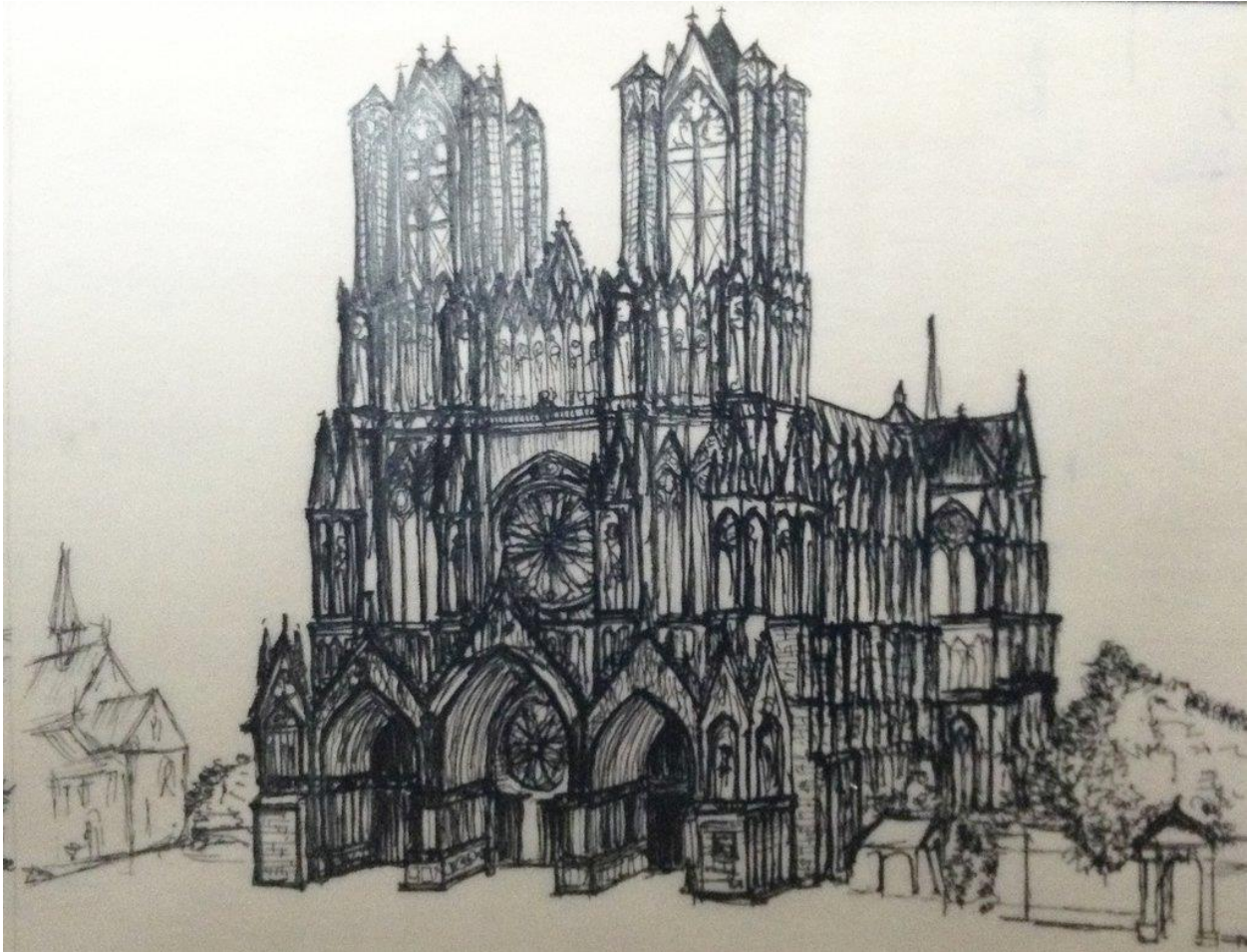


# CBA/La Salle Relays

Saturday April 14th, 2018

9am

Christian Brothers Academy



Cathedral at Reims, France  
Birthplace of St. John Baptiste de La Salle

Christian Brothers Academy  
12 Airline Dr.  
Albany, NY

La Salle Institute  
174 Williams Rd.  
Troy, NY



Coaches:

We would like to invite you and your team to the 19th annual CBA/La Salle Relays. The meet takes place on its traditional second Saturday of April on April 8th, 2017 beginning at 9am.

The meet will be held at Christian Brothers Academy on the school's newly refurbished track & field facility beginning at 9am.

Our unique entry fee system of using either a blanket entry or paying for each relay entered allows you to cater your entry to your team's specific needs. Coaches who notify us of their team's intent to enter the meet by March 28th will receive a special gift. Coaches who send in a team roster and/or team picture by that same date will have their team placed in the Meet Program.

The meet will start at 9:00am with field events and the 4 x 1600. In past years, the meet has been completed in about 6 hours. We hope to see you and your athletes on April 14th.

Sincerely,

Christian Brothers Academy

Tom O'Malley  
Orville Ivey, Sr.  
Paul Mance  
Ross Martin  
Aidan O'Malley  
Mike Smith  
Blaine Drescher, AD

La Salle Institute

John Leonard  
Kyle Chamberlin  
Alex Macbeth  
Gerald Washington  
Andrew Santandera, AD

## Information:

1. Scoring will be on a 10-8-6-5-4-3-2-1 basis, varsity events only. **Only one person per school can score in the 200 and 1500/mile.** "B", "C", etc. non-hurdle track relays are eligible for awards and can score. Due to issues with the hytek program: Only one hurdle relay/field relay per school can win awards/score. (You can enter multiple hurdle/throws relays, but they are ineligible for awards and scoring purposes.)
2. Medals will be given to the top 3 in each event with ribbons for 4th through 8th.
3. The top two teams, boys and girls, will receive team trophies.
4. A blanket entry allows you to enter 9 varsity track relays, 5 frosh/soph track relays, 1 relay for each jump, one shot and one disc relay for varsity and frosh/soph, and two entries for each individual event.
5. You can enter additional shot or disc relays if you don't enter all four jumps or by paying the extra entry of \$20 for each extra relay. To give an exaggerated example, you could use the blanket entry, enter nine 4 x 1600 relays, and get all your varsity runners home nice and early. Only one team per school for the jumps relays. There are no frosh/soph jumps relays this year--just shot and disc.
6. In field relays, one or two person teams can score and receive awards.
7. Entries will be done on milesplit. Entries must be completed by Thursday April 12th at [ny.milesplit.com](http://ny.milesplit.com). Enter up to six names per track relay. For field events just enter individuals and the computer will add the distances for your relay total. For throws relays, if you enter more than 3 athletes, the computer takes your top 3 as the "A" relay, the next 3 as the "B" relay, etc. (Remember for each extra set of three athletes you need to pay an additional entry fee.)
8. Please supply your own batons, blocks, and throwing implements.
9. The frosh/soph shot and disc will use varsity implements.
10. Spikes may be worn (1/4 in. or smaller.)
11. Results will be sent to Jon Broderick's site ([section2harrier.com](http://section2harrier.com).)
12. There will be a concession stand with food, meet T-shirts, and programs.
13. Questions: John Leonard     [jleonard2856@msn.com](mailto:jleonard2856@msn.com)

***Changes from the past few years: No frosh/soph jumps relays/No extra varsity jumps relays/4x100H and 4x110H will be run as shuttle hurdles—no adding up of times.***

## ORDER OF EVENTS

9am 6400 relay Varsity girls, varsity boys  
(Boys and girls may run together based on entry.)

9:10 4 x 100H Frosh/soph girls (30"), varsity girls (33")  
4 x 110H Frosh/soph boys (36"), varsity boys (39")  
Note: The hurdles will be run in lanes 5-8 while the 6400 relay is run.

**It will be run as shuttle hurdles.**

4 x 200 relay Varsity girls, varsity boys

4 x 800 relay Varsity girls, varsity boys  
4 x 800 relay Frosh/soph girls, frosh/soph boys--may run together

200m dash Varsity girls/varsity boys Final on time

Invitational 1500 Varsity girls/frosh-soph girls  
Invitational mile Varsity boys/frosh-soph boys

4 x 100 relay Varsity girls, varsity boys, frosh/soph girls, frosh-soph boys

Sprint Medley Varsity girls, varsity boys  
(400, 200, 200, 800--May use waterfall start.)

3 x 400H Varsity girls, frosh/soph girls (both at 30")  
3 x 400H Frosh/soph boys (33"), varsity boys (36")

Distance Medley Varsity girls, varsity boys (1200, 400, 800, 1600)

4 x 400 relay Varsity girls, varsity boys, frosh/soph girls, frosh/soph boys  
(Frosh/soph may use waterfall start.)

9am High jump: Girls (opening height: girls 3'6 up 3" until 4'6 then 2")  
Then Boys (boys 4' 6 up 3" until 5'6 then 2")

Pole vault: Girls and boys combined (girls: 6' and up 6", boys 7', 8', 9', then up 6")

Long jump: varsity boys then varsity girls.

Followed by Triple jump: varsity boys then varsity girls.

Shot put: Boys then girls followed by frosh/soph boys, then frosh/soph girls.

Discus: Girls then boys followed by frosh/soph girls, then frosh/soph boys.

ALL FIELD RELAYS ARE 3 PERSON TEAMS, ADD UP BEST PERFORMANCES.  
THREE JUMPS/THROWS SHOT, DISC, LJ, TJ. TIES BROKEN BY BEST JUMP OR THROW.

IF STILL TIED, 2ND PERSON'S BEST JUMP OR THROW, ETC.

Two or one person teams are eligible for awards & can score in all field relays.

***You can have more than one relay per track events and the throws—but must pay extra for the additional team(s). Only one field event team/hurdle relay per school can score/win awards. More than one track relay (except hurdles) per school can score/win awards. (There are no frosh/soph HJ, LJ, TJ, or PV relays this year!)***

**ENTRY FEES - Use Method A and/or Method B to determine your fee.**

**Method A Blanket Entry (Check one of the following)**

Boys team entry \_\_\_\_\_ \$150  
Girls team entry \_\_\_\_\_ \$150  
Combined entry \_\_\_\_\_ \$250

The blanket entry entitles you to 9 varsity track relays, 1 entry per field relay, 5 frosh/soph track relays, and 1 frosh/soph LJ,TJ, and shot and disc relay for each team (boys or girls) that you enter. You also get 2 entries in the open races: the 200, the 1500 for girls and the mile for boys, the frosh/soph 1500 for girls and mile for boys.

**Method B Extra Relays/Minimum Entry**

If you wish to enter extra relays beyond what is allowed by the team entry or if you have a small team and do not want to pay the full cost of the blanket entry, use this method.

Please put down the number of relays and individuals you are entering in each category.

Varsity girls \_\_\_\_\_ Varsity boys \_\_\_\_\_  
Frosh/Soph girls \_\_\_\_\_ Frosh/Soph boys \_\_\_\_\_  
Girls 1500 \_\_\_\_\_ Boys Mile \_\_\_\_\_  
Girls 200 \_\_\_\_\_ Boys 200 \_\_\_\_\_  
No. of Relays x \$20 \_\_\_\_\_  
No. of 200/1500/mile x \$5 \_\_\_\_\_  
Total \_\_\_\_\_

**Method A Total** \_\_\_\_\_ + **Method B Total** \_\_\_\_\_ = **Total Entry Fee** \_\_\_\_\_

Checks payable to "La Salle Institute"

**This form must be in our hands NLT Wed. April 11th. Mail, email, or fax to :**

**John Leonard  
La Salle Institute  
174 Williams Road  
Troy, NY 12180  
Fax: 518-283-6265  
Email: jleonard2856@msn.com**

**Reminder:**

Coaches gift to teams that respond by March 28th.  
Send team rosters/pictures by March 28th if you want your team in the program.

Mail, email, or fax your entry--no later than Wed. April 11<sup>th</sup>. Checks/vouchers may be brought to the meet.

**Name of School** \_\_\_\_\_ **School Phone** \_\_\_\_\_

**Boys' Coach** \_\_\_\_\_ **Home Phone** \_\_\_\_\_

**Email** \_\_\_\_\_ **Cell** \_\_\_\_\_

**Girls' Coach** \_\_\_\_\_ **Home Phone** \_\_\_\_\_

**Email** \_\_\_\_\_ **Cell** \_\_\_\_\_