

MORRIS COUNTY TRACK COACHES ASSOCIATION

ESTABLISHED 1954

Internet Address: <http://www.mctrack.org>
e-mail Address: mctca@mctrack.org

Spring Track 2015


**Judy Sherrer Frosh-Soph Relays: GIRLS
Frosh-Soph Relays: BOYS**

1. **DATE:** Friday, April 17, 2015
Rain Date: Friday, April 24, 2015

2. **PLACE:** Randolph High School

3. **TIME:** 4:00pm

4. **FEE:** \$15.00/relay

5. **MILE SPLIT ENTRIES:** Online Entry Due on: **Thursday, April 16, 2015 at 6:00pm**


NJRunners.com
a MileSplit Network site

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

7. **FIELD EVENTS:** 3 Person Relays

8. **COMBINED FROSH-SOPH EVENTS:** Any combination of Freshmen & Sophomores. This rule applies to all girls events, all boys field events, and the boys Shuttle Hurdles & Sprint Medley.

9. **AWARDS:** Medals for places 1 - 6
Team Trophy

ORDER OF EVENTS

FR-SO-G	Shuttle Hurdles	4:00pm
FR-SO-B	Shuttle Hurdles	4:15
FR - B	4 x 200m	4:30
FR-SO-G	4 x 200m	4:40
SO - B	4 x 200m	4:50
FR - B	Distance Medley	5:00
FR-SO-G	Distance Medley	5:15
SO - B	Distance Medley	5:30
FR - B	4 x 100m	5:45
FR-SO-G	4 x 100m	5:55
SO - B	4 x 100m	6:05
FR-SO-G	Sprint Medley	6:15
FR-SO-B	Sprint Medley	6:30
FR - B	4 x 800m	6:45
FR-SO-G	4 x 800m	7:00
SO - B	4 x 800m	7:15
FR - B	4 x 400m	7:30
FR-SO-G	4 x 400m	7:40
SO - B	4 x 400m	7:50
		8:00 (Finished)

Field Events:

FR-SO-B	Shot Put	4:00pm
FR-SO-G	Shot Put	
FR-SO-G	Discus	
FR-SO-G	Discus	
FR-SO-G	Javelin	
FR-SO-B	Javelin	
FR-SO-B	High Jump	
FR-SO-G	High Jump	
FR-SO-B & G	Long Jump	
FR-SO-B & G	Triple Jump	
FR-SO-B	Pole Vault	
FR-SO-G	Pole Vault	