

# 30<sup>th</sup> Anniversary Junkyard Relays

Saturday, May 20<sup>th</sup> 2023, 10:00am @ Clinton Central School

Co-ed meet / Co-ed aggregate team scoring

\$300 Entry fee

1. Athletes may enter a maximum of four events on the day.
2. Eight (8) places will be scored in all events. 10-8-6-5-4-3-2-1
3. Batons **WILL** be exchanged in the 3x 400H.
4. Three (3) jumps, three (3) throws in all field events. Distances added.
5. In ALL field events & HIGH Hurdles: You may enter up to 4 (top 3 count)
6. 3 x 400h = 3 names listed ONLY
7. Schools are responsible for their own starting blocks

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## 2023 Junkyard Relays Order of Events:

Track Events - 10:00 - boys then girls (unless noted \* as a Girls ONLY event)

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|---|--|
| 1. 3 X HH   | 10. 3 x 400 H (batons are exchanged)   |
| 2. 4 x 8  | - Break in meet for "Musical Chairs"   |
| 3. ISMR(1-2-3-4)                                  | 11. 4 x 200                            |
| 4. Freshmen only ISMR (1-2-3-4)                   | 12. DMR(8-4-12-16)                     |
| 5. <u>*Girls only event (1-1-2-4)</u>             | 13. SMR(4-2-2-8)                       |
| 6. 4 x 1600 / 4 x 1500 (No batons)                | 14. Boys 180 lbs+ Throwers 4 x 1       |
| 7. 4 x 1  | 15. <u>*Girls Throwers 4 X 1</u>       |
| 8. 4 x 4  | 16. Boys 220 lbs+ Throwers 4 x 1       |
| 9. <u>*Girls only event "Odd" Relay (1-3-5-7)</u> | 17. 2 x STEEPLE (boys 3000/girls 2000) |

\*New this year: **"Coaches Mile"**! To be inserted at the mutually agreed upon time of those running it!

## Field Events -

3 x Triple Jump

3 x Long Jump

3 x Pole Vault

3 x "Light-Weight" Shot Put All competitors MUST weigh 135 pounds or less (boys only)  
And WILL use a regulation 12 pound Shot-Put!

3 x Shot Put

3 x Javelin Toss

3 x Weight Throw

3 x Discus Throw

3 x High Jump -

This event starts at 10:00 with GIRLS. Bar will be at 3'9" for 15 minutes and then will increase 3" **every 15 minutes**. It is the athlete's responsibility to get their jumps in. This will be timed. They might NOT get 3 attempts at each height. BOYS will start at 4'9" for 15 minutes and then increase by 3" every 15 minutes. Same rules apply.

## READ EVERY WORD BELOW!

### Boys Throwers relay rules: No "Cheaters"!!

- \* Two (2) separate divisions: Each race COUNTS as its own event towards 4 total (max)
- \* Lightweight Division: 4x1 for ALL 4 throwers weighing at least **180 lbs. individually!**
- \* Heavyweight Division: 4x1 for ALL 4 throwers weighing at least **220 lbs. individually!**
- \* An athlete may enter both if their weight qualifies...but **each run** will count as a separate event towards 4 maximum on the day. These are scoring events that count!
- \* You **must** have also competed in at least one throwing event on THIS DAY to be eligible

### Girls Throwers relay: Have some ethics please?

No weigh-ins!

One "division" of 4x1 (**All four** girls entered **MUST** have competed in a throwing event as one of their official events in the meet on THIS DAY - 5/20/2023!)

Putting Steeplechasers, Distance runners and Sprinters who've never thrown in a meet before this day and finish in LAST place in a throw... just so you can enter them in this race is garbage.

Have a little respect for the REAL throwers as well as this meet!

And, YES...

I **AM** angry about what I've seen done here before. Shame on you if you've done it.

Coaches who violate the spirit of these events will be **banned** from the Junkyard Relays **for life!**