

# THE DON SCOTT MEMORIAL RELAYS

Friday, May 16, 2014

Presented by MANHASSET HIGH SCHOOL TRACK AND FIELD

*Sponsored by the Manhasset Booster Club*

You are invited to the Annual Don Scott Memorial Relays hosted by Manhasset High School. Our goal is to provide an entertaining meet where student athletes can compete while celebrating the life of individuals who have made tremendous contributions to Track and Field.

## COACHES INFORMATION:

Time and Place: May 16, 2014 at Manhasset High School, 4:30 pm

Awards: Medal to top 3 relays. Awards to top 6 finishers in invitational events.

ORDER OF EVENTS: SEE ATTACHED

SEEDING: All relay seeding verbal. Pre-registered Invitational's will be pre-seeded with Alternates. Seeds for invitational Events should be submitted online at [Just-in-time-racing.com](http://Just-in-time-racing.com)

ENTRY FEE: \$150 per team plus the shared cost of Timing and officials to be billed through BOCES

PAYMENTS: **Make checks payable to Manhasset HS**  
**Please note in the memo area: GO#20**  
c/o Athletic Dept.  
200 Memorial Place, Manhasset, NY 11030

QUESTIONS: Steve Sproul – (516) 477-8823  
[ssproul@manhasset.k12.ny.us](mailto:ssproul@manhasset.k12.ny.us) or  
[ssproul@optonline.net](mailto:ssproul@optonline.net)  
Steven Steiner – 631-793-9637  
[Steven.Steiner@manhasset.k12.ny.us](mailto:Steven.Steiner@manhasset.k12.ny.us)

**REFRESHMENTS AND T-SHIRTS WILL BE SOLD**

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### **RUNNING RELAY EVENTS-BOYS followed by GIRLS**

1. 2 X 400m Intermediate Hurdles
2. 400m Freshman-Sophomore Intermediate Hurdles (no relay)
3. **Invitational Girls 2k Steeple Chase (Open Only)\***
4. **Invitational Allen Dawson 100m Dash\***
5. **Invitational Don Scott 400m Run\***
6. **Invitational Boys 2k Steeple Chase (Open Only)\***
7. Varsity Sprint Medley Relay (400-200-200-800)
8. **Invitational Allen Dawson Mile Run\***
9. Freshman-Sophomore Sprint Medley Relay (400-200-200-800)
10. **Invitational Allen Dawson 100m Dash (Final)\***
11. 2 X 110/100m High Hurdles Relay (Open Only)
12. Freshman-Sophomore 110/100m High Hurdles (Timed Final)
13. 4x400m Relay (Varsity)
14. Alumni/Coaches Relay (distance to be determined by personnel)
15. Freshman-Sophomore 4x400m Relay
16. 4 X 800m Relay (Open)
17. Freshman-Sophomore 4 X 100m Relay
18. Varsity 4 X 100m Relay
19. Throwers 4 X 100m Relay (Co-ed teams will be permitted)

**\*\*Invitational Events Only\*\*:**

**Awards to the top 6 places – trophies for top 3**

**Pre-registration is required @ [www.just-in-time-racing.com](http://www.just-in-time-racing.com)**

**as only the top 18 will be entered.**

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### **Field Events and Field Events Relays:**

**All field events Relays are two person relay and open to all grades.**

**All Frosh/Soph field events are open events (no relays) (medals top 5).**

**A trophy will be awarded to the Best Individual Performance in each field event regardless of classification!!!!**

Long Jump Boys: 4:30 – 5:45 pm (Open Relays and Frosh/Soph )

Long Jump Girls: 5:45 – 6:30pm pm (Open Relays and Frosh/Soph)

Shot Put Boys: 4:30 – 5:45 pm (Open Relays and frosh/Soph )

Discus Girls: 4:30 – 5:45 pm (Open Relays and frosh/Soph )

Shot Put Girls: 5:45 – 6:30 pm (Open Relays and frosh/Soph )

Discus Girls/Boys:5:45 – 6:30 (Open Relays and frosh/Soph )

Girls High Jump: 4:30 (Open Relays and frosh/Soph ) followed by Boys(Open Relays and frosh/Soph )

Boys Pole Vault: 4:30 (Open Relays and frosh/Soph ) followed by Girls (Open Relays and frosh/Soph )

**There will be no Triple Jump this year as we only have one pit.**

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**Friday, May 16, 2014**

**ENTRY FORM:**

SCHOOL: \_\_\_\_\_

SCHOOL PHONE: \_\_\_\_\_

TEAM ENTERED: Boys \_\_\_\_\_ Girls \_\_\_\_\_ Both \_\_\_\_\_

**BOYS COACH:** \_\_\_\_\_

PHONE: DAY \_\_\_\_\_ EVENING \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ASST. COACH: \_\_\_\_\_

**GIRLS COACH:** \_\_\_\_\_

PHONE: DAY \_\_\_\_\_ EVENING \_\_\_\_\_

E-MAIL: \_\_\_\_\_

ASST. COACH: \_\_\_\_\_

BOYS ENTRY     \$150 \_\_\_\_\_

GIRLS ENTRY     \$150 \_\_\_\_\_

BOTH ENTRIES   \$300 \_\_\_\_\_

Please send completed entries by mail or Fax to:

Manhasset High School  
c/o Athletic Office  
200 Memorial Place  
Manhasset, NY 11030  
Phone: (516) 267-7550

Fax: (516) 267-7592

**Make payments payable to: Manhasset High School**  
**Please note on memo area on check: GO#20**