



2025 IRON DUKE RELAYS



Your team is invited to participate in the annual Iron Duke Relays hosted by Marlboro Central High School. The meet will take place under the lights on Marlboro's newly resurfaced 8-lane all-weather track.

F.A.T. services provided by Fulton Accurate Timing!

Based on coach and athlete interest and suggestion from previous years, we continue to revise the order of events each year, while still to giving athletes the best opportunity to hit state standards and break school records. Come join us for a great night of competition- one of the only Friday night meets around!

Date: Friday, April 25th, 2025 (rain date Saturday 4/26, 4pm)

Start Time: 4pm, coaches meeting 3:30pm

Entry Fees: \$400 blanket entry fee for both boys and girls teams, \$250 for one team,
\$25 per individual athlete (contact meet director to discuss)

**** NOTE:** This is a non-refundable entry fee, NOT a participation fee.

Order of Events:

Track Events (Girls, then Boys)

400m Hurdles

4x100m Relay

Invitational 1500m/1600m Run

100m Dash (prelims)

2000m/3000m Steeplechase

100m Dash (Finals- Top 8 times from prelims)

800m Run

100m/110m Hurdles

4x400m Relay

Coaches 4x100m Relay (no Milesplit entry necessary)

Throwers 4x100m Relay (athletes **MUST** be entered in at least 1 of the 4 throwing events, but **NO** other events)

Field Events

Long Jump (B/G 1st)

Triple Jump (B/G 2nd, after LJ)

High Jump (G, then B)

Pole Vault (B, then G)

Shot Put (G, then B)

Discus (B, then G)

Hammer (B/G open circle)

Javelin (B/G open sector)

Awards:

Medals will be given out to 1st, 2nd, and 3rd place finishers in each event.

Logistics:

All entries will be input on Milesplit (ny.milesplit.com). Once we receive your entry form and payment, I will e-mail/text the password for the meet. Entries will close Thursday 4/24 at 8pm.

Be as accurate/realistic as possible with seed times.

The use of 1/4" spikes and starting blocks are permitted. Athletes must bring their own blocks and batons.

All running events are finals based on time (except 100m prelims).

All track events (except 100m prelims) will be run fast → fastest.

For open events, limit 3 individual entries per school per event.

For relays, max of 2 per school per event.

Maximum of 4 events total for each individual athlete.

3 Jumps for LJ and TJ- No Finals.

3 Throws for Shot and Discus- No Finals. Seeded flights last for each.

3 Throws for Hammer and Javelin- No Finals. Seeded flights first for each.

Hammer ~1½ hour open circle, Javelin ~1½ hour open sector

both on top of the hill behind the high school. We may move ahead earlier if all athletes have completed their throws.

Likely Starting Heights/Progression for HJ:

Girls 4' moving up 2" to 5', then 1" after

Boys 5' moving up 2" to 6', then 1" after

Likely Progression for PV: Girls Start at 5', Boys start at 6', then up 6"

Actual HJ/PV starting heights and progressions will be determined based on entries.

Once a winner is determined for HJ/PV, they can determine their next height.

Once the meet begins, warm-ups should be done outside of the track area- not on the track or infield- the infield should be clear of all athletes not competing.

Tent setup for teams will be on the grass behind the bleacher areas or along the fence outside the track. Please do not set tents up in the stands next to the press box.

All clerking for track events will be done outside of the fence area near the finish line. Field events report directly to their event area.

Marlboro's athletic trainer will be on site for injuries. *Please use your discretion.*

In the event of inclement weather/lightning, teams should report to their buses.

Bathroom facilities are located outside behind the bleachers.

Concession stand, food truck, and meet t-shirts will be available for sale.

We will break after the 100m Trials to play the National Anthem

and to recognize Marlboro's senior student-athletes. This usually takes around 10-15 minutes. Please plan Steeplechase warm-up time/check-in accordingly.

Contact Info: Pete Carofano- Meet Director & Head Varsity Boys Coach

E-Mail: peter.carofano@marlboroschools.org

Cell Phone: 845-926-2516



IRON DUKE RELAYS



ENTRY FORM

School Name: _____

Teams Attending: Boys only _____ Girls only _____ Both _____

Coach Name: _____

Coach Cell Phone: _____

Coach E-Mail: _____

Blanket Entry Fee: \$400.00

Boys Team Only/Girls Team Only: \$250.00

Individual Athletes: \$25.00

Amount Due: \$_____

Please make checks payable to: "Marlboro Varsity Club"

All entry forms and payments in our hands NO LATER than:

Friday, April 18th 2025

Send forms and payments to:

Mr. Philip Cancellaro
Athletic Director
50 Cross Rd.
Marlboro, NY 12542

-or-

Ms. Michele Landis
Secretary to the Athletic Director
50 Cross Rd.
Marlboro, NY 12542