



Ossining Track & Field OSSINING RELAYS

Date: Saturday, April 2, 2022

Site: Anne M. Dorner Middle School Ossining, NY 10562

Rules: National Federation Recognized

¼ Pyramid Spikes

Starting blocks will be available

For the John Covert Mile, the top 15 times will be accepted for the race, no more than 2 entries per school.

For the 400m run, no more than 3 entries per school.

For the 100HH/110HH, no more than 3 entries per school.

Field Events: Check in at your event when event is called.

LJ & TJ: 3 jumps, no finals.

Shot & Discus: 3 throws, no finals.

3 athletes per relay team, best 2 will score.

Participation: Unlimited entry in all events. An athlete may compete in 3 events.

Awards: Medals to Top Five in all events

Fees:

MINIMUM ENTRY FEE IS \$75 PER BOYS OR GIRLS TEAM

Individual events are \$15 each, Relay events are \$25 each

\$275 per team (Specify Boys or Girls), \$500 per school

Large concession stand with hot and cold food and beverages

Payment:

Make checks payable to:

Ossining Track and Field

Ossining High School Athletic Office

TIN 46-2660044 ossining track

29 S. Highland Ave.

Ossining, NY 10562

Attn. Randy Hill

Contact Information:

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Catherine Boozang-Hill

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Online entries close on MileSplit on Friday, April 1, 2022



Ossining Track & Field

OSSINING RELAYS

ORDER OF EVENTS

VARSITY DISTANCE MEDLEY RELAY BOYS (1200-400-800-1600)
VARSITY DISTANCE MEDLEY RELAY GIRLS (1200-400-800-1600)

J.V. DISTANCE MEDLEY RELAY FOR BOYS (800-200-400-1600)
J.V. DISTANCE MEDLEY RELAY FOR GIRLS (800-200-400-1600)

110 METER HIGH HURDLES
100 METER HIGH HURDLES

400 METER RELAY BOYS
400 METER RELAY GIRLS

400 METER RUN (BOYS THEN GIRLS)

JOHN COVERT MILE (BOYS THEN GIRLS)

800 METER RELAY BOYS
800 METER RELAY GIRLS

400 INTERMEDIATE HURDLE BOYS (Individual)
400 INTERMEDIATE HURDLE GIRLS (Individual)

SPRINT MEDLEY RELAY BOYS (200-200-400-800)
SPRINT MEDLEY RELAY GIRLS (200-200-400-800)

3200 METER RELAY BOYS
3200 METER RELAY GIRLS

1600 METER RELAY BOYS
1600 METER RELAY GIRLS

FIELD EVENTS - First Event Begins at 9:00 a.m.:

Long Jump Relay (B, G) **High Jump Relay** (G, B)
Triple Jump Relay (G, B)--to follow long jump

Shot Put Relay (B, G)
Discus Relay (G, B)--across the street