

JOE BRANDI RELAYS 2018

High School Girls Meet
Friday and Saturday, April 20th and 21st
Connetquot HS

Friday Elite Individual Events Under the Lights: Every team can enter up to two athletes per Friday event regardless of seed time but if you want to enter more than 2 they ALL must be able to break the seed time. WE WILL RUN AHEAD OF SCHEDULE IF POSSIBLE.

6:00 pm	Pentathlon Long Jump
7:00	1500 (5:25)
7:15	Pentathlon Hurdles
7:20	100 Hurdles trials (18.5)
7:35	100 trials (13.8)
7:50	400 (65.0)
8:05	3000 Racewalk (8:30 for 1500 walk)
8:20	100 Hurdles final
8:25	100 final
8:30	Pentathlon High Jump
8:30	800 (2:35)
8:45	3000 (12:00)
9:00	200 (28.5)

Saturday Events:

Track Events

9:30	2 x 400 Hurdles
9:55	4 x 1600
10:30	4 x 100
11:00	2 x 1500 Walk
11:30	Mile Medley (400-200-200-800)
12:10	4 x 400
12:40	Shuttle Hurdles (4-girl)
12:55	2 x 2000 Steeplechase
1:30	Pentathlon 800
1:35	4 x 200
2:00	Swedish Medley (100-200-300-400)
2:15	4 x 800
2:50	Sprint Medley (100-100-200-400)
3:10	Distance Medley (1200-400-800-1600)

Field Events

9:30	2 x Long Jump (3 team max)
TBA	2 x Triple Jump (3 team max)
9:30	2 x High Jump
9:30	2 x Shot Put (Pentathlon shot first)
9:30	2 x Discus
9:30	2 x Pole Vault

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Blanket entry of: \$200 or

___ x \$15 individual event = _____

___ x \$20 per 2-girl relay = _____

___ x \$30 per 4-girl relay = _____

Total _____

Make checks payable to: **Connetquot Track**

Due by April 16th

Send entry to:

Jim Crowley
Connetquot HS
190 7th St.
Bohemia, NY 11716

email: jcrowley@sjcny.edu
fax: 631-244-2347

School _____

Coach _____

Email _____

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- **New Event: Pentathlon (athletes cannot do any other event)**
- Maximum events: 4 events total, however no more than 3 on any day.
- The meet will be timed by Just In Time. Use your “Just In Time numbers” on all your relay cards. *Wear your “Just In Time stickers” in all the individual events on Friday and the 400 Hurdles, Walk and Steeple on Saturday.*
- Verbal seeding on Friday.
- Every relay needs to have a relay card. Bring it to the clerk or to the event when it is called. Please include: Event, School, (A, B, C ... etc. if necessary), Names, COMPETITOR NUMBER, and Seed Time. Use 3 x 5 cards for most of the relays but use the large “2-person relay cards” for the LJ, TJ, Shot and Disc. I will provide these if you don’t have any.
- You may enter as many relay teams as you want in all events except the LJ and TJ. Notice the 3 team limits for the LJ and TJ.
- In all field events, the intermediate hurdles, the steeple and the 1500 walk we will add the times or distances.
- The LJ will go first, followed by the TJ. We only have one runway.
- The schools whose name starts with the letters A – L will throw the discus first; the others, M – Z, will throw the shot first. We will then switch. This way your athletes will stay together and a coach can watch all their throwers at once.
- You can pick up your medals at any time or wait until the meet is over. They will be placed in a bag for you as the meet progresses. (TOP 10 get medals!)
- Bathrooms are available in the school. Go through the doors between the gyms. There are 2 sets of bathrooms available.
- HJ: starts at 4’ up 2” to 5’, 1” the rest of the way
- PV: starts at 6’ up 6” to 10’, 3” the rest of the way
- Ties in the events that are added will be broken by the top performer.
- Keep your athletes out of the infield. We want to keep the middle of the infield as clear as possible.
- Of course, you can have a field event, steeplechase, or walk relay with just one competitor if you don’t have someone else to enter. They probably won’t score though!
- We want to get the PV started quickly. Please get your athletes there early to check in and warm-up.
- Swedish Relay will start at the normal start line. The 100 and 200 will stay in lanes, the 300 will take it in lanes then cut in. The race will finish on the opposite side of the track (the normal 200 start.)

Dear coaches:

An explanation about the “new” Joe Brandi relays. We have added an exciting new way for your top athletes to compete in individual events and get seed times for the big meets the rest of the season. One of the biggest concerns I hear from coaches is to get seed times for their top athletes as we get towards the end of the season. I also want to keep the fun and excitement of the relay meet we have been lucky enough to generate. I am hoping this new format will do both!

Friday night under the lights will be for your top athletes. Please do not bring athletes who can't break the standards listed (unless they are your only 2 athletes in that event.)

For coaches who aren't interested in coming an extra day please notice that it will still be the same Joe Brandi Relays on Saturday. Very little has changed on Saturday (we changed to a shuttle hurdle relay). The entry fee and most of the events are still the same even if you only come on Saturday.

After the meet I will be looking for your input to make corrections, adjustments, etc. to keep improving the meet. Thanks for considering our meet.

Jim Crowley