JOE BRANDI RELAYS 2019

High School Girls Meet
Monday, April 22nd
Connetquot HS

Monday Events:

	Track Events		Field Events
9:30	2 x 400 Hurdles	9:30	2 x Long Jump (3 team max)
9:50	4 x 1600	TBA	2 x Triple Jump (3 team max)
10:20	4 x 100	9:30	2 x High Jump
10:50	2 x 1500 Walk	9:30	2 x Shot Put
11:20	Mile Medley (400-200-200-800)	9:30	2 x Discus
12:00	4 x 400	9:30	2 x Pole Vault
12:30	2 x 100 Hurdles		
12:45	2 x 2000 Steeplechase		
1:15	4 x 200		
1:45	Swedish Medley (100-200-300-400)		
2:05	4 x 800		
2:35	Sprint Medley (100-100-200-400)		
2:50	Distance Medley (1200-400-800-1600)		

Things you should know…

- ***There are no scheduled contests allowed in Section XI from April 18th to the 21st because of Holy Thursday, Good Friday, Passover and Easter Sunday. We need to move our meet this year only. We expect to go back to our 2-day meet on our normal weekend next year.***
- 3-event maximum per athlete
- The meet will be timed by Just-In-Time. Use your "Just-In-Time numbers" on all your relay cards.
- Every relay needs to have a relay card. Bring it to the clerk or to the event when it is called. Include: Event, School, (A, B, C … etc. if necessary) and Seed Time. Also attach Just In Time stickers or write names and COMPETITOR NUMBERS.
- **Use 3 x 5 cards for most of the relays but use the large "2-person relay cards" for the LJ, TJ, Shot and Disc. I will provide these if you don't have any.**
- You may enter as many relay teams as you want in all events except the LJ and TJ. Notice the 3 team limits for the LJ and TJ.

- In all the field events plus the 400 hurdles, the 100 hurdles, the steeple and the walk we will add the times or distances.
- The LJ will go first, followed by the TJ. We only have one runway.
- The schools whose name starts with the letters A – L will throw the discus first; the others, M – Z, will throw the shot first. We will then switch. This way your athletes will stay together, and a coach can watch all their throwers at once.
- You can pick up your medals at any time or wait until the meet is over. They will be placed in a bag for you as the meet progresses. (TOP 10 get medals!)
- Bathrooms are available in the school. Go through the doors between the gyms. There are 2 sets of bathrooms available.
- HJ: starts at 4' up 2" to 5', 1" the rest of the way
- PV: starts at 6' up 6" to 10', 3" the rest of the way
- Ties in the events that are added will be broken by the top performer.
- Keep your athletes out of the infield. We want to keep the middle of the infield as clear as possible.
- Of course, you can have a field event, hurdle, steeplechase, or walk relay with just one competitor if you don't have someone else to enter. They probably won't score though!
- We want to get the PV started quickly. Please get your athletes there early to check in and warm-up.
- Swedish Relay will start at the normal start line. The 100 and 200 will stay in lanes, the 300 will take it in lanes then cut in. The race will finish on the opposite side of the track (the normal 200 start.)
- Blanket entry of: $200 or $20 per 2-girl relay, $30 per 4-girl relay.
- Make checks payable to: **Connetquot Track** Due by April 15th

Send entry to: Jim Crowley
Connetquot HS
190 7th St.
Bohemia, NY 11716

email: jcrowley@sjcny.edu
fax: 631-244-2347

School _____
Coach _____ Email: _____
Blanket entry of **$200** or
# of 2-girl relays ____ x $20 + # of 4-girl relays ____ x $30 = total _____