THE 65th ANNUAL
GEORGE MUSE RELAYS
May 4th, 2024

Once again this year will be offering both the Varsity George Muse Relays

VARSITY AWARDS

George Muse Relay Batons will be given to each member of the first place teams. Members of the second through sixth place teams will receive ribbons.

SPONSOR
Glens Falls Grandstanders

TRACK
400 meter synthetic track. 1/8" spikes will be allowed on the track and runways and high jump apron.

TEAMS
Up to 18 boys teams and 18 girls teams will be invited on a first come first serve basis. Teams that entered last year will automatically be accepted if they reply by April 1st.

NOTES
1. No team scoring.
2. The Laurie Garrand Shuttle Hurdles Relay will NOT start before 2:30pm.
3. The meet usually ends by 6 pm
4. Next year's meet will be Saturday May 3rd, 2024
5. We will be using F.A.T. timing.

PLEASE RETURN THIS ENTRY BLANK WITH CHECK OR VOUCHER TO:

Shane Jones, Athletic Director
Glens Falls High School
10 Quade St.
Glens Falls, NY 12801
Please make checks or vouchers payable to GRANDSTANDERS - GEORGE MUSE RELAYS.

Please enter on [ny.milesplit.com](http://ny.milesplit.com/) by May 2 by 10:00PM

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Boys Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E- Mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Girls Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E- Mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State, Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone No.: \_\_\_\_\_\_\_\_\_\_\_\_\_

This payment includes entries for the George Muse Relays on May 4th.

\_\_\_\_ Co-ed team ($300.00)

\_\_\_\_ Boys team ($150.00)

\_\_\_\_ Girls team ($150.00)

\_\_\_\_ Individual relays ($25.00 per relay). Number of relays you will bring.

CONTACT
Dan Perry Kevin Hall
Boys Varsity Track Coach Girls Varsity Track Coach
Glens Falls High School
10 Quade Street
Glens Falls, NY 12801 Glens Falls, NY 12801
E-Mail dperry@gfsd.org E-Mail Hallz\_68@yahoo.com

George Muse Relays May 4th
ORDER OF EVENTS

FIELD
Each field event team will consist of 3 athletes; the team performance is based on the total of the best performance of each team member.

1:30 Boys Pole Vault / Girls Pole Vault - continuous bar
Girls Opening Height 5-9, Boys Opening Height 7-3 (6 progression) \* Please do not bring any girl who has not cleared 5-6 or boy who has not cleared 7 to make the meet more efficient

2:00 Boys High Jump - Apron at the South End of the field (Opening height 4-6 increasing by 3 inches until 5-0 then by 2 inches) 4-6, 4-9, 5-0, 5-2, 5-4
Girls High Jump - Apron at the North End of the field (Opening height 3-0 then increase by 3 inches until 4 then by 2 inches) 3-0, 3-3, 3-6, 4-0, 4-2, 4-4, 4-6
Boys Discus
Girls Long Jump (Open Pit TBA)
Boys Long Jump (Open Pit TBA)
Girls Shot Put
Boys Shot Put (following the Discus)
Girls Discus (following Shot Put)
Girls Triple Jump (Open Pit Following the Long Jump)
Boys Triple Jump (Open Pit Following the Long Jump)

TRACK
No trials, timed sections where needed.
1:30 # 1 Boys 4 x 1600m Relay
# 2 Girls 4 x 1600m Relay
2:30 # 3 Laurie Garrand Girls 4 x 100m Shuttle Hurdle Relay
# 4 Boys 4 x 110m Shuttle Hurdle Relay
# 5 Boys Freshman 4 x 100 Relay
# 6 Girls Freshman 4 x 100 Relay
# 7 Boys 4 x 100m Relay
# 8 Girls 4 x 100m Relay
# 9 Bill Parks Boys 4 x 800m Relay
# 10 Girls 4 x 800m Relay
# 11 Boys Freshman Sprint Medley Relay (400, 200, 200, 800)
# 12 Girls Freshman Sprint Medley Relay (400, 200, 200, 800)
# 13 Boys Sprint Medley Relay (400, 200, 200, 800)
# 14 Girls Sprint Medley Relay (400, 200, 200, 800)
# 15 Boys 4 x 200m Relay
# 16 Girls 4 x 200m Relay
# 17 John Baker Boys Distance Medley Relay (800, 400, 1200, 1600)
# 18 Girls Distance Medley Relay (800, 400, 1200, 1600)
# 19 E. John Loucks 4 x 400m Relay
# 20 Girls 4 x 400m Relay

The meet usually ends around 6 pm.