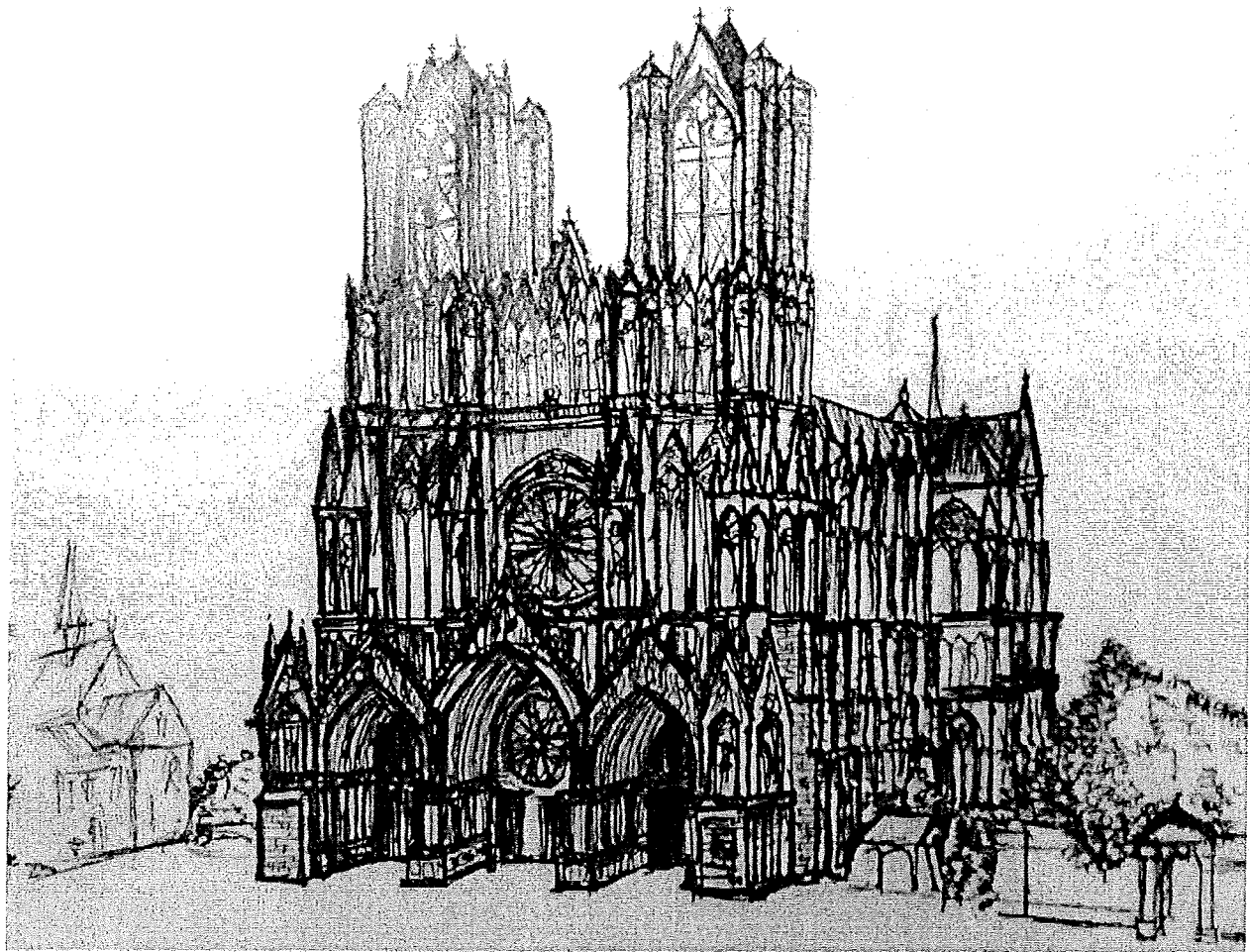


CBA/La Salle Relays

Saturday April 9th, 2016

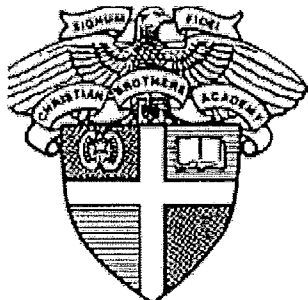
Bethlehem Central HS



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 17th annual CBA/La Salle Relays. The meet returns this year to its traditional second Saturday of April on April 9th, 2016. This year's meet will take place at Bethlehem Central High School 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 needs. Coaches who notify us of their team's intent to enter the meet by March 20th 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 9th.

Sincerely,

Christian Brothers Academy
Tom O'Malley
Paul Mance
Aidan O'Malley
Mike Smith
Blaine Drescher, AD

La Salle Institute
John Leonard
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 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, one frosh/soph LJ and TJ relay, 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. You can enter additional Varsity LJ and TJ relays at \$20 per relay. Only one team per school for the HJ and PV. There are no frosh/soph HJ and PV relays--just LJ, TJ, shot, and disc.
6. In the hurdle relays, you can run incomplete teams, but those teams will not score or be eligible for awards.
7. In field relays, one or two person teams can score and receive awards.
8. Entries will be done online this year. Entries must be completed by Thursday April 7th at ny.milesplit.com. Enter up to six names per track relay. For field events just enter individuals and the computer will take the top 3 for your scoring eligible relay. (Remember for each extra set of three athletes you need to pay the entry fee.)
9. Please supply your own batons, blocks, and throwing implements.
10. The frosh/soph shot and disc will use varsity implements.
11. Spikes may be worn (1/4 in. or smaller.)
12. Results will be sent to Jon Broderick's site (section2harrier.com.)
13. There will be a concession stand with food, shirts, and programs.
14. Questions: John Leonard jleonard2856@msn.com

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 not be run as shuttle--times will be added up.

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 on pit 1. (opening height: girls 3'6 up 3" until 4'6 then 2")
Boys on pit 2. (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: Pit 1: Boys F/S then girls F/S followed by varsity boys then varsity girls.

Triple jump: Pit 2: Girls F/S then boys F/S followed by varsity girls then varsity boys.

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 field relay per event—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 or PV relays!)*

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 6th. 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 20th.
Send team rosters/pictures by March 20th if you want your team in the program.

Mail, email, or fax your entry--no later than Wed. April 6th. 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** _____