



The Herricks Relays will be held on Friday April 17th 2015.

All entries must be received before April 10th.

Coaches Information:

- Clerking will begin promptly at 4:15.
- Awards: Medals to the top 3 Relay teams.
- Athletes are limited to 2 events (2 Running + 1 Field/2 Field+1 Running)
- \$175 for unlimited entries plus the cost of officials to be billed through BOCES.
- Refreshments & T Shirts will be sold.

Events:

All events will be boys followed by girls unless otherwise noted.

Track Events:

110/100 HH V, F/S: 3 compete, 2 score

SMR (200, 100, 100,400) V, F/S

DMR (1200, 400, 800, 1600) V, F/S

MMR (400, 200, 200, 800) V, F/S

400M IH V, F/S: 3 compete 2 score

4X100 V, F/S

4X400 V, F/S

4X800 V, F/S

Field Events:

Long Jump: 3 compete, 2 score; Varsity followed by F/S

Triple Jump: 3 compete, 2 score; Follows LJ; Varsity followed by F/S

High Jump: 3 compete, 2 score V, F/S Jump together

Discus Boys: 3 compete, 2 score V F/S; followed by girls

Shot Put Girls: 3 compete, 2 score V, F/S followed by boys

Herricks Relays
Friday April 17th 2015
Entry Form

School: _____

School Phone #: _____

Boys Coach Name: _____

Phone #: _____

E-Mail Address: _____

Assistant Coach: _____

Girls Coach Name: _____

Phone #: _____

E-Mail Address: _____

Assistant Coach: _____

Boys Blanket Fee: \$175 for unlimited entries plus the cost of officials to be billed through BOCES _____

Girls Blanket Fee: \$175 for unlimited entries plus the cost of officials to be billed through BOCES _____

Please fill out form and Mail or Fax to:

Herricks High School
100 Shelter Rock Road
New Hyde Park, NY 11040
C/O Joseph Caruso
Fax # (516) 248-3226

Make Checks payable to Herricks Track & Field Club, C/O Joseph Caruso