

“DREAM BIG ATHLETICS INC. PRESENTS **WARWICK’S 19th Annual FAST TIMES RELAYS**”

PUT US ON YOUR SPRING TRACK CALENER AND JOIN THE FUN “UNDER THE LIGHTS”

Tuesday May 28, 2013

Warwick Valley High School Olympic Track 6:15pm-9:30pm

Fully Automated Timing once again will be present at our 19th running of the “Warwick Fast Times Relays”! Our EUROTAN ML surface by SOUTHTWEST RECREATION is newly resurfaced and is lightning fast and our music and awards are top notch. This meet is one of the highest quality meets in the U.S.A.! The stadium will again be packed full with our good old fashion “TRACK NUTS” cheering and screaming for “FAST TIMES” all night. (Sanctions Applied for NY-NJ-PA-CT)

ONLY FIELD EVENTS:

HIGH JUMP--SHOT PUT--INVITATIONAL POLE VAULT

1 competitor per school/Field event, (Please Note Pole Vault Opening Heights for each gender) Exceptional 2nd Athletes accepted in field events if they have met the following marks: HJ 6’/5’(b/g) SP 44’/31’(b/g)

ALL EVENTS START AT 6:15PM SHARP! *2 teams ONLY per school/per Running event

Order of Running Relays

4x100 (Girls, seeded last)

4x100 (Boys, seeded last)

4x800 (Girls unseeded)

4x800 (Boys unseeded)

4x800 (Girls Championship Section)

4x800 (Boys Championship Section)

Elite Open Men’s Mile

4x400 (Girls, seeded last)

4x400 (Boys, seeded last)

Meet Records

Boys

400 RELAY

1600 RELAY

3200 RELAY

POLE VAULT

HIGH JUMP

SHOT PUT

OPEN MILE

OPEN HJ

Girls

400 RELAY

1600 RELAY

41.5 CAMDEN, NJ (Young-Ruff-Morris-Smith)

3:12.7 CAMDEN, NJ (Young-Ruff-Smith-Morris)

7:36.43 WARWICK HS, NY(Armand-Ramirez-Paez-Luthin)

16’3” Jordan Yamoah, Arlington HS, NY

6’9” Alex Bowen, Beacon HS, NY

59’2” John Hickey, TAPPAN ZEE, NY

3:59.70 Bobby Mack, Unattached

6’11” Garrett Huvlet, CORNELL UNIV

48.27 Newburgh, NY (McCaskill-Little-Jacobs-Mitchell)

3:51.48 WARWICK HS, NY (Pettit-Pennings-Jados-Greibesland)

3200 RELAY
POLE VAULT
HIGH JUMP
SHOT PUT
OPEN MILE
OPEN VAULT

8:51.0 SUFFERN, NY (Goldman-Greany-Heidt-McKenna)
12'6" Stephanie Duffy, WASHINGTONVILLE, NY
5'8" Carin Knight NEW ROCHELLE, NY
39'10" Dana White, CAMDEN, NJ
4:50.0 Julie Littman, WESTCHESTER TC
15'2" Jen Stuczyski SHUR SPORTS

ENTRY PROCEDURES

- 1) Create an account for your team on www.headcountreg.com if you have not done so already. Save your Account Info.
- 2) Beginning May 1st Fast Times Meet will be Open for entry for all events at www.headcountreg.com . Submit you're Roster and Entries for Fast Times Relays (Please use accurate Seed Times) and only submit 4 names per relay. Entries will close Fri May 24th @ 11:59pm. 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 9'3" for girls and 12'6" for boys. Do Not enter your athlete if they have not cleared that height.
- 4) Entries for all other events will be posted at www.finishright.com sometime Memorial Day weekend. If your entries do not appear please email Glen Wolin @ finish99@live.com or call 518-312-0886

SPECIAL NOTE FOR COACHES:

- 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 5:45pm for seeding purposes. If you do not declare, your team will be scratched! Check in will be done under pavilion.
- 4x100 teams please enter an accurate seed time. I do not want to be dealing with nonsense on the day of the meet. I trust you will do the right thing.
- We are NOT accepting a 3rd relay team in any event! This is new! Please do not ask.
- Shot Put may use 2 circles; boys and girls going at same time
- 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 make up date available at this time. To stay tuned on weather announcements follow us on twitter: warwickxctf
- Do not call me for directions. The same coaches call every year for the past 18 years and still don't know how to get here. Use GPS and punch in 89 Sanfordville Road Warwick, NY 10990 and listen for the music!
- We look forward to hosting you once again and best of luck this spring season.

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

6) Mail Completed Entry (below) with Payment Voucher by May 15th 2013 to:

*Dream Big Athletics Inc.
24 Brittany Drive
Middletown, NY 10940*

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 **\$230** (\$115 for Boys/\$115 for Girls) **or** \$30 per relay/\$15 Indiv.

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

Medals Top 5 in each Event

AWARDS TOP 5 IN ALL HIGH SCHOOL EVENTS
Come join one of the Greatest Relay Meets in the United States
Where athletes run fast at "Fast Times"