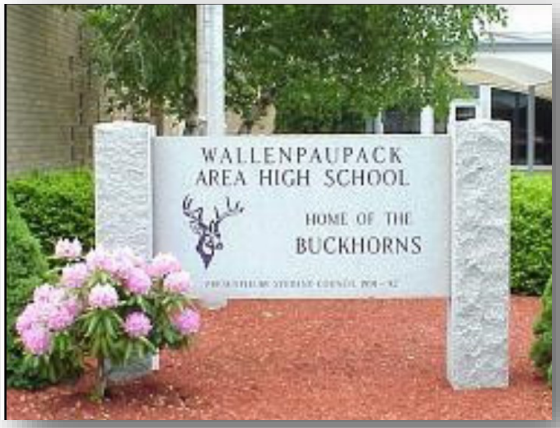
Directions

From Scranton:
Take Rt. 590 to Hawley
Turn right at the intersection of 590 and Rt. 6… ½mile. The school is on the right.

From the Stroudsburg area:
Take Rt. 402 to Rt. 6. Turn left onto Rt. 6. Go about 4 miles. The high school is on the left.



For more information contact:
Mark McHugh
(570)226-4557 x4105
mchughma@wallenpaupack.org

22nd Annual

Ice Breaker Relays

Saturday, April 7, 2018

9:00 – 3:00

Rain Date: April 14th, 2018

Wallenpaupack Area High School

- Please enter all information into Penn Track http://pa.milesplit.com/
- Please input the names and performances of both A and B teams for ALL events.
- You may scratch or change athletes at the meet, but the meet will be pre-seeded based on the times you submit.
- Entries must be submitted by 9 p.m. on 4/5/18.
- Entrance fees are $150 for each boys team and $150 for each girls team.
- Trophies will be awarded for 1st place boys & girls and overall team champion
- Individual medals will be awarded to 1st, 2nd and 3rd places.
- T-Shirt and refreshment stands will be open all day.

Scoring & Procedures

FAT Timing System will be utilized during the relays.

Events will consist of 9 Running events and 7 Field events.

Field events will consist of 2 athletes per team and their best performances will be combined.

Track events will be seeded in lanes and heats; worst to best based on times.

A & B Teams will be allowed to enter and qualify for medals…. but only A teams will count in the team scoring.

Team Scoring will be 10–8–6–4–3–2–1.

Open pit areas will be conducted with a 2 hour limit per event in the jumping and pole vault areas. A maximum of 6 jumps will be permitted in the High Jump and Pole Vault events.

Throwing Events will be flighted according to seed. Lower seeds throw 1st.

Wallenpaupack has a 6 lane track. 1/8" spikes are allowed in all areas.

Warm-ups are permitted prior to each event when it is called, but we ask that you keep the infield clear during events and not distract the runners.

Coaches meeting will begin promptly at 9:00AM in the high school cafeteria. Procedures and questions will be addressed.

Gym will be available to all competitors.

A certified licensed trainer will be available throughout the competition.

Event (Order of Events as Follows
3 x 100 Hurdles based on time
3 x 110 Hurdles based on time
Distance Medley 1200-400-800-1600
4 x 100 Relay
3 x 300 Shuttle Hurdle
Mid-Distance Medley 100-400-400-1200
Sprint Medley 100-100-200-400
4 x 800 Relay
4 x 400 Relay
High Jump
Long Jump
Triple Jump
Pole Vault
Shot Put
Discus
Javelin