

**Forty Eighth Annual Rhode Island Knights Of Columbus
Four Mile Relay**

Sanctioned by: Rhode Island, Massachusetts, New York, Connecticut

Date: Saturday April 9, 2016

Location: Mount Pleasant High School
434 Mt. Pleasant Avenue
Providence, Rhode Island 02908

The event will be held on a new 400 meter track. Spikes which are no longer than one-quarter inch may be worn. **NOTE:** New format for seeding: *All relays based on time.*

Tentative Time Schedule

(We may run up to 30 min. early - after 9:30 am start)

9:00 a.m.	Girls Hammer Throw - Boys Hammer Throw (following girls)
9:30 a.m.	Girls Freshmen Mile Run
9:45 a.m.	Girls 4 Mile Relay Mixed Divisions – Seeded -
10:15 a.m.	Girls 4 Mile Relay on time. Fastest Heat First
10:45 a.m.	Boys Freshman Mile Run
11:15 a.m.	Special Olympics Relay
11:30 p.m.	Heat I Boys 4 Mile Relay Mixed Divisions – Seeded on time.
12:00 p.m.	Heat II Boys 4 Mile Relay Fastest Heat will be Heat III
12:30 p.m.	Heat III Boys 4 Mile Relay

Division Assignments will be based on the enrollment. The large schools will be in Division I. The middle size schools will be in Division II and the small schools will be in Division III. Any small school, or average school that wishes to compete in the Division I must indicate this on their entry blank. Girls will be divided into 2 divisions.

Awards:

Hammer Throw	- Shirts to first 10 places
Freshmen Mile Run	- Shirts to first 10 places
4 Mile Run	- Each Division will receive the following: - Shirts to 1st, 2nd, 3rd, 4th, and 5th place teams - Plaque to 1st place teams

ENTRY FEE: \$16.00 per Relay Team
\$5.00 per Individual in the Freshman Mile and Hammer Throw

Send entries to: Richard Duggan, 102 Ocean Avenue, Wakefield, RI 02879
Home # (401) 782-3556 Cell # (401) 486-6759
Email: rduggan45@gmail.com

MAKE CHECKS PAYABLE TO: Richard Duggan, Meet Director

Entries must be received by April 4, 2016

ENTRY BLANK

Boys Four Mile Relay

Entries must be received by Monday, April 4, 2016

School : _____ Male Enrollment _____

Number of teams _____

List the individuals that may run on these teams and mile times. If more space is needed, please use the back of this sheet.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Please note any information that may be used for publicity about your team, ie: championships, outstanding individuals, etc.

Coach's Signature _____
School Phone # () _____
Home Phone # () _____
Email Address () _____

Send entries to: Richard Duggan, 102 Ocean Avenue, Wakefield, RI 02879
Home # (401) 782-3556 Cell # (401) 486-6759
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BOY'S HAMMER THROW

School _____

1. _____
2. _____
3. _____
4. _____
5. _____

Any additional entries should be put on the back side of this sheet.

FRESHMAN BOYS MILE RUN

School _____

1. _____
2. _____
3. _____
4. _____
5. _____

Any additional entries should be put on bottom of this sheet.

Coach's Signature _____

School Phone # () _____

Home Phone # () _____

Email Address () _____

Entries must be received by April 4, 2016

ENTRY BLANK

Girls Four Mile Relay

Entries must be received by Monday, April 4, 2016

School _____ Female Enrollment _____

Number of Teams _____

List the individuals that may run on these teams and mile time. If more space is needed, please use the back of this sheet.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Please note any information that may be used publicity about your team ie: championships, outstanding individuals etc.

Coach's Signature _____

Schools Phone # () _____

Home Phone # () _____

Email Address () _____

Send entries to: Richard Duggan, 102 Ocean Avenue, Wakefield RI, 02879

Home Phone # (401) 782-3556 Cell # (401) 486-6759

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GIRLS HAMMER THROW

School _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Any additional entries should be put on the back side of this sheet.

FRESHMAN GIRLS MILE RUN

School _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Any additional entries should be put on bottom of this sheet.

Coach's Signature _____

School Phone # () _____

Home Phone # () _____

Email Address () _____

Send entries to: Richard Duggan, 102 Ocean Ave., Wakefield, RI 02879

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