***32nd Annual Red Raider Relays***

**Date:** Thursday, April 18th

**Time:** 10AM

**Events:** A complete schedule of Varsity individual running & field

 Including the Pentathlon

***\*Event Standards:* *\*Event Standards:* Please note – RRR had gotten so large, that last year we are implemented Event Standards! Please refer to the enclosed standards and only enter athletes who will be *capable of achieving these standards on the* *day of our meet*. Please be honest, we know that these standards will keep some athletes out of the RRR, but we just can no longer accommodate such large fields at the expense of the quality athletes entered in the meet.**

**Entry Max:** The Pentathlon will be an invitational event. Please submit entries and we will post accepted entries 2 days prior to meet.

**Timing:** Fully automatic timing provided by ***Leone Timing***

**Entry**: Mailed or e-mailed entry form:

***IN OUR HANDS BY SATURDAY APRIL 7th***

Roster & event entry done on line,

***ONLY AFTER*** we receive your entry form

**Entry form:** When you send your entry form to us, **PLEASE MAKE SURE YOU** **INCLUDE A VALID E-MAIL ADDRESS**.

In closing, we want to make the RRR one of the high points of your spring season. So please plan to join us on **April 18th** for the 32nd annual

***Red Raider Relays!***

ENTRY FORM ALONG WITH CHECK OR VOUCHER DUE:

***IN OUR HANDS ON APRIL 7th***

**Contact Orlando Rivera:**

**Cell phone # 518-618-6555**

**e-mail MultisportWorkshop@gmail.com**

RED RAIDER RELAYS

***MEET NOTES:***

**School Location:** North Rockland HS. is located 30 miles north of New York city, one mile east of the Palisades Parkway and two miles west of Rt. 9W in Thiells, NY. (Town of Haverstraw) Rockland County.

**Track Facilities: 6 lane Urethane** **track**, double jumping runways and pits, concrete shot put and discus circle. **1/4 inch pyramid spikes only,** may be worn on the track & jumping areas.

**NO ONE WILL BE ALLOWED IN THE SCHOOL DURING THE MEET.**

Restrooms are located at the stadium, come dressed for the meet

**LOCKER ROOMS NOT AVAILABLE**

# A FULL SNACK STAND WILL BE OPEN - T-SHIRTS WILL BE ON SALE

**A TRAINER WILL BE ON DUTY**

New York State & Bordering States Sanctions have been requested

**MEET COMPETITION RULES:**

**Boys & Girls – any 3 events, HOWEVER, any athlete who competes in the *PENTATHLON* may not compete in any other event.**

#### DO NOT EXCEED YOUR OWN STATE RULES

All current National Federation uniform & jewelry rules will be strictly enforced!

*EACH SCHOOL IS LIMITED TO ONE*

*RELAY TEAM PER RELAY EVENT*

***Javelin*** – competed on an open runway – get your throws in during the allotted time

Radio & stereo boxes are **NOT** permitted on the grounds at NRHS

 **PLEASE** **LEAVE THEM AT HOME! Personal listening devises only.**

## Medals: To the top six places in each individual & relay event

Plaque: To the Winner of each **VARSITY** **INDIVIDUAL EVENT**

Plaques: Outstanding performance boys & girls running events

Plaques: Outstanding performance boys & girls field events

ENTRY INFORMATION

ENTRY FORM & CHECK OR VOUCHER MUST ***IN OUR HANDS*** BY:

## ***SATURDAY APRIL 7th***

***ENTERING THE RED RAIDER RELAYS IS A TWO STAGE PROCESS:***

***1*. Mail or e-mail your ENTRY FORM TO the Meet director – Orlando Rivera**

***2*. AFTER COMPLETING #1 ABOVE - GO TO: m*ilesplit*** enteryour roster and make your individual event & relay entries:

**by 11:59pm. on** **Tuesday APRIL 16TH**

*MAKE SURE YOUR ENTRIES ARE SAVED ON THE WEBSITE & MAKE A COPY OF YOUR ENTRIES*

*BEFORE LOGING OUT*

 Athletes who will only run on relays must still be on your entered roster

**SCRATCHES:**

Coaches – you may make scratches on the day of the meet –werealize that illness, injury etc. may change your entry **– HOWEVER –** since wedo not have you make your entries until the monday before the meet – **SCRATCHES SHOULD BE AT A MINIMUM – PLEASE** make choices onwhere you are entering your athletes **BEFORE** you enter them on the website – **PLEASE DO NOT** enter your athletes all over the event schedule and thenexpect to come to the meet and make wholesale scratches **– THAT HOLDS UP THE START OF THE MEET – AND PUTS A UNDUE BURDEN ON THE EVENT STAFF!**

**DAY OF THE MEET:** upon arrival, pick up your packet at the Computer Tent located at the finish Line, packet contains: program – info sheet –etc. make scratches (***so we don’t run incomplete heats***) and then

**HAVE A GREAT DAY !!**

# *IN OUR HANDS BY SATURDAY APRIL 7th*

Entry Form

*Circle One >* *Boys Entry Girls Entry Boys & Girls Entry*

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

Coach: boys\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ girls\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athletic Director’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AD Phone#\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME e-mail address boys coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME e-mail address girls coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WE MUST have an e-mail address to send you your user name & password – PRINT CLEARLY!

 Phone#’s Boys Coach – School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Home\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Girls Coach - School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Home\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Type of Entry Check One:

*Blanket \_\_\_\_\_\_ -*  $400.00 - UNLIMITED boys & girls (ONE RELAY PER EVENT)

or

*Individual\_\_\_\_\_* - $19.00 PER ATHLETE ON THE ROSTER YOU ENTER

 $19.00 per boy athlete X \_\_\_\_\_\_\_ = $\_\_\_\_\_\_\_\_\_

 $19.00 per girl athlete X \_\_\_\_\_\_\_ = $ \_\_\_\_\_\_\_\_

 TOTAL = $ \_\_\_\_\_\_\_\_\_\_\_

PLEASE BE AWARE THAT THIS IS AN ENTRY FEE NOT A COMPETITION FEE

*ONCE ENTRY IS MADE PAYMENT MUST FOLLOW – EVEN IF YOU FAIL TO COMPETE*

Mail to: Red Raider Relays Make check payable to:North Rockland Central School District

 65 Chapel St Tin # 13-6007129

 Garnerville NY 10923

Orlando Rivera e-mail – Multisportworkshop@gmail.com cell phone # 518-618-6555

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| --- | --- |
|  | ORDER OF EVENTS |
|  | *2019* |  |
|  | *Thursday* |  |
| 10:00AM | - | 10:00AM |
| **Varsity Running Events** | - | **Varsity Field Events** |
| HH Pentathlon G-B | - | Shot Put Girls |
| HH Semi 6 fastest to final B-G100m semi 6 fastest to final G-B***HH Final G-B*** | -- | Girls TJGirls PVBoys HJ |
| 1600m final on time G-B | - | Boys DiscusBoys LJ |
| ***100m Final G-B*** | - |  |
| Fr/Soph SMR (4-2-2-8) G-B | - | Boys TJ **after** Pent. LJ |
| 400m Final on Time final G-B400IH G-B | -- | Girls LJ **after** Pent LJGirls HJ **after** Boys HJ |
| 200m semi 6 fastest to final G-B800 G-B**200m Final G-B** | - | Pent. SP G-B **after** Girls SPBoys Shot **after** Pent SPGirls Discus **after** Boys Discus |
| 3200m Girls Final | - | Boys PV **after** Girls PV |
| 3200m Boys final | - | Javelin – Open runway Boys **(11AM)**  Girls **(11AM)** |
|  | - | ------------------------------------------------ |
| ---------------------------------------------------- |
|  |
| Meet ends @ Approx. 6:00pm |
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