

**2018 4th Annual Foothills League Championships
and
Independent Championships
Saturday,
January 28 @ UAlbany 2:15 pm – 8:30 pm
Three entries per event – NO wild cards**

- **All events are combined except for:**

4 x200, 55 H, 300, 55, and 4x 400 (Foothills followed by Independent)
SP, LJ, TJ, and WT have **four attempts (no finals – 15 schools competing)**

- **All events begin at 2:30 pm**
- **High Jump –mixed Girls then mixed Boys (Girls start 3-6, Boys start 4-6)**
- **Long jump 1st – Foothills Girls followed by Independent Girls then Foothills Boys followed by Independent Boys**
- **Triple Jump 2nd – Same format as the LJ above**
- **Pole Vault –Mixed Girls start 6-0 followed by Mixed Boys Start 7-0**
- **Shot Put – Foothills girls followed by Independent girls, boys follow in same order**
- **Weight throw – Foothills boys followed by Independent boys, girls follow in same order**

ORDER OF EVENTS: Foothills followed by Independents

***Running events will be competed in fast to slow**

1500 m walk (girls)

4 x200

55H (semi if more than 12 competitors)

55H Final

4 x800

300

1500 (girls)

1600 (boys)

600

3000 (girls) –EACH of your runners **MUST** have a lap counter

3200 (boys) –EACH of your runners **MUST** have a lap counter

55 (semi if more than 12 competitors)

1000

55 Final

4 x 400

Responsibilities

Check for your school

Foothills Responsibilities: All schools are also competing (8)

Amsterdam – Clerk, Finish line back up timer (2 vouchers)

Glens Falls – Triple / Long jump, FAT cost (2 vouchers) **2 helpers**

Gloversville – Shot Put, FAT cost (2 vouchers) **3 helpers**

Broadalbin Perth – Weight throw, FAT cost (2 vouchers) **3 helpers**

South Glens Falls – FAT cost (1 voucher)

Schuylerville – FAT cost, FAT reader (2 vouchers)

Hudson Falls – Pole Vault, FAT cost (2 vouchers) **2 helpers**

Scotia – 2 starters, clerk (3 vouchers) (Scotia will also hand out awards)

For the meet to run smoothly, please bring competent adults to help in events you are responsible for. Everyone will help with hurdles.

Independent Responsibilities: All schools are also competing (7)

BKW – Weight throw, Pole Vault (2 vouchers) **5 helpers**

Fonda – Responsibilities completed during season – thank you

Green Tech – Results (1 voucher) **1 helper**

Maple Hill – High Jump (1 voucher) **2 helpers**

ND/BG – Triple / Long jump (1 voucher) **2 helpers**

Renss./DS – Results (1 voucher) **1 helper**

Cairo-Durham – High Jump, FAT cost (2 vouchers) **2 helpers**

Emma Willard – Awards (1 voucher) **2 helpers**

The meet has always run smoothly because of the teams and coaches that are involved. Thank you in advance.

Entries can be entered on Milesplit – Follow the directions...don't wait.

Looking forward to seeing you on January 28th @ 2:15.

Jim