

THE 35TH ANNUAL
WILSON MEMORIAL TRACK CLUB
CRUSADER RELAYS

Dear Coach:

The Monroe Woodbury Central School District and the Dick Wilson Track Club would like to invite you to participate in the 35TH ANNUAL CRUSADER RELAYS to be held on Saturday, May 5TH, 2018

Monroe Woodbury is a **SAT** testing center for the exam, given on the same day. Your student athlete may take the exam, at our center and still compete. Check with guidance for the closing date for application and specify our test center, #33-314. If additional information is needed, you may contact **Jim Glover at 845-460-6700 X6744, fax: 845-460-6067 or email: jglover@mw.k12.ny.us**

AWARDS: Team Trophies: First & Second
Individual: T-Shirts, Frosh/Soph: first three finishers, individual and relay.
T-Shirts, Varsity: first five finishers individual events, first four relays.

REFRESHMENTS: A fully stocked refreshment stand is open for both breakfast and lunch.

FEES: \$30.00 per individual \$45.00 per relay team
BLANKET: Boys team: \$250.00 Girls team: \$250.00
Boys and Girls combined: \$450.00

Checks payable to:
WILSON MEMORIAL TRACK CLUB
W-9 form available upon request.
EIN# 46-0513171

NOTE

WE WILL AGAIN BE USING FULLY AUTOMATIC TIMING THIS YEAR!
PAINLESS ONLINE ENTRY! PLEASE NOTE THE INSTRUCTIONS ON PAGE 4.

**NO STARTING BLOCKS ARE PERMITTED IN ANY EVENT.
1/4TH INCH SPIKES ARE ALLOWED IN ALL EVENTS.**

SEEDS: All seeding is done online. Entries will stay open till 9 PM 5/4/18
SANCTIONS: States of New York and New Jersey, PSAL and CHSAA
DIRECTIONS: 1/4 Mile from exit 16 NYS Thruway and exit 131 NYS Rt. 17
DEADLINE: PLEASE SEND YOUR ENTRY DECLARATION BY 4/23/18.

MEET RULES

1. Athletes may compete in 4 events.
2. There will be no warming up on the track once the meet is underway.
3. In all field events, Varsity competitors will have four (4) throws, four (4) jumps. **NO FINALS OR:** If it is appropriate, based upon # of entrants, we will do 3 jumps/throws **with finals.**
4. In all field events, Frosh/Soph competitors will have three (3) throws, three (3) jumps. **NO FINALS**
5. All track competitors will check in with the clerk of the course when the race is called.
6. Field events report to the event. No card necessary.
7. Teams must provide their own batons.
8. Scoring will be 6-4-3-2-1 in all divisions.
9. Trophies will be awarded to first and second place teams in all divisions.
10. This meet is governed by the N.Y.P.H.S.A.A. Handbook and the National Federation Alliance Handbook of Track and Field.
11. Please pick up awards at the press box after the final results are announced.
12. An infraction of the rules may result in the disqualification of your team. Please cooperate. We hope you enjoy your day here at Monroe Woodbury. We are planning to hold this event on the first Saturday of May in 2019.

***** A FIRST AID STATION WILL BE AVAILABLE IN CASE OF INJURY *****

**OUTSTANDING FACILITIES
400 METER ALL WEATHER TRACK
2 LJ PITS * 2 TJ PITS * 2 SP CIRCLES * 2 DISC CIRCLES * POLE-VAULT * HIGH JUMP**

35TH ANNUAL CRUSADER RELAYS
OFFICIAL ENTRY DECLARATION

PLEASE SUBMIT THIS FORM BY
4/23/18

ENTRY FEE: # OF INDIVIDUAL ENTRIES _____ X \$30.00 = _____
OF RELAY ENTRIES _____ X 45.00 = _____
TOTAL = _____

BLANKET FEE: BOYS \$250.00 _____ GIRLS \$250.00 _____ TEAM \$450.00 _____

MAIL ENTRY W/CHECK OR VOUCHER
PAYABLE TO: WILSON MEMORIAL TRACK CLUB
BY 4/23/18 SEND OR FAX TO:

Checks payable to:
WILSON MEMORIAL TRACK CLUB
W-9 form available upon request.
EIN# 46-0513171

JIM GLOVER
CENTRAL VALLEY ELEMENTARY SCHOOL
RT. 32
CENTRAL VALLEY, NY 10917

FAX # 845-460-6067

YOU CAN SCAN AND EMAIL TO:

Email: jglover@mw.k12.ny.us

SCHOOL: _____

ADDRESS: _____

BOYS COACH

NAME _____

HOME# _____

SCHOOL# _____

E-MAIL _____

GIRLS COACH

NAME _____

HOME# _____

SCHOOL# _____

E-MAIL _____

RUNNING EVENTS

STARTING AT 9:00

1. GIRLS F/S SPRINT MEDLEY (4-2-2-8)
2. BOYS F/S SPRINT MEDLEY (4-2-2-8)
3. **GIRLS VARSITY 6400M RELAY**
4. GIRLS F/S 400M RELAY
5. BOYS F/S 400M RELAY
6. **BOYS VAR "MAJ. PAUL VOELKE" MEMORIAL 6400M RELAY**
7. GIRLS F/S 3200M RELAY
8. BOYS F/S 3200M RELAY
9. GIRLS F/S 1600M RELAY
10. BOYS F/S 1600M RELAY

STARTING APPROX AT 12:15 PM

11. GIRLS OPEN 100M HURDLES TRIALS
12. BOYS OPEN 110M HURDLES TRIALS
13. GIRLS OPEN 100M DASH TRIALS
14. BOYS OPEN 100M DASH TRIALS
15. GIRLS OPEN 800M RUN
16. BOYS OPEN 800M RUN
17. BOYS OPEN 110M HURDLES SEMI
18. GIRLS OPEN 100M HURDLES SEMI
19. GIRLS OPEN 100M DASH SEMI
20. BOYS OPEN 100M DASH SEMI
21. GIRLS VARSITY SPRINT MEDLEY (4-2-2-8)
22. BOYS VARSITY SPRINT MEDLEY (4-2-2-8)
23. GIRLS OPEN 1500M RUN
24. BOYS "**JAMES F. KELLY**" MEMORIAL 1500M RUN
25. GIRLS 100M HURDLES FINAL
26. BOYS 110M HURDLES FINAL
27. GIRLS 100M DASH FINAL
28. BOYS 100M DASH FINAL
29. GIRLS VARSITY 3200M RELAY
30. BOYS VARSITY 3200M RELAY
31. GIRLS OPEN 400M HURDLES
32. BOYS OPEN 400 M HURDLES
33. GIRLS VARSITY 400M RELAY
34. BOYS VARSITY 400M RELAY
35. GIRLS VARSITY 1600M RELAY
36. BOYS VARSITY 1600M RELAY

FIELD EVENTS

STARTING AT 9:00

- F/S BOYS LONG JUMP
F/S GIRLS LONG JUMP
F/S GIRLS HIGH JUMP
F/S GIRLS POLE VAULT
F/S BOYS SHOT PUT
F/S GIRLS DISCUS
VARSAITY BOYS JAVELIN

AFTER COMPLETION OF ABOVE EVENTS:

- F/S BOYS TRIPLE JUMP
F/S GIRLS TRIPLE JUMP
F/S BOYS HIGH JUMP
F/S BOYS POLE VAULT
F/S GIRLS SHOT PUT
F/S BOYS DISCUS
VARSAITY GIRLS JAVELIN

STARTING APPROX AT 12:30 PM

- VARSAITY GIRLS TRIPLE JUMP
VARSAITY BOYS TRIPLE JUMP
VARSAITY GIRLS HIGH JUMP
VARSAITY GIRLS POLE VAULT
VARSAITY BOYS SHOT PUT
VARSAITY GIRLS DISCUS

AFTER COMPLETION OF ABOVE EVENTS:

- VARSAITY GIRLS LONG JUMP
VARSAITY BOYS LONG JUMP
VARSAITY BOYS HIGH JUMP
VARSAITY BOYS POLE VAULT
VARSAITY BOYS DISCUS
VARSAITY GIRLS SHOT PUT

AFTER COMPLETION OF THE BOYS DISCUS:

"JOSEPH S. PULIAFICO" MEMORIAL

- VARSAITY GIRLS HAMMER THROW
VARSAITY BOYS HAMMER THROW

- Please report to your event on time.
- Field events report directly to event.
- Athletes should enter the track at the end of the of the chute.

- NO athlete or coach is allowed on the infield at any time. Warm ups are done outside the track.
- A trainer will be available under the scoreboard.
- Bathrooms are located at the concession stand, Porta-Potties behind Softball field dugouts.
- Refreshment stand is open for both breakfast and lunch.
- 1/4 inch spikes only. No starting blocks allowed.
Have a great day!

Crusader Relays Online Entry Procedures:

1. Create an account on Milesplit's website at ny.milesplit.com
2. Enter or update your team's roster
3. Enter ***all*** events online.
No cards will be needed in field events, individual running events and relay events.
4. Submit your entry.
5. Online entries will be open until 9 p.m. the night before the meet (May 4th).
Scratches will be taken prior to the meet.
6. **PLEASE DO NOT ENTER ON MILESPLIT WITHOUT SENDING THE OFFICIAL ENTRY DECLARATION.**