIRL'S BLANKET FEE: _____

BOYS' COACH: _____

GIRLS' COACH: _____

HOME PHONE: _____

HOME PHONE: _____

E-MAIL ADDRESS: _____

E-MAIL ADDRESS: _____

SCHOOL NAME: _____

SCHOOL PHONE: _____

SCHOOL ADDRESS: _____