


MORRIS COUNTY TRACK COACHES ASSOCIATION

ESTABLISHED 1954

Internet Address: <http://www.mctrack.org>

E-mail Address: mctca@mctrack.org

45th Annual East Coast Relays

1. **DATE:** Monday, May 18, 2015
2. **RAIN DATE:** Tuesday, May 19, 2015
3. **PLACE:** Randolph High School
For Directions: <https://maps.google.com/>
511 Millbrook Ave, Randolph, 07869
Latitude 40° 50' 48.6 N
Longitude 74° 33' 48.7 W
4. **TIME:** 4:00pm
5. **FEE:** \$36.00 per running event (NO "B" TEAMS WILL BE ACCEPTED)
\$27.00 per field event (3-person teams) (NO "B" TEAMS WILL BE ACCEPTED)
6. **MILE SPLIT ENTRIES:** Online Entry Due on: **Friday, May 15, 2015 at 11:59pm**

NJRunners.com
a MileSplit Network site
7. **SEND TO:** Len Pietrewicz
1011 Sussex Turnpike
Randolph, NJ 07869
PHONE: Home (973) 895-6005 **CELL:** (201) 841-0566

Please do not send certified or registered mail! If you wish confirmation that your entry was received, enclose a self-addressed postcard, and I will return it.

8. **CHECKS:** Payable to Morris County Track Coaches Association
Check or school voucher **MUST** accompany all entries.
ENTRY FEES ARE NON-REFUNDABLE

MEET GUIDELINES

1. The National Federation uniform rule will be strictly enforced. NJSIAA eligibility rules apply.
2. Spikes permitted in all areas (1/4" or less).
3. Prizes: **MEDALS** to the top **Eight** (8) finishers in each event.
4. High Jump: Boys starting height = 5-8, 5-10, 6-0, etc. Girls starting height = 4-8, 4-10, 5-0, etc.
5. Pole Vault: Boys starting height = 11-0, 11-6, 12-0, etc. Girls starting height = 9-0, 9-6, 10-0, etc.
6. In the Long Jump, Triple Jump, Shot Put, Discus, and Javelin, each competitor will be given three (3) jumps or throws.
7. Please bring your own batons.

2015 EAST COAST RELAYS

Order of Running Events:

- | | | |
|---|-------|--------|
| 1. GIRLS: 4 X 100m Shuttle Hurdles | Final | 4:00pm |
| 2. BOYS: 4 X 110m Shuttle Hurdles | Final | |
| 3. GIRLS: Distance Medley (1200-400-800-1600) | Final | |
| 4. BOYS: Distance Medley (1200-400-800-1600) | Final | |
| 5. GIRLS: 4 X 100m | Final | |
| 6. BOYS: 4 X 100m | Final | |
| 7. GIRLS: Sprint Medley (200-200-400-800) | Final | |
| 8. BOYS: Sprint Medley (200-200-400-800) | Final | |
| 9. GIRLS: 3 X 400m Intermediate Hurdles | Final | |
| 10. BOYS: 3 X 400m Intermediate Hurdles | Final | |
| 11. GIRLS: 4 X 200m | Final | |
| 12. BOYS: 4 X 200m | Final | |
| 13. GIRLS: 4 X 800m | Final | |
| 14. BOYS: 4 X 800m | Final | |
| 15. GIRLS: 4 X 400m | Final | |
| 16. BOYS: 4 X 400m | Final | |

Order of Field Events (3-person teams):

- | | |
|-----------------------|--------------------------|
| 1. BOYS: Pole Vault | 4:00pm |
| 2. GIRLS: Pole Vault | 4:00pm |
| 3. BOYS: Long Jump | 4:00pm |
| 4. GIRLS: Long Jump | 4:00pm |
| 5. BOYS: High Jump | 4:00pm |
| 6. GIRLS: Triple Jump | 4:00pm |
| 7. GIRLS: High Jump | 4:00pm |
| 8. BOYS: Shot Put | 4:00pm |
| 9. GIRLS: Shot Put | 4:00pm |
| 10. BOYS: Discus | 4:00pm |
| 11. GIRLS: Discus | 4:00pm |
| 12. BOYS: Javelin | 4:00pm |
| 13. GIRLS: Javelin | 4:00pm |
| 14. BOYS: Triple Jump | (follows Boys Long Jump) |