

**WARWICK'S 28th Annual FAST TIMES RELAYS" sponsored by...The Running School @ Monroe Woodbury HS....Tues May 30, 2023**

**\*\*VENUE CHANGE FOR 2023 ONLY\*\*** (due to construction)

**@ Monroe-Woodbury High School 6:01pm-9:30pm**

**155 Dunderberg Rd Central Valley, NY 10917**

*(Sanctions Applied for NY-NJ Only)*

**ONLY FIELD EVENTS: HIGH JUMP--SHOT PUT--POLE VAULT**

**1 competitor per school/Field event, (Please Note Pole Vault Opening Heights for each gender are 9' (g) and 10' (b). DO NOT ENTER VAULT IF MARK NOT ACHIEVED THIS SEASON)** Schools may enter an Exceptional 2<sup>nd</sup> Athlete only in field events if they have met the following marks: HJ 6'5'(b/g) SP 44'/31'(b/g)

**ALL EVENTS START AT 6:01PM SHARP! \*4 teams ONLY per school/per Running event**

**Order of Running Relays**

4x800 (Girls, seeded last)

4x800 (Boys, seeded last)

4x100 (Girls, seeded last)

4x100 (Boys, seeded last)

4x400 (Girls, seeded last)

4x400 (Boys, seeded last)

Meet Records

Boys

400 RELAY 41.5 CAMDEN, NJ (Young-Ruff-Morris-Smith)  
1600 RELAY 3:12.7 CAMDEN, NJ (Young-Ruff-Smith-Morris)  
3200 RELAY 7:36.43 WARWICK HS, NY(Armand-Ramirez-Paez-Luthin)  
POLE VAULT 16'3" Jordan Yamoah, Arlington HS, NY  
HIGH JUMP 6'9" Alex Bowen, Beacon HS, NY  
SHOT PUT 59'2" John Hickey, TAPPAN ZEE, NY  
OPEN MILE 3:59.70 Bobby Mack, Unattached  
OPEN HJ 6'11" Garrett Huylet, CORNELL UNIV

Girls

400 RELAY 48.27 Newburgh, NY (McCaskill-Little-Jacobs-Mitchell)  
1600 RELAY 3:50.48 New Rochelle HS, NY (Donaldson,Wiggins,Darius, Jones)  
3200 RELAY 8:51.0 SUFFERN, NY (Goldman-Greany-Heidt-McKenna)  
POLE VAULT 12'6" Kaeli Thompson Warwick HS /Stephanie Duffy Washingtonville  
HIGH JUMP 5'8" Carin Knight NEW ROCHELLE, NY  
SHOT PUT 39'10" Dana White, CAMDEN, NJ  
OPEN MILE 4:50.0 Julie Littman, WESTCHESTER TC  
OPEN VAULT 15'2" Jen Stuczyski SHUR SPORTS

## **ENTRY PROCEDURES**

1. Create an account for your team on New York Milesplit if you have not done so already.
2. Beginning May 1st Fast Times Meet will be Open for entry for all events at New York Milesplit. Submit your Roster and Entries for Fast Times Relays (Please use accurate Seed Times) and only submit 4 names per relay. Entries will close Sun May 28<sup>th</sup> at 9:00pm. If you are bad with a computer DO NOT WAIT UNTIL THE LAST MINUTE OR WE CANNOT HELP YOU!
3. Please NOTE that the Pole Vault Starting Heights will be 9' for girls and 10'0" for boys. Do Not enter your athlete if they have not cleared that height.
4. Entries for all other events will be posted at ***Fulton Accurate Timing*** at <https://live.fultonaccuratetiming.com/> sometime on Monday. If your entries do not appear please email Tim Fulton at [fulton.timmy@gmail.com](mailto:fulton.timmy@gmail.com) or call (914) 629-7669
5. Enter online by May 28<sup>th</sup> **AND** Mail Completed Entry (below) with Payment Voucher by May 23, 2023 to *Dream Big Athletics Inc. 24 Somerset Lane Warwick, NY 10990*

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**- Coach MUST CHECK IN AND DECLARE all of the athletes that are competing upon arrival to the meet. Check in by coaches must be done by 5:31pm for seeding purposes. If you do not declare, your team will be scratched! Check in will be done under the pavilion.**

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-Note

- 4x100 teams please enter an accurate seedtime. I trust you will do the right thing.

-In 2023 we are Accepting a 4th Relay per school in All Track Events

- Do not call me on meet day regarding the weather. I am busy. If severe weather holds us out we will try to delay the meet until it clears. If weather prevents us from competing that evening, there is no makeup date available at this time. To stay tuned on weather and other announcements follow us on twitter: ***warwickvalleyxc***

**-Directions:** Use GPS and punch in 155 Dunderberg Rd Central Valley, NY 10917 and listen for the music!

-Meet Merchandise: Fast Times Tee Shirts will be on Sale for \$20

**FAST TIMES RELAYS Tues May 30, 2023**

Name of School \_\_\_\_\_ Boys \_\_\_\_\_ Girls \_\_\_\_\_

School Address \_\_\_\_\_

School Phone \_\_\_\_\_ Coach Name and Phone \_\_\_\_\_

Coach E-Mail \_\_\_\_\_

**Please Indicate Number of Entries**

**Boys:** 3200m Relay \_\_\_\_\_ 1600m Relay \_\_\_\_\_ 400m Relay \_\_\_\_\_

**Boys:** Shot Put \_\_\_\_\_ Pole Vault \_\_\_\_\_ High Jump \_\_\_\_\_

**Girls:** 3200m Relay \_\_\_\_\_ 1600m Relay \_\_\_\_\_ 400m Relay \_\_\_\_\_

**Girls:** Shot Put \_\_\_\_\_ Pole Vault \_\_\_\_\_ High Jump \_\_\_\_\_

Total Entry Fee:\$ \_\_\_\_\_

**Fees:** Blanket Entry is **\$235** (\$120 for Boys/\$120 for Girls) **or** \$30 per relay/\$15 Indiv.

Check Payable to: **Dream Big Athletics Inc.** For your business office, Dream Big Athletics Inc is a Non-Profit Organization EIN # 26-1354444. W-9 upon Request.

Enter online by May 28<sup>th</sup> **AND** Mail Completed Entry (below) with Payment Voucher to *Dream Big Athletics Inc. 24 Somerset Lane Warwick, NY 10990*

Any Questions Please Contact Meet Director Mike Potter at 845-987-6997 or via email wvxctf@gmail.com with the title "Fast Times" in your subject

**AWARDS TOP 5 IN ALL HIGH SCHOOL EVENTS**  
***Come join one of the Greatest Relay Meets in the United States***