

**19th Annual
MOUNT RELAYS
Saturday April 22, 2023
Mount Saint Michael Academy**

Last time to Turn Up for PENN RELAYS:

COACHES INSTRUCTION SHEET

ENTRIES

- * Due date is Wednesday April 19, 2023
- * No checks will be accepted the day of the meet
- * This is an entry fee, not a participation fee
- *** [ONLINE REGISTRATION ON ATHLETIC.NET](https://athletic.net)
- *** [SEND PAYMENT AND HARD COPY TO THE ADDRESS BELOW](#)

RELAYS

- * All relays will be seeded the day of the meet.
- * All relays are final on time
- * The first three heats of all 4x400m relays will be run in lanes and the rest will use a California start.
- * 3 attempts and No Finals in all Field Events
- * No starting blocks will be allowed
- * Bring your own Batons

ELIGIBILITY

- * An athlete may compete in any three events
- * Freshmen cannot run in sophomore events unless indicated.
- * ¼ inch spikes or less

FULLY AUTOMATIC TIMING by Fulton Accurate timing

MEDICAL

- * A trainer will be available all day

AWARDS

- * Medals to the top five in all events

QUESTIONS:

e-mail: Darnell.Gatling@mtstmichael.org / Coachgatling.dg@gmail.com

SANCTIONS

- *National Federation
- *NY,CT,NJ *CHSAA*PSAL*NYAIS

19th Annual
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Saturday April 22, 2023

ENTRY FORM (Due Monday April 19, 2023)

Boys individual events

___ 400IH
___ LJ
___ TJ
___ HJ
___ SP
___ DISCUS.
___ JAVELIN

Girls individual events

___ 400ih
___ LJ
___ TJ
___ HJ
___ SP
___ DISCUS
___ JAVELIN

Boys Relays

___ Frosh 4x400m
___ Soph 4x400m
___ Frosh/Soph 4x800m
___ Varsity 4 x 800m
___ Frosh/Soph 4x100m
___ Varsity 4x100m
___ Varsity 4x400m
___ Varsity 4 x 200 Meter Relay*
___ Varsity 800 Medley Relay*
___ Varsity 1600 Medley Relay*

Girls Relays

___ Frosh 4x400m
___ Soph 4x400m
___ Frosh/Soph 4x800m
___ Varsity4 x 800m
___ Frosh/Soph 4x100m
___ Varsity 4 x 100m
___ Varsity 4x400m
___ Varsity 4 x 200 Meter Relay*
___ Varsity 800 Medley Relay*
___ Varsity 1600 Medley Relay*

*Featured Relays (National Qualifier)

Total # of Individuals _____ x \$15.00
Total # of Relays _____ x \$30.00

Total Entry Fee \$ _____

Max Entry per Boys or Girls team is \$350.
For both Boys and Girls \$600. (in the same school)

Make Checks Payable to: "Mount St. Michael Academy" (INCLUDE THIS ENTRY PAGE)

Mail entry to:

Coach Darnell Gatling Sr.
Mt. St. Michael Academy
4300 Murdock Ave.
Bronx, NY 10466

School _____ City _____ State _____ Cell # _____
Coaches' Name _____ email: _____

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ORDER OF EVENTS

RUNNING EVENTS (We will run ahead of schedule when it is possible)

9:45 Varsity Girls 400 Meter Hurdles
10:00 Varsity Boys 400 Meter Hurdles
10:15 Frosh/Soph Girls 4 x 800m Relay
10:40 Frosh/Soph Boys 4 x 800m Relay
11:00 Frosh/Soph Girls 4 x 100m Relay
11:15 Frosh/Soph Boys 4 x 100m Relay
11:25 Alumni 4 x 200m Relay
11:35 Varsity Girls 1600 Medley Relay (200-200-400-800)*
11:50 Varsity Boys 1600 Medley Relay (200-200-400-800)*
12:05 Varsity Girls 4 x 100m Relay
12:15 Varsity Boys 4 x 100m Relay
12:25 Varsity Girls 800 Medley Relay (100-100-200-400)*
12:40 Varsity Boys 800 Medley Relay (100-100-200-400)*
12:55 Frosh Girls 4 x 400m Relay
1:10 Frosh Boys 4 x 400m Relay
1:25 Soph Girls 4 x 400m Relay
1:35 Soph Boys 4 x 400m Relay
1:50 Varsity Girls 4 X 200 Meter Relay*
2:05 Varsity Boys 4 x 200 Meter Relay*
2:10 Varsiy Girls 4 x 800 Meter Relay
2:25 Varsiy Boys 4 x 800 Meter Relay
2:40 Varsity Girls 4x400m Relay
2:50 Varsity Boys 4x400m Relay

*Featured Races (National Qualifiers)

FIELD EVENTS (3 attempts – No Finals)

9:00am Boys Discus-----Girls Discus to follow

9:30am Boys Javelin-----Girls Javelin to follow
Girls Shot Put-----Boys Shot Put to follow

(2 SEPARATE PITS)

Girls Long jump-----Girls Triple Jump to follow
Boys Long Jump-----Boys Triple Jump to follow

10:30am Girls High Jump -----Boys High Jump to follow