

MORRIS COUNTY TRACK COACHES ASSOCIATION

ESTABLISHED 1954

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

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Spring Track 2015

Dick Fahey Freshman-Sophomore Championship-Girls Freshman-Sophomore Championship-Boys

Girls

1. **DATE:** Friday, May 8, 2015
2. **PLACE:** Madison High School
3. **TIME:** 4:00pm

Boys

4. **DATE:** Saturday, May 9, 2015
5. **PLACE:** Randolph High School
6. **TIME:** 9:00am

7. **FEE:** \$6.00/athlete/event
\$20.00/relay

8. **MILE SPLIT ENTRIES:** Online Entry Due on: **Thursday, May 7, 2015 at 6:00pm**



9. **SEND TO:** Len Pietrewicz
1011 Sussex Turnpike
Randolph, New Jersey 07869-4815 **HOME: 973-895-6005**
CELL: 201-841-0566

10. **ENTRIES:** Unlimited

11. **AWARDS:** Trophies to the top Teams in the Frosh and Sophomore Divisions (4)
Medals: 1 – 6

General Information

1. All steps must be taken in the jumps prior to the start of the competition.
2. Horizontal Jumpers & Throwers will be given three (3) jumps or throws (**NO FINALS**).
3. The 10 minute rule will be enforced for the multiple field event competitors.
4. Spikes Permitted on all surfaces
5. Please remind all your athletes to respect the facilities of our hosting schools.

Dick Fahey Freshman-Sophomore Championship-Girls

TRACK

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|-----|-------------|-------|
| 1. | G-Fr-400H | Final |
| 2. | G-So-400H | Final |
| 3. | G-Fr-100m | Final |
| 4. | G-So-100m | Final |
| 5. | G-Fr-1600m | Final |
| 6. | G-So-1600m | Final |
| 7. | G-Fr-400m | Final |
| 8. | G-So-400m | Final |
| 9. | G-Fr-100m H | Final |
| 10. | G-So-100m H | Final |
| 11. | G-Fr-800m | Final |
| 12. | G-So-800m | Final |
| 13. | G-Fr-200m | Final |
| 14. | G-So-200m | Final |
| 15. | G-Fr-3200m | Final |
| 16. | G-So-3200m | Final |
| 17. | G-Fr-4x400m | Final |
| 18. | G-So-4x400m | Final |

FIELD (All Field Events start at 4:00pm) 3 Jumps & 3 throws

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|----|-------------|-----------------------|
| 1. | Shot Put | So-G followed by Fr-G |
| 2. | Discus | Fr-G followed by So-G |
| 3. | Javelin | “Open Pit” Fr-So-G |
| 4. | High Jump | Fr-So G combined |
| 5. | Long Jump | “Open Pit” Fr-So-G |
| 6. | Triple Jump | “Open Pit” Fr-So-G |
| 7. | Pole Vault | Fr-So G combined |

Freshman-Sophomore Championship-Boys

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|-----|-------------|-------|
| 1. | B-Fr-400H | Final |
| 2. | B-So-400H | Final |
| 3. | B-Fr-100m | Final |
| 4. | B-So-100m | Final |
| 5. | B-Fr-1600m | Final |
| 6. | B-So-1600m | Final |
| 7. | B-Fr-400m | Final |
| 8. | B-So-400m | Final |
| 9. | B-Fr-110m H | Final |
| 10. | B-So-110m H | Final |
| 11. | B-Fr-800m | Final |
| 12. | B-So-800m | Final |
| 13. | B-Fr-200m | Final |
| 14. | B-So-200m | Final |
| 15. | B-Fr-3200m | Final |
| 16. | B-So-3200m | Final |
| 17. | B-Fr-4x400m | Final |
| 18. | B-So-4x400m | Final |

FIELD (All Field Events start at 4:00pm) 3 Jumps & 3 throws

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|----|-------------|------------------------|
| 1. | Shot Put | So-B followed by Fr-B |
| 2. | Discus | Fr-B followed by So- B |
| 3. | Javelin | “Open Pit” Fr-So-B |
| 4. | High Jump | Fr-So B combined |
| 5. | Long Jump | “Open Pit” Fr-So-B |
| 6. | Triple Jump | “Open Pit” Fr-So-B |
| 7. | Pole Vault | Fr-So B combined |