

# Stillwater Warrior Relays (8<sup>th</sup> Annual)

Saturday, April 20<sup>th</sup>, 2019

9:00 AM

***Invitation is extended to all Group 3 schools and smaller. We will cap the meet at 18 schools.***

***Email your intent to come to [stillwatertrack@yahoo.com](mailto:stillwatertrack@yahoo.com) (Shawn McClements)***

AWARDS: Trophies to top boys' and girls' teams.

Medals to top six finishers in all varsity events.

Frosh-Soph events will have medals for places one thru three.

ENTRIES: Each team is allowed two running relay and four individuals per field event. Field event relays are based on the best two individuals from your team (awards will go only to those two). Only one relay per school can score.

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| Cost = \$120 = single-sex team; co-ed teams = \$200 |
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## ORDER OF EVENTS:

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| TRACK ENTRIES: Relays go on cards (4x6) due at 8:30am. All hurdlers go on INDIVIDUAL cards (4x6).<br>FIELD ENTRIES are emailed to <a href="mailto:stillwatertrack@yahoo.com">stillwatertrack@yahoo.com</a> no later than 7pm Thursday, April 18 <sup>th</sup> . Use the template provided (email <a href="mailto:stillwatertrack@yahoo.com">stillwatertrack@yahoo.com</a> to receive template as an attachment). |
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All Events start at 9am [coaches meeting at 8:55]

4 x 1600

4 x 200 (frosh-soph) – nonscoring

4 x 200

3 x 100H (done as individual 100H races and times will be added together)

3 x 110H (done as individual 110H races and times will be added together)

SMR (4-2-2-8)

4 x 100 (frosh-soph) – nonscoring

4 x 100

3 x 400H (done as individual 400H races and times will be added together)

DMR (12-4-8-16)

4 x 400 (frosh-soph) – nonscoring

4 x 400

#### ENTRY INFORMATION:

You may enter two relay teams per event. A field relay team is four individuals. Field events start at 9:00 am. The best two will score and be eligible for awards. Enter all running relays on cards. Enter all hurdlers (100, 110, and 400 H) on individual cards. Any team that submits hurdlers any other way will not be seeded properly. Field relays are entered via email by Thursday 4/18 (7pm deadline).

#### SCORING:

Scoring will be 10-8-6-4-2-1

Frosh-soph races will be non-scoring.

Team trophies to 1<sup>st</sup> place boys team and 1<sup>st</sup> place girls team.

1<sup>st</sup>-6<sup>th</sup> varsity relays receive medals

1<sup>st</sup>-3<sup>rd</sup> frosh-soph receive medals

#### POLICIES

1. NYS Jewelry & uniform rules are in effect.
2. Spikes are permitted (1/4" or less)
3. Please bring your own starting blocks
4. Teams should camp outside the track
5. Only coaches and athletes are permitted inside the track area.
6. A concession stand will be available as well as T-shirts.

#### DIRECTIONS:

Our school is on Route 4 between Mechanicville and Schuylerville. Address: 1068 Hudson Ave, Stillwater NY

**BUS PARKING:** Have buses drive straight back, past the high school, and then turn right into the elementary bus loop for drop off. Buses should park in the empty lots in front of the high school (near route 4) until time for pick-up. Spectators can park in the lot directly adjacent to the track facility.

#### CONTACT INFORMATION:

Shawn McClements, Stillwater Head Track Coach & Meet Director

[stillwatertrack@yahoo.com](mailto:stillwatertrack@yahoo.com)

# ENTRY FORM

## 8<sup>th</sup> Annual Stillwater Relays

Saturday, April 20<sup>th</sup> , 2019

\_\_\_\_\_ Co-ed Team -- \$200

\_\_\_\_\_ Boys Only (\$120) \_\_\_\_\_ Girls Only (\$120)

**Please make checks out to the “*Stillwater Central Schools*”**

School: \_\_\_\_\_

Address: \_\_\_\_\_

Boys' Head Coach: \_\_\_\_\_

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

E-mail: \_\_\_\_\_ (please print clearly)

Girls' Head Coach (if different): \_\_\_\_\_

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

E-mail: \_\_\_\_\_ (please print clearly)

**Please return entry form and payment to:**

Stillwater High School

c/o Business Office

1068 Hudson Ave.

Stillwater NY 12170

## FIELD EVENTS (4 throws/jumps)

REMEMBER: all field entries are submitted to [stillwatertrack@yahoo.com](mailto:stillwatertrack@yahoo.com) by 4/18 (7pm)

SHOT – girls first (4 throws)

DISC – boys first (4 throws)

JAVELIN (located on far field behind the “away bleachers”) – girls first (4 throws)

LONG (located near discus) – girls first (4 jumps)

TRIP (located near shot) – boys first (4 jumps)

HIGH – girls first

POLE – boys first

In all the field events, the top two competitors from each school combine to make a team score.

### HOW TIES WILL BE MANAGED:

In the case of a tie, the best mark by best athlete per school breaks tie. If tie remains, then go to the best mark of the second athlete. If tie remains go to the best mark of the third. If tie remains it remains a tie.