



12th Annual
KINGSTON TIGERS MODIFIED
RELAYS



Friday, April 25th 2025 @ 4:30 p.m.

Timing & Live Results provided by Fulton Accurate Timing

Order of Events

2 relay teams unless otherwise noted

Running Events

55 Hurdle Relay (Unlimited Teams)
(Times added together/No Shuttle)

4x800

4x100

SMR (4-2-2-8) (1 entry)

800 M Steeplechase (3 Entries)

4x200

DMR (1200, 400, 800, 1600) (1 entry)

4x400 (1 entry)

Field Events (3 entries per event)

Long Jump B North Pit/G South Pit

Triple Jump B North Pit/G South Pit

Pole Vault B/G Combined

Discus B/G

Shot Put G/B

High Jump B North Pit/G South Pit

Ribbons will be awarded to the TOP 6 in each event

TIGER RELAYS T-SHIRTS WILL BE FOR SALE. \$20.00

12th Annual Kingston Tigers Modified Track & Field Invitational Entry Form

High/Middle:
School
Address

Athletic Dept Phone:

Team: Boys

Girls

Both

** Please make sure the contact information is correct and up to date

Team Contact:

Contact Phone:

Contact E-Mail:

Blanket Fee: \$200.00, Boys Team: \$125.00, Girls Team: \$125.00

Total Due: \$_____

Please Note the Change in the Check Payable

Made Payable to: **First Capital Track Club**

Federal ID/EIN # Available

First Capital Track Club
Attn: Coach Joe Cahill
752 Neighborhood Rd.
Lake Katrine, NY 12449

Fax to:
KHS Athletic Department
Attn: KHS Track
Fax #: 845 331-4161