

# Cranford Cougar Relays



Saturday April 14, 2012

9am

Raymond V. White Track @ Memorial Field, Cranford, NJ

## MEET INFORMATION:

**Peter Kane**

(908) 380-8954

kaneathletics@yahoo.com

**FACILITIES:** Raymond V. White Track has an all weather track with six lanes.

Spike length 1/4" for track, runways and approaches. Our throwing areas are nearby.

Javelin along the 3<sup>rd</sup> base line of the baseball field and our shot put and discus sectors are beyond the start of the backstretch.

**TIMING: NEW F.A.T TIMING**, NJRaces will be timing the meet.

Send all Hy Tek Rosters to [rosters@njraces.com](mailto:rosters@njraces.com)

Rosters MUST be received by APRIL 7

**ENTRIES:** Each team will be allowed to enter **1 Varsity** relay team / event. If your team enters a FULL GENDER or FULL TEAM you can enter 1 non-scoring "B" Team in the running events. Entries can be mailed to:

Attn: Peter Kane  
Cranford High School  
201 West End Place  
Cranford, NJ  
07016

**Entries close Saturday April 7th.** You will be provided cards based on your entry at packet pickup.  
**Rosters must be received by April 7<sup>th</sup>.**

**ONLY THE FIRST 25 TEAMS WILL BE INCLUDED – PLEASE RESPOND EARLY!**

**ENTRY FEES:** \$22.00 / relay (running and field) We will also accept a flat team entry fee of \$350 / per gender or \$500 / per school (Girls & Boys)

**Please make checks payable to Cranford High School.**

**PACKET PICK-UP:** Will be located on the football field.

**BUS DROPOFF/PICKUP:** All buses should enter from Myrtle Avenue via Centennial Avenue and drop teams off along the gated entrance to the track. Buses will then be directed to a parking lot and will be called from the same location as the drop-off.

**NO BUS ENTRY VIA POOL ENTRANCE**

**AWARDS:** Awards will be given to the top 3 teams in each event. There are **team titles** for boys and girls. These awards can be picked up by the athletes or coach at the top of the bleachers at the announcer's booth after the official results of each event are announced and posted.

**CHECK IN:** All athletes in *running* events **MUST** check in at the clerks table located on the football field. Early Bird seeding will be in effect. Runners will check in **20 minutes** prior to their running. Field events check in at the event.

**REFRESHMENTS:** Will be sold throughout the meet at the concession stand.

*Meet Schedule of Events*



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**EVENTS:** All track events will be run **Girls** followed by **Boys**.

**Shot Put** will be **Girls** followed by **Boys**

**Discus** will be **Boys** followed by **Girls**

**High Jump** will be **Girls** followed by **Boys** (G opening- 4'2, B opening- 5'0)

**Pole Vault** will be **Girls** followed by **Boys** (G opening- 7'0, B opening- 9'0)

**Javelin, Long Jump and Triple Jump** will be open runways within their allotted time.

**\*If you enter a FULL GENDER (\$350) or FULL TEAM (\$500) you will be allowed to enter 1 NON-SCORING "B" Team for each RUNNING event in addition to your Varsity "A" Team**

**TRACK EVENTS:** (will begin @ 9 AM – Girls followed by Boys)

Seeding will be based on REASONABLE seed times and run Fastest Last

- ◆ INTERMEDIATE HURDLES (3X400M IH)
- ◆ DISTANCE MEDLEY (1200, 400, 800, 1600)
- ◆ 4 X 100M
- ◆ SHUTTLE HURDLES
- ◆ 4X200M
- ◆ 4X800M
- ◆ SPRINT MEDLEY (400, 200, 200, 800)
- ◆ 4X400M

**OPEN RUNWAYS:** (2 person teams) 3 Jumps/ 3 Throws- NO FINALS

- ◆ LONG JUMP Boys ( 9am-10am) followed by Girls (10:15am-11:15am)
- ◆ TRIPLE JUMP Boys (11:30- 12:30) followed by Girls (12:45-1:45)
- ◆ JAVELIN Boys ( 9am-10am) followed by Girls (10:30-11:30)

Times are subject to change based on the number of entries

Any changes will be announced during the meet

Both teammates DO NOT need to be present at the same time to compete

**FIELD EVENTS:** (2 person teams)- NO FINALS

- ◆ POLE VAULT – (Girls (7'0) followed by Boys (9'0))
- ◆ HIGH JUMP – (Girls (4'0") followed by Boys (5'0"))
- ◆ SHOT PUT – ( Boys followed by Girls)
- ◆ DISCUS – (Girls followed by Boys)

Send all Hy Tek Rosters to [rosters@njraces.com](mailto:rosters@njraces.com)

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Saturday April 14, 2012  
Entry Form

SCHOOL: \_\_\_\_\_

COACH: \_\_\_\_\_

SCHOOL PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

COACHES EMAIL ADDRESS: \_\_\_\_\_

Event	Boys	Girls
3x400m IH		
Distance Medley		
4x100m		
Shuttle Hurdles		
4x200m		
4x800m		
Sprint Medley		
4x400m		
Long Jump Relay		
Triple Jump Relay		
Javelin Relay		
Shot Put Relay		
Discus Relay		
Pole Vault Relay		
High Jump Relay		

SEND ALL HY TEK ROSTERS TO [ROSTERS@NJRACES.COM](mailto:ROSTERS@NJRACES.COM)

ALL ROSTERS MUST BE RECEIVED BY SATURDAY APRIL 7<sup>TH</sup>

TOTAL BOYS RUNNING AND FIELD EVENT ENTRIES \_\_\_\_ X \$22= \_\_\_\_\_

TOTAL GIRLS RUNNING AND FIELD EVENT ENTRIES \_\_\_\_ X \$22= \_\_\_\_\_

TOTAL: \_\_\_\_\_

CIRCLE BLANKET ENTRY FEE:

**BOYS TEAM \$ 350**

**GIRLS TEAM \$350**

**Boys + Girls TEAM ENTRY \$500**