

20th Annual Red Raider Relays

Date: **Friday April 20th^(2pm) & Saturday April 21st^(9am) 2007.**

Events: A complete schedule of Varsity individual running, field & relay events
Including the Pentathlon and F/S relays and field events

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

Entry: Mailed or e-mailed entry form:

IN OUR HANDS BY FRIDAY APRIL 6th
Roster & event entry done on the web,
ONLY AFTER we receive your entry form

Entry form: When you send your entry form to us, **PLEASE MAKE SURE YOU INCLUDE A VALID HOME E-MAIL ADDRESS**, so that we may e-mail you your user name & password – you won't be able to enter your roster or make event entries without them. Please **DO NOT GIVE US SCHOOL E-MAIL ADDRESSES**, we have found them to be useless, unless we are trying to contact you on a school day during school hours !

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 20th & 21st for the 20th annual

Red Raider Relays !

ENTRY FORM ALONG WITH CHECK OR VOUCHER DUE:

IN OUR HANDS ON FRIDAY APRIL 6th

ENTRY FORM & INFO AVAILABLE AT: ***nrxc.net***

?’s contact Gene Dall phone # 845 786 5485

e-mail genedall@optonline.net

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: All-rubber track, double jumping runways and pits, concrete shot put arena, caged discus circle. 1/4 inch spikes pyramid 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, **lockerooms will not be available for use.**

**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 & received

MEET COMPETITION RULES:

Boys & Girls – any 4 events, HOWEVER, any athlete who competes in the PENTATHLON may not compete in any other event.

DO NOT EXCEED YOUR OWN STATE RULES

Any athlete who competes in a **VARSITY INDIVIDUAL EVENT**, may not compete in the **SAME FR/SOPH INDIVIDUAL EVENT**

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

**EACH SCHOOL IS LIMITED TO ONE
RELAY TEAM PER RELAY EVENT**

Radio & stereo boxes are **NOT** permitted on the grounds at NRHS – **PLEASE LEAVE THEM AT HOME!** Personal listening devises only.

AWARDS:

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

Plaques: 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 IN OUR HANDS BY:

FRIDAY APRIL 6th

ENTERING THE RED RAIDER RELAYS IS A TWO STEP PROCESS:

1. Mail or e-mail your ENTRY FORM TO the Meet director – Gene Dall
Upon receiving your entry form, we will e-mail to you instructions for completing your entry using the www.onlineentries.com website. Instructions may also be found at *NRXC.net*.

PLEASE MAKE SURE YOU INCLUDE A VALID HOME e-mail ADDRESS ON YOUR ENTRY FORM – SCHOOL E-MAIL ADDRESSES HAVE PROVEN TO MAKE IT HARD TO CONTACT YOU – we need the address to send you your user name & password so you can access www.onlineentries.com

2. GO TO: www.onlineentries.com - enter your roster and make your individual event & relay entries by 5:00pm. on TUESDAY APRIL 17TH

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 – we realize that illness, injury etc. may change your entry – **HOWEVER** – since we do not have you make your entries until the Tuesday before the meet – **SCRATCHES SHOULD BE AT A MINIMUM – PLEASE** make choices on where you are entering your athletes **BEFORE** you enter them on the website – **PLEASE DO NOT** enter your athletes all over the event schedule and then expect 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!**

A \$20.00 per athlete fee (payable in cash) will be charged for any athletes added to your roster on the day of the meet

DAY OF THE MEET: upon arrival, pick up your packet at the Computer Tent located at the finish Line, packet contains: Roster with ID #'s, program – info sheet – and then **HAVE A GREAT DAY !!**

RED RAIDER RELAYS
ORDER OF EVENTS
FRIDAY APRIL 20TH - Starting time 2:00PM.

Running Events

HH Pentathlon G/B
HH semi 6 fastest to final B/G
1600m final on time G/B
100m semi 6 fastest to final G/B
400m semi 6 fastest to final G/B
200m semi 6 fastest to final G/B
3200 girls final on time
5000m boys final on time

Field Events

Shot Put – girls varsity
Pentathlon LJ B/G 2 runways
High Jump - boys varsity
Discus – boys varsity
Pole Vault – boys varsity
Triple Jump – boys var. after pent LJ
Long Jump – girls var. after pent. LJ
Pent. Shot Put G/B after girls Shot Put

SATURDAY APRIL 21ST - Starting Time 9:00am.

Fr/Soph Relays girls before boys

4 X 100 final on time
Sprint Medley (4-2-2-800)
DMR (8-2-4-1600)
4 X 400 final on time

Fr/Soph Field Events

High Jump G/B 2 pits
Discus - girls
Shot Put – boys
Triple Jump – boys
Long Jump – girls
P-Vault –G/B together score seperately
Triple Jump – girls - after boys
Long Jump – boys - after girls
Shot Put – girls - after boys
Discus – boys - after girls

Varsity Running Events

Not to start before 11:00am.

HH final G/B
100m final G/B
800m final on time G/B
200m final G/B
400m final G/B
IH final on time G/B
Pent. 800/1500 placed in the
Schedule as needed

Varsity Field Events not before 11:00am.

Pent. HJ G/B 2 pits
Long Jump - boys
Triple Jump – girls
High Jump – girls - after Pent. HJ
Discus – girls
Shot put – boys
Pole Vault – girls

Varsity Relays approx. 1:00pm.

girls before boys

DMR (12-4-8-16) final on time
4 X 100 semi 6 fastest to final
4 X 800 final on time
4 X 100 final
Sprint Medley (2-2-4-8) final on time
4 X 200 final on time
4 X 400 final on time

MEET ENDS AT APPROXIMATELY 4:00pm

RED RAIDER RELAYS MEET ENTRY FORM

THIS SHEET ALONG WITH YOUR **CHECK OR VOUCHER** MUST BE:
IN OUR HANDS BY FRIDAY APRIL 7th

WE WILL E-MAIL BACK TO YOU YOUR USER NAME & PASSWORD SO
YOU MAY COMPLETE YOUR ENTRY

Circle One: Boys Entry Girls Entry Boys & Girls Entry

School Name: _____

Coach: boys _____ girls _____

Mailing Address:
boys _____ girls _____

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

_Phone#'s Boys Coach – School _____ Home _____

Girls Coach - School _____ Home _____

Type of Entry Check One:

Blanket - \$425.00 - UNLIMITED boys & girls (ONE RELAY PER EVENT)

or

Individual - \$16.00 PER ATHLETE ON THE ROSTER YOU ENTER

\$16.00 per boy athlete X _____ = \$ _____

\$16.00 per girl athlete X _____ = \$ _____

TOTAL = \$ _____

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

Mail to: Red Raider Relays
6 Deer Run

Tomkins Cove, NY. 10986

Make check payable to: Red Raider Track Club
Tin # 13-6007129

Gene Dall's e-mail [-genedall@optonline.net](mailto:genedall@optonline.net) **home phone # (845) 786 5485**