

2012 34th Annual Tri-Valley Relays

Saturday May 5, 2012 at Tri-Valley 12:00 Noon.

Fees: Plan A: \$290.00 Blanket Entry Fee for Both
\$175.00 Blanket Entry Fee for One Team
Plan B: \$ 25.00 Per Running Relay
\$ 12.00 Per Field Relay (2 Man Teams)
\$ 8.00 Per Individual

This is an entry fee, not a participation fee. If meet is held all are expected to pay.

Entry: Send in Tear off ASAP with Claim Form Payable to The Running Fund. Day of meet turn in 3X5 Card for each Relay, including Field Events, School, Event, Name of Athletes and Performance. Schools are allowed 3 Relay Teams per Event and 6 Individuals.

Awards: Team- 1st-3rd in Two Div.--Trophies
1st, 2nd & 3rd Medals Div I= 401 and over 9-11
4th-6th Ribbons Div II=400 and less 9-11
Trophy Outstanding Track and Field Athletes

Scoring: 10-8-6-4-2-1- Must Score over-all in-order to score in Division.

Only one Team Scores Points but receives awards.

Events: Varsity Any 4 Events. Girls/Boys 1500 Walk NS.
The Pentathlon is offered at this meet.

Spikes: ¼” Spikes are allowed. Blocks in 100-200 Final.

Other Info: Meet is held on an SAT Day.

Field Athletes may compete in their event as long as Coach informs Joe Iatauro of late arrival.

(2nd Discus/Hammer Cage to be used)

Name of School _____

Boys Coach _____ Home # _____

Girls Coach _____ Home # _____

2012 Tri-Valley Relays Order of Events

All Events are Girls then Boys

12:00 Noon Pentathlon Hurdles
Frosh/Soph Sprint Medley (4-2-2-8)
1500 Walk (non scoring)
Frosh/Soph 400 Relay
6400 Relay (may be run together)
100 Dash Semi (Top 36 seeded)
1200 Intermediate Hurdle Relay
1500/1600 Run
Invitational Mile for Coaches, Alumni & Guests

100 Final
3200 Relay
800 Relay
Frosh/Soph 800 Relay
2000 Steeplechase
300/330 Shuttle Hurdle Relay
400 Relay

Distance Medley Relay (1200-400-800-1600)
Sprint Medley Relay (400-200-200-800)
Frosh/Soph 1600 Relay
1600 Relay

12:00 Noon (F/S & V Field Relays consist of Two Athletes)

Field Events B & G F/S Long Jump

B Javelin followed by G Javelin (off grass)

G Shot Put followed by B Shot Put

B F/S Discus followed by Girls F/S Discus

B Var Discus followed by G Var Discus

Varsity Long Jump then Varsity Triple Jump

B Hammer-G Hammer-B F/S Discus-G F/S Discus

1:15 Girls High Jump followed by Boys High Jump

Boys Pole Vault followed by Girls Pole Vault

Boys Fr/Soph Shot Put (2nd Circle) then G F/S SP

3 Teams allowed-(Get awards, 1 to score)-No dual participation, F/S and Varsity.

Events Contested

Varsity 100
Varsity 1500/1600
Varsity 2000 Steeplechase
Varsity Pentathlon
Varsity 400 Relay
F/S 400 Relay
Varsity 800 Relay
F/S 800 Relay
Varsity 1600 Relay
F/S 1600 Relay
Varsity 3200 Relay
Varsity 6400 Relay
Varsity Sprint Medley Relay (400-200-200-800)
F/S Sprint Medley Relay (400-200-200-800)
Varsity Distance Medley Relay (1200-400-800-1600)
Varsity 300/330 Shuttle Hurdle Relay
Varsity 1200 Intermediate Hurdle Relay

Varsity G and B Discus
F/S G and B Discus
Varsity G and B Shot Put
F/S G and B Shot Put
Varsity G and B Long Jump
F/S G and B Long Jump
Varsity G and B Triple Jump
Varsity G and B Hammer
Varsity G and B Javelin
Varsity G and B Pole Vault
Varsity G and B High Jump