

# Stillwater Rockin' Relays

**2026**

**(11th annual)**

**Saturday, April 18th at 8:30 am**

## **ORDER OF EVENTS**

<b>8:20 am</b>	<b>Scratches or changes due</b>	<b>8:30 am</b>	<b>Field Events Begin</b>
<b>8:55 am</b>	<b>Coaches Meeting</b>	<b>9:00 am</b>	<b>Track Events Begin</b>
<b>8:00-8:20 am</b>	<b>Weigh-ins for (SP/D) at table between SP/D</b>		

## **Track Events: (girls first)** **(slow to fast)**

1. 4 x 1600 meter relay
2. 100m Hurdles (girls)
3. 110m Hurdles (boys)
4. 4x200 Relay
5. 4x800 Relay
6. Co-ed Super Sprint Medley Relay (100g/100b/200g/400b)  
Girl starts... Boy anchors
7. Co-ed Super Sprint Medley Relay (100b/100g/200b/400g)  
Boy starts ... Girl anchors
8. 400H
9. Classic SMR (400-200-200-800)
10. Classic DMR (1200-400-800-1600)
11. 4 x 100 Relay
12. 4x400 Relay

**NEW:** We have expanded the Super Sprint Medley Relay into two versions!  
Both relays come with special awards and both relays score for *both boy and girl team scoring!*

## **Field Events will begin at 8:30 (Javelin 9:00)**

### **Field Events Order**

#### **Shot put – flighted, 3 attempts (best first), no finals**

8:30 Girls

followed by the Boys

#### **Discus – flighted, three attempts (best first), no finals**

8:30 Boys

followed by Girls

#### **Long Jump – flighted, 3 attempts, no finals**

(Pit near discus)

8:30 Girls (**best flight first**)

followed by the Boys (good to better)

#### **Triple Jump – flighted, 3 attempts, no finals**

(Pit near shot)

8:30 Boys (**best flight first**)

followed by the Girls (good to better)

#### **High Jump**

8:30 Boys (old pit, closer to school)

9:00 Girls (brand new pit, closer to finish line)

Progression: **Girls 4-0, 4-3, 4-6, 4-8, 4-10, 5-0, up by 1**

**Boys 4-6, 4-9, 5-0, 5-3, 5-6, 5-8, 5-10, 6-0, up by 1**

#### **Pole Vault**

9:00 Girls **Starting Height 6' 0" and then by 6"**

Followed by Boys **Starting Height 7'6 and then by 6"**

#### **Javelin – located in field behind the visitor bleachers (can borrow, if you need to)**

**9:00 Girls can warm-up**

**9:20 Girls “open pit” ... 3 attempts**

**11:30 Boys “open pit” ... 3 attempts [may start sooner if girls finish early]**

**ENTRIES:**

**TRACK RELAYS:**

Teams can enter **TWO** relays. Only one will **SCORE** but **both** can earn awards.

**HURDLES:**

Teams can enter up to **5** hurdlers. The three fastest times are added to make the team.

Only the three athletes making up the team can earn awards.

You can enter less than three athletes but they will not score/earn medals.

**FIELD:**

Teams can enter **4** athletes per field event. The top two from each team are added to make the team relay mark.

Only the two athletes making the team mark earn awards.

3rd and 4th athletes do not make a “**B**” team and cannot earn awards.

You can enter a single athlete but they will not score/earn medals.

**TIES:**

**TRACK RELAYS:** we are **FAT** so we do not anticipate ties

**FIELD RELAYS:** In the event of a tie, the top performer breaks the tie.

If the top performers do not break the tie, then it is a true tie.

**Example:**

School A has two shot putters with marks 35-0 and 40-0... their team score is 75-0

School B has two shot putters at 36-0 and 39-0 ...their team score is also 75-0

School A wins tie because they had the better top performer.

If both teams had top performers at 40-0 then we'd look at the next best attempt by those top performers to try to resolve the tie. If next attempts also tie then the tie remains.

**NEW:** Girls Long Jump at the Rockin' Relays has been dedicated to the Moran sisters (Kelly & Kara) who hold the record for the event (35-2.25).

The duo that wins this event will earn a special award!

Good luck to all competitors of the “Kelly & Kara Moran Rockin' Relay Girls Long Jump!”

# Entry Process & Payment:

## Steps:

#1 Email **Shawn McClements** ([stillwatertrack@yahoo.com](mailto:stillwatertrack@yahoo.com))

Let him know:

- a) Name of your school
- b) Whether you are sending a co-ed team/boys only/girls only
- c) All the best ways to reach you
- d) Whether or not you plan on contesting the javelin

#2 Look for return email providing you with the **password** to enter the Rockin' Relays on Milesplit

#3 Additional insurance (javelin only) to:  
2 Newland Road, Stillwater NY 12170 (% Shawn McClements)  
Make check out to "Stillwater XC/Track Booster Club"

#4 Use the password provided you to enter entries on milesplit by  
Entry Deadline: **Thurs. 4/16 10pm**

#5 **Payment Options:**

Mail checks to:

2 Newland Road, Stillwater NY 12170 (% Shawn McClements)

**OR**

**Please bring checks with you to the meet and bring them to the clerking tent on the infield.**

#6 Make necessary scratches at the clerking tent by **8:20am.**

# Rockin' Relays

Stillwater HS

Saturday 4-18-2026

School Name \_\_\_\_\_

Coach's Name \_\_\_\_\_

e-mail address \_\_\_\_\_

Phone \_\_\_\_\_

Payment:

\$350 per school (boys and girls)

\$250 per single gender school

Or \$40 per event/gender

[Example: bring a squad of boys for SP, D, JAV and a girls 4x2... that's 4 x 40 = \$160]

Make checks out to :

**“Stillwater XC & Track Booster”**

Mail to:

shawn McClements

2 Newland Rd.

Stillwater NY 12170

Alternatively, you can hand deliver the check (day of meet) to Meet Director (Shawn McClements) at the Coaches Meeting prior to start of meet.

# STILLWATER ROCKIN' RELAYS MEET RECORDS

## BOYS

4 x 100	Green Tech	44.928	2025
4 x 200	BKW	1:32.818	2025
4 x 400	Green Tech	3:34.098	2025
4 x 800	Albany Academy	8:21.798	2025
4 x 1600	Greenwich	19:18.7	2013
SMR	Green Tech	3:41.128	2025
DMR	Greenwich	11:12.17	2015
3 x 110H	Maple Hill	51.17	2023
3 x 400H	Taconic Hills	3:02.56	2023
LONG	Taconic Hills	41-1.5	2023
TRIP	Cohoes	84-10.5	2023
POLE	Taconic Hills	24-6	2023
HIGH	Chatham	12-4	2014
SHOT	Greenwich	87-5.75	2016
DISC	Broadalbin-Perth	250-6	2016
JAV	Taconic Hills	246-4	2024

# STILLWATER ROCKIN' RELAYS MEET RECORDS

## GIRLS

4 x 100	Maple Hill	49.65	2015
4 x 200	Stillwater	1:50.4	2022
4 x 400	Stillwater	4:24.5	2022
4 x 800	Coxsackie-Athens	10:50.24	2024
4 x 1600	Greenwich	22:33.5	2013
SMR	Broadalbin-Perth	4:31.01	2015
DMR	Schuylerville	13:01.14	2023
3 x 100H	Maple Hill	52.9	2018
3 x 400H	Stillwater	3:42.4	2018
LONG	Stillwater	35-2.25	2022
TRIP	Stillwater	73-5	2022
POLE	Schuylerville	17-0	2012/2023
HIGH	Gloversville	10-0	2023
SHOT	Stillwater	62-8	2018
DISC	Stillwater	195-11	2018
JAV	Rensselaer	162-1	2022

Super Medley Relay SMR (1-1-2-4)

Male anchor: (100g-100b-200g-400b)

Lake George 1:46.68 2024

Female anchor: (100b-100g-200b-400g)

Stillwater 1:49.25 2025