

The Stillwater Rockin' Relays

10th Annual

Date: Saturday, April 12nd, 2025 **Time:** 9:00 am start

Location: Stillwater Track Facilities

Meet Information:

Scoring 6 places: Scoring will be 10-8-6-4-2-1

Awards A team trophy will be awarded to the winning team for boys and girls.
Medals will be awarded to top six (6) relays.

Entry Fees: \$350.00 per co-ed team and \$250 for a single team.
Make checks payable to **Stillwater XC/Track Booster Club.**
Please respond by email to confirm your entry.
stillwatertrack@yahoo.com (Shawn McClements)

Schools: Schools that compete Class B or C can email me to reserve their spot and get the password to register using ny.milesplit.com

Entries: Each school will be allowed **three (3)** athletes in each field event and **unlimited track relay entries**

Deadline for entries: **The deadline for entries is 10:00 pm on Thursday, April 10th.**
You will be able to make scratches or substitutions on the day of the meet.

Scratches: **Due to the clerk at 8:30**

Timing: Fully Automatic Timing (FAT) provided.

Heats and flights: The running events will be seated from slowest to fastest.

****Please reach out if you have any questions****

Meet Director: Shawn McClements (stillwatertrack@yahoo.com)

Stillwater Rockin' Relays

Saturday, April 12nd at 9:00 am

ORDER OF EVENTS

8:30 am Scratches or changes due

8:50 am Coaches Meeting

9:00 am Field Events Begin

9:00 am Track Events Begin

Track Events: (girls first)

1. 4 x 1600 meter relay
2. 100m Hurdles (girls)
3. 110m Hurdles (boys)
4. 4x200 Relay
5. 4x800 Relay
6. Co-ed "SMR" Relay (100_b/100_g/200_b/400_g)
New last year (Non-scoring but comes with special awards)
7. 4x100 Relay
8. 400H
9. SMR (4-2-2-8)
10. DMR (12-4-8-16)
11. 4x400

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

Field Events Order

Shot put – flighted, 3 attempts

9:00 Girls
followed by the Boys

Discus – flighted, three attempts

9:00 Boys
followed by Girls

Long Jump – flighted, 3 attempts

(Pit near discus)
9:00 Girls
followed by the Boys

Triple Jump – flighted, 3 attempts

(Pit near shot)
9:00 Boys followed by the Girls

High Jump

9:00 Boys

followed by Girls

Progression: **Girls 4-0, 4-3, 4-6, then by 2 inches**

Boys 4-6, 4-9, 5-0 then by 2 inches

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 behind in field behind the visitor bleachers

9:30 Girls “open pit” ... 3 attempts

11:30 Boys “open pit” ... 3 attempts

To be eligible to compete in the javelin, schools must provide proof of additional insurance

SCORING:

Track: unlimited relay entries, only one team can score but multiple teams can medal

Hurdles (100H, 110H, 400H): unlimited entries but only your top three performers can score and medal. The times of your top three hurdlers are added together to make your team time. You can enter less than 3 hurdlers but they will be ineligible for medals and scoring. If you enter 6 or more we will still only look at your top three for scoring/award purposes.

Field: You may enter up to three athletes. The performances of your top 2 performers are added together to make team's mark. If two teams tie then the top performer from each school breaks the tie. If still a tie then the tie stands.

Medals to top six teams. Scoring 1st thru 6th (10-8-6-4-2-1)

Only one relay team per school can score. Multiple teams can medal.

Useful Info for Coaches:

- **Our track has been newly resurfaced and you can you spikes ¼" or less**
- **You can set up tents outside the fenced track area. Please keep your teams from camping inside the fence.**
- **We ask that you help us keep food and non-water drinks outside the fenced area.**
- **Certain areas will be caution-taped off for safety reasons. Please help us keep those areas clear of athletes and spectators.**
- **Please supply your own blocks and batons.**
- **Results should be up on-line via milesplit and athletes are encouraged to visit the awards table once results are up to get their medals/ribbons.**
- **We will have an award winning snack shack (newly built) and shirts on sale. They usually run out fast.**
- **Programs will be available at a table as you/spectators enter the facilities.**

Entry Process & Payment:

Steps:

#1 Email Shawn McClements (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. 4/10 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 8:30am.

Rockin' Relays

Stillwater HS

Saturday 4-12-2025

School Name _____

Coach's Name _____

e-mail address _____

Phone _____

Payment:

\$350 per co-ed team

\$250 per single gender school

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.

