



Ossining Track & Field

Ossining Relays

- Date:** Saturday, April 17, 2010
- Site:** Anne M. Dorner Middle School Ossining, NY 10562
- Rules:** National Federation Recognized
¼ Pyramid Spikes
Starting blocks will be available
- Track Events:** Report to the clerking area with your 3 x 5 card
when your event is first called. Use your own cards
- Field Events:** Check in at your event, with 3 X 5 card when event is called
LJ & TJ, 3 jumps no finals.
3 X Shot & Discus, 3 throws no finals.
- Participation:** Unlimited entry in all events.
An athlete may compete in (3) events
- Awards:** Medals to Top Five in all events
- Fees:** \$150 per team (Specify Boys or Girls)
\$300 per school
- Payment:** Make checks payable to: **Ossining Athletic Booster Club (OABC)**
PO BOX 1, Ossining, NY 10562
- Information:** Randy Hill (914) 610-0275 (cell)
Email: rhill@pnwboces.org
Russell Rainey 914-762-5760 (School) X 361
(914) 557-5343 (Cell)
Email: RRainey@Ossining.k12.ny.us

Entries due no later than Monday, April 5, 2010



OSSINING RELAYS

Anne M. Dorner Middle School
100 Van Cortlandt Avenue
Ossining, New York 10562

Saturday, April 17, 2010

Start time: 9 A.M.

ORDER OF EVENTS

TIME EVENT

9:00 J.V. DISTANCE MEDLEY RELAY FOR BOYS (800-200-400-1600)
J.V. DISTANCE MEDLEY RELAY FOR GIRLS (800-200-400-1600)

330 METER SHUTTLE HURDLE RELAY BOYS
300 METER SHUTTLE HURDLE RELAY GIRLS

400 METER RELAY BOYS
400 METER RELAY GIRLS

3200 METER RELAY BOYS
3200 METER RELAY GIRLS

800 METER RELAY BOYS
800 METER RELAY GIRLS

VARSITY DISTANCE MEDLEY RELAY BOYS (1200-400-800-1600)
VARSITY DISTANCE MEDLEY RELAY GIRLS (1200-400-800-1600)

400 INTERMEDIATE HURDLE BOYS
400 INTERMEDIATE HURDLE GIRLS

SPRINT MEDLEY RELAY BOYS (200-200-400-800)
SPRINT MEDLEY RELAY GIRLS (200-200-400-800)

1600 METER RELAY BOYS
1600 METER RELAY GIRLS

FIELD EVENTS - First Event Begins at 9:00 a.m.:

Long Jump Relay (B, G)
Triple Jump Relay (B, G)
High Jump Relay (B, G)

Shot Put Relay (B, G)
Discus Relay (B, G)



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OSSINING RELAYS

Official Entry Form

School: _____ Total: \$ _____

Boys Coach: _____ Girls Coach: _____

Home Phone: _____ Home Phone: _____

E-mail: _____ e-mail: _____

School Phone: _____

School Address: _____

Blanket Entry: _____

Entry form due No Later Than Monday, April 5, 2009

**Mail To: Ossining Athletic Booster Club
 PO Box 1
 Ossining, NY 10562
 FAX # (914) 941-5507
 914-762-5760 X330(athletic office)**

