

Annual
MOUNT RELAYS
Saturday April 18, 2026
Mount Saint Michael Academy

COACHES INSTRUCTION SHEET

ENTRIES

- * Due date is Wednesday April 15, 2026
- * No checks will be accepted the day of the meet
- * This is an entry fee, not a participation fee
- ** Teams make sure that your roster is updated on milesplit.com
- *** [ONLINE REGISTRATION ON Milesplitny starting on March 16, 2026](#)
- *** [Email a copy or photo copy to Coachgatling.dg@gmail.com](mailto:Coachgatling.dg@gmail.com)
- *** [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 Waterfall start.
- * 3 attempts and No Finals in all Field Events except the High Jump
- * All first jumps and throws will be measured.

ELIGIBILITY

- * An athlete may compete in any three events
- * Freshmen can not 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: Coachgatling.dg@gmail.com

(Invited States and Leagues)

*NY,CT, NJ *CHSAA*PSAL*NYAIS

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ENTRY FORM (Due Wednesday April 15, 2026)

Boys individual events

____ 400IH
____ LJ
____ TJ
____ HJ
____ SP
____ DISCUS
____ JAVELIN
____ 200 Meter Dash (Maximum 3 per school)
____ 800 Meter Run (Maximum 3 per school)

Girls individual events

____ 400Ih
____ LJ
____ TJ
____ HJ
____ SP
____ DISCUS
____ JAVELIN
____ 200 Meter Dash
____ 800 Meter Run

Boys Relays

____ Frosh 4x400m
____ Soph 4x400m
____ Frosh/Soph 4x800m
____ Frosh/Soph 4x100m
____ Varsity 4x100m
____ Varsity 4x400m
____ Varsity 800 Medley Relay
____ Varsity 4 x 800 Relay
____ Varsity 1600 Medley Relay

Girls Relays

____ Frosh 4x400m
____ Soph 4x400m
____ Frosh/Soph 4x800m
____ Frosh/Soph 4x100m
____ Varsity 4x100m
____ Varsity 4x400m
____ Varsity 800 Medley Relay
____ Varsity 4 x 800 Relay
____ Varsity 1600 Medley Relay

Total # of Individuals _____ x \$15.00

Total # of Relays _____ x \$35.00

Total Entry Fee \$ _____

Max Entry per Boys or Girls team is \$400.

For both Boys and Girls \$700. (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 _____

Coaches' Name _____ Phone # _____ email: _____

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ORDER OF EVENTS (Mount Relays Time Schedule)

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

10:00 Varsity Girls 400 Meter Hurdles
10:10 Varsity Boys 400 Meter Hurdles
10:15 Frosh/Soph Girls 4 x 800m Relay
10:35 Frosh/Soph Boys 4 x 800m Relay
10:50 Girls 800 Meter Run
11:05 Boys 800 meter Run
11:20 Frosh/Soph Girls 4 x 100m Relay
11:40 Frosh/Soph Boys 4 x 100m Relay
12:10 Varsity Girls 1600 Medley Relay(200-200-400-800)
12:25 Varsity Boys 1600 Medley Relay(200-200-400-800)
12:45 Varsity Girls 4 x 100m Relay
12:55 Varsity Boys 4 x 100m Relay
1:10 Varsity Girls 800 Medley Relay (100-100-200-400)
1:25 Varsity Boys 800 Medley Relay (100-100-200-400)
1:35 Frosh Girls 4 x 400m Relay
1:50 Frosh Boys 4 x 400m Relay
2:00 Soph Girls 4 x 400m Relay
2:15 Soph Boys 4 x 400m Relay
2:30 Varsity Girls 200
2:45 Varsity Boys 200
3:00 Varsity Girls 4 x 800 relay
3:15 Varsity Boys 4 x 800 relay
3:30 Varsity Girls 4x400m Relay
3:45 Varsity Boys 4x400m Relay

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
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