



NANUET RELAYS 2019



NANUET SENIOR HIGH SCHOOL
(845) 627-9811

The **52nd ANNUAL NANUET RELAYS** will take place at Nanuet Senior High School on **SATURDAY, APRIL 13, 2019**, 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 **TUESDAY, April 2nd**.
Entry Fee or Voucher must accompany your entry.
Please make your check payable to:

****NANUET BLACK AND GOLD 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 \$75.00 (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 \$150.00. Maximum entry fee for a boys' team is \$250.00 and for a girls' team is \$250.00. Track Event Relays are \$25 each & Field Event Relays are \$20 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

Work: (845) 356-1600

Cell: (914) 393-0275

lbeckerle@beckerlelumber.com

SHERI DEMPSEY

Work: (845) 627-4040

Cell: (914) 419-2308

sdempsey@nanuetsd.org

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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 ****

An athlete may run a total of 4 events (state rule) but are limited in that only 2 of those events may be Varsity scoring events.

***** 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:

MEDALS TO THE TOP FIVE RELAYS 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 ****

MAXIMUM ONE VARSITY RELAY PER SCHOOL

**3 TEAMS MAXIMUM PER JV, FROSH/SOPH, FROSH &
EXHIBITION RELAY**

JV SHOT PUT, POLE VAULT and 800 RELAY – 1 TEAM ONLY PER SCHOOL

ORDER OF EVENTS



<u>TIME</u>	<u>#</u>	<u>EVENT</u>
9:00	1	J.V. DISTANCE MEDLEY RELAY FOR BOYS (800-200-400-1600)
	2	J.V. DISTANCE MEDLEY RELAY FOR GIRLS (800-200-400-1600)
	3	1200 INTERMEDIATE HURDLE RELAY FOR BOYS
	4	1200 INTERMEDIATE HURDLE RELAY FOR GIRLS
	5	6400 METER RELAY FOR BOYS
	6	330 METER SHUTTLE HURDLE RELAY FOR BOYS
	7	6400 METER RELAY FOR GIRLS
	8	300 METER SHUTTLE HURDLE RELAY FOR GIRLS
	9	400 METER RELAY BOYS (FINALS)
	10	400 METER RELAY GIRLS (FINALS)
	11	J.V. 800 METER RELAY FOR BOYS (1 TEAM PER SCHOOL ONLY)
	12	J.V. 800 METER RELAY FOR GIRLS (1 TEAM PER SCHOOL ONLY)
	13	3200 METER RELAY FOR BOYS
	14	3200 METER RELAY FOR GIRLS
	15	VARSITY 800 METER RELAY FOR BOYS
	16	VARSITY 800 METER RELAY FOR GIRLS
	17	FROSH-SOPH 3200 METER RELAY FOR BOYS
	18	FROSH-SOPH 3200 METER RELAY FOR GIRLS
	19	VARSITY DISTANCE MEDLEY RELAY FOR BOYS (1200-400-800-1600)
	20	VARSITY DISTANCE MEDLEY RELAY FOR GIRLS (1200-400-800-1600)
	21	FROSH 1600 METER RELAY FOR BOYS – FRESHMAN ONLY
	22	FROSH 1600 METER RELAY FOR GIRLS – FRESHMAN ONLY
	23	ALUMNI MILE
	24	ALUMNI & COACHES 400M RELAY
	25	FROSH-SOPH 1600 METER RELAY FOR BOYS
	26	FROSH-SOPH 1600 METER RELAY FOR GIRLS
	27	SPRINT MEDLEY RELAY FOR BOYS (200-200-400-800)
	28	SPRINT MEDLEY RELAY FOR GIRLS (200-200-400-800)
	29	EXHIBITION STEEPLECHASE RELAY 2X2000M
	30	1600 METER RELAY FOR BOYS
	31	1600 METER RELAY FOR GIRLS

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

1H	GIRLS HIGH JUMP	1S	BOYS SHOT PUT	1J	BOYS LONG JUMP
2H	BOYS HIGH JUMP	2S	FR/SO GIRLS SHOT PUT/JV	2J	GIRLS LONG JUMP
		3S	GIRLS SHOT PUT	3J	BOYS TRIPLE JUMP
		4S	FR/SO BOYS SHOT PUT/JV	4J	GIRLS TRIPLE JUMP

1D	GIRLS DISCUS	1P	GIRLS POLE VAULT/JV POLE VAULT
2D	FR/SO BOYS DISCUS	2P	BOYS POLE VAULT/JV POLE VAULT
3D	BOYS DISCUS		
4D	FR/SO GIRLS DISCUS		

NOTE: *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. THANKS!!

There are two field events that are JV and Non-Scoring. Each of these events may only have 1 (ONE) team entered. In addition the J.V. 800 Relay may only have 1(ONE) Team

1 - There will be a JV Pole Vault run simultaneously with the Varsity Pole Vault. Prior to the start of the Pole Vault, you must declare which two athletes are in your Varsity Pole Vault.

2 - There will be a JV Shot Put run concurrently with the Frosh/Soph Shot Put. If the shot put gets backed up, the JV Shot Put may be moved to the lower field once the horizontal jumps are done.

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9:00 A.M.

SATURDAY, APRIL 13, 2019

***ENTRIES CLOSE TUESDAY, APRIL 2nd, 2019. ENTRY FEE MUST ACCOMPANY VOUCHER*
CHECKS MADE PAYABLE TO: *NANUET BLACK AND GOLD CLUB***

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	_____	_____

EVENTS LISTED BELOW ARE 3 TEAMS MAXIMUM UNLESS OTHERWISE INDICATED -

Indicate number:

	<u>BOYS</u>	<u>GIRLS</u>
2X2000M STEEPLECHASE RELAY (4 Barriers, Dry)	_____	_____
J.V. DISTANCE MEDLEY RELAY (800-200-400-1600)	_____	_____
J.V. 800 METER RELAY (4 x 200) 1 TEAM ONLY	_____	_____
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	_____	_____
JV POLE VAULT - 1 TEAM ONLY	_____	_____
JV SHOT PUT - 1 TEAM ONLY	_____	_____

MINIMUM ENTRY FEE: \$75.00 PER BOY'S TEAM & \$75.00 PER GIRL'S TEAM

MAXIMUM ENTRY FEE: BOYS - \$250.00 GIRLS - \$250.00

TRACK EVENT RELAYS - \$25.00 EACH

FIELD EVENT RELAYS - \$20.00 EACH

BOYS:

GIRLS:

TOTAL TRACK RELAYS: _____ X \$25= _____
\$25= _____

TOTAL TRACK EVENTS: _____ X

TOTAL FIELD RELAYS: _____ X \$20= _____
\$20= _____

TOTAL FIELD EVENTS: _____ X

TOTAL ENTRY FEE: \$ _____

TOTAL ENTRY FEE : \$ _____

BOY'S BLANKET FEE: \$ _____ (\$250.00)

GIRL'S BLANKET FEE: _____

\$ _____ (\$250.00)

BOYS' COACH: _____

GIRLS' COACH: _____

CELL PHONE: _____ CELL PHONE: _____

E-MAIL ADDRESS: _____ E-MAIL ADDRESS: _____

SCHOOL NAME: _____

SCHOOL PHONE: _____

SCHOOL ADDRESS: _____