

BOYS & GIRLS SECTION VIII RELAYS

Mitchel Park Complex, Uniondale

April 3rd (BOYS) April 4th (GIRLS) 4:30 PM

Important: This is a TWO EVENT PER ATHLETE meet ... (DQ in all events is the penalty)

*****If meets are not at Mitchel Complex the meet format is subject to change*****

Awards & Format

Each event is clerked CLASS A (1-2) or CLASS B (3-4). The first five places in each event receive medals. This is the A[1-2]/B[3-4] separation in the Coaches Guide.

Frosh/Soph:

Medals for the first three places by class A/B (3 in each class)

Field Events:

**All events except the pole vault will be separated as the running events
CLASS A (1 – 2) or CLASS B (3 – 4) ... PUT THE CLASS (A1-2 or B3-4) ON A 3X5 CARD REGARDLESS OF THE EVENT)**

Pole Vault:

OPEN ONLY 3 Vaulters, Count 2 – a maximum number of jumps will be mandated

High Jump:

3 Jumpers, Count 2

Shot, Discus, Long & Triple Jump

4 People, Count 3; **NO individual entries; Limit of three trials for each contestant;**

SCHOOLS MAY WIN ONLY ONE PLACE IN CLASS A or B IN THE SAME EVENT. HOWEVER, EACH SCHOOL MAY ENTER UNLIMITED TEAMS IN EACH EVENT

ATHLETES MUST WEAR SECTION VIII NUMBER ON FRONT	2 EVENT LIMIT PER ATHLETE	PUT NAME/ #/ SCHOOL / AND CLASS ON 3 x 5 CARD
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NO RADIOS – STAY OUT OF INFIELD

SECTION VIII RELAY ENTRY. Make a copy and hand in upon arrival. USUAL 3 x 5 CARD IS NEEDED!!

ORDER OF EVENTS: Enter the number of teams entered in each event on the form below.

Exhibition Steeplechase 2K girls 3K boys	
Hurdle Relay (3 at a time – ADD Together)	
4 x 1600(1500) -- maximum 18**	
4 x 800	
4 X 400 (3 turn stagger)	
4 X 400 SOPH (3 turn stagger)	
Mile Medley 400-200-200-800	
Mile Medley Frosh 400-200-200-800	
Distance Medley 1200-400-800-1600	
4 x 100	
4 x 100 FROSH	
4 x 100 SOPH	

High Jump	
Pole Vault	
Shot Put	
Discus	
Long Jump	
Triple Jump	

** Teams rejected can be placed in 4 x 800, DMR, etc. If we decide to hold to this rule we are relying on honest seed times & a small entry.

FILL OUT A 3 x 5 CARD FOR EACH RELAY TO BE GIVEN TO THE CLERK WHEN EVENT IS CALLED.

SCHOOL	COACH	ATHLETIC DIRECTOR
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