

MERCER COACHES CLASSIC

Saturday, May 7th
2 pm start

Welcome to the Mercer Coaches Classic (formerly Mercer Twilight Invitational) held at West Windsor-Plainsboro High School North. This meet will give coaches a chance to have their varsity athletes compete in a mix of open and relay events for both boys and girls. We also want to give New Jersey's finest track and field athletes a chance to showcase their talent in a highly competitive atmosphere.

MEET FEATURES:

- Later start so athletes can compete if taking the SATs
 - WW-P South is a testing location, 2 miles away from the meet site
- FAT so athletes can get seed times for Sectional Championships
- Special Awards to winners of Invitational Events
 - Pentathlon
 - Mile Run
 - Long Jump
 - Triple Jump
- Highlighted Events:
 - Boys and Girls Pentathlon
 - 1 mile run (top 12-15 seeds, all others will run 1600)
 - 800 sprint medley
 - 4x100 meter thrower relay
 - 4x200 meter relay

All entries must be received by April 29th - together with a check payable to
"Mercer Track Coaches Association".

Thank you for choosing our meet!

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Coaches Instructions

- Entry fees:** \$8.00 per individual and \$20.00 per relay, or \$275 single gender max or \$450 both gender max entries.
- Number of entries:**
 - All individual running events, high jump, pole vault – maximum of 3 entries per gender
 - Throwing events – maximum of 2 entries per gender
 - Relays – 1 entry per team
 - Invitational Individual Events (Pentathlon, Long Jump & Triple Jump) – The top 12-15 entries will be accepted. You may attempt to enter as many athletes as you like. Accepted individuals will be posted on the meet page on milesplit on Thursday 5/5.
 - Please note the starting heights for both high jump and pole vault
- Certificate of insurance:** All competing teams must send a certificate of through mail, fax, or email. The certificate should be made out to “Mercer Track Coaches Association.”

<u>Mercer Track Coaches Association</u> 680 US Highway 130 PO Box 8143 Trenton, NJ 08650-9998	Fax: 609-716-5142 *To: Brian Gould, Track Coach *For: Mercer Coaches Classic brian.gould@ww-p.org
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Schools that do not supply a certificate will not be allowed to compete. NO EXCEPTIONS!
- Paper entries/payment due:** Friday, April 29th. **Meet will be limited to the first 20 teams to enter!!!!**
- Online Entries close:** Thursday, May 5th at 12 noon. **Meet will be limited to the first 20 teams to enter!!!!**
- Payment:** Please make out checks and send meet fees to -

<u>Mercer Track Coaches Association</u> c/o Liz Guarini 680 US Highway 130 PO Box 8143 Trenton, NJ 08650-9998
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- Awards:** Invitational Events: Special awards to winners, medals to 2nd – 6th. Medals to the top 6 in all other events.
- Rules:** 1/4" spikes allowed. Please supply your own blocks and batons. All NJSIAA and National Federation of State High School Associations rules will be enforced.
- Opening Heights:** HJ: 4-6 girls/5-6" boys. Pole Vault: 8-0 girls/10-6 boys. Subject to change based upon entries.
- Concessions:** Food will be available along with sales of t-shirts.
- Results:** Will be posted on www.mercercoaches.webs.com and NJ Runners.
- Questions:** Please email Brian Gould at brian.gould@ww-p.org or Jonathan Hutchinson hutchinson@robbinsville.k12.nj.us if you have any questions.

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Order of Events

(BOYS first for all track events) Updated time schedule will be sent after entries close.

Time	Track Events		Field Events
1:45	<i>Pentathlon 100m Hurdles</i>	2:00	<i>Girls Invitational Long Jump</i>
1:50	<i>Pentathlon 110m Hurdles</i>	2:00	Girls Pole Vault
1:55	National Anthem	2:00	Girls Discus
2:00	110m Hurdles	2:00	Girls Javelin
2:10	100m Hurdles	2:00	Boys Shot Put
2:25	800m Sprint Medley Relay	2:00	Boys High Jump
2:45	Hurdle FINALS	2:40	<i>Pentathlon Shot Put</i>
2:55	4x800m Relay	2:45	<i>Boys Invitational Long Jump</i>
3:35	100m Trials	4:00	<i>Girls Invitational Triple Jump</i>
4:00	400m Hurdles	4:00	Girls High Jump
4:30	100m FINALS	4:00	Boys Pole Vault
4:35	800m Run	4:00	Boys Discus
4:55	400m Dash	4:00	Boys Javelin
5:20	1600m Run	4:00	Girls Shot Put
5:55	4x200m Relay	4:05	<i>Pentathlon Long Jump</i>
6:10	<i>George Wah Mile Run</i>	5:00	<i>Boys Invitational Triple Jump</i>
6:20	Thrower 4x100m Relay	5:45	<i>Pentathlon High Jump</i>
6:30	<i>Pentathlon 800m/1500m</i>		
6:40	4x400m Relay	7:15	<i>Meet Ends</i>

Meet management will move the schedule ahead no more than 30 minutes if possible. Please pay attention to event calls. Athletes must report to clerking area by the final call!

Boys Pentathlon		Girls Pentathlon	
Approx. Time	Event	Approx. Time	Event
1:50	110m Hurdles	1:45	100m Hurdles
2:40	Shot Put	3:00	Shot Put
3:30	Long Jump	3:45	Long Jump
5:00	High Jump	5:00	High Jump
6:15	1500 meter	6:25	800 meter

*Meet management reserves the right to make productive changes to opening heights and minimum distances for the betterment of the athletes, competition, and/or the meet schedule. Any potential changes will be explained during the coaches meeting and no changes will be made after the start of competition.

Entry and payment must be received by April 29th. Please provide the number of athletes entering each individual event, and each relay entering (keeping in mind the standards and limits for each).

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Meet Records

Event	Athlete	School	Time / Mark	Year
110 meter hurdles	Jermaine Collier	Trenton Central	14.46	2011
400 meter hurdles	Jermaine Collier	Trenton Central	54.16	2011
200 meter dash	Zamir Thomas	Snyder	21.73	2011
400 meter dash	Zyaire Clemes	Trenton Central	47.34	2013
800 meter run	Kian Jackson	WW-P North	1:57.40	2015
Mile Run	Connor Murphy	Allentown	4:22.10	2015
1500 meter run	Colin Baker	Haddonfield	3:54.52	2010
5000 meter run	Joe Rosa	WW-P North	14:13.68	2011
Long Jump	Lamar Hayes	Lawrenceville Prep	22' 7.25"	2010
Triple Jump	Alex Prieto	WW-P South	45' 4"	2010
High Jump	Justin Bailey	Trenton Central	6' 8"	2010
	William Kiernan	Nottingham	6' 8"	2010
Pole Vault	Craig Hunter	Robbinsville	15' 6"	2013
Shot Put	Chris Cook	Lawrenceville Prep	58' 7.25"	2013
Discus	Sam Mattis	East Brunswick	185' 8"	2011
Javelin	McLean Lipshutz	Robbinsville	189' 9"	2012
Pentathlon	John Owens	WW-P North	3169	2015

Relay	Athletes	School	Time	Year
400m thrower relay	Bersh, Hodges, Sadusky, Schneider	Rancocas Valley	48.38	2013
400 meter relay	Henry, Ogbonnaya, Douse, Ansley	Ewing	42.88p	2010
1600 meter relay	Ledyard, Clark, Ofori-Atta, McColl	Lawrenceville Prep	3:21.24	2012
3200 meter relay	J. Riff, Gulama, Chavez, Chandrasekaran	WW-P South	7:50.24	2012
800m Sprint Medley	Clemes, Howell, Collier, Hill	Trenton Central	1:32.76	2012

Event	Athlete	School	Time / Mark	Year
100 meter hurdles	Patrycja Dziekonska	WW-P North	14.33	2013
400 meter hurdles	Marilyn Allen	WW-P North	1:04.82	2011
200 meter dash	Miranda Mackey	Hopewell Valley	24.93	2011
400 meter dash	Olivia Baker	Columbia	56.91	2011
800m Run	Simone Counts	WW-P North	2:16.24	2012
Mile Run	Crystal Ortiz	Hudson Catholic	5:08.17	2015
1500 meter run	Julie Jablonski	Hopewell Valley	4:41.30	2010
5000 meter run	Grace Dwyer	Nottingham	17:27.95	2013
Long Jump	Tayona Brown	Ewing	18' 10.75"	2010
Triple Jump	Bonvie Fosam	Robbinsville	37' 0.25"	2010
High Jump	Emily Kianka	Hopewell Valley	5' 8"	2010
Pole Vault	Catherine Shih	Bernards	12' 0"	2011
Shot Put	Michelle Bazile	Princeton	40' 11.75"	2013
Discus	Aziza Ahmed	Hightstown	129' 5.5"	2012
Javelin	Chanel Johnson	Hamilton West	130' 3"	2010
Pentathlon	Jessica Creedon	Ridge	3272	2015

Relay	Athletes	School	Time	Year
400m Thrower Relay	Kelkar, Fadiga, Gao, Hill-Bridgett	WW-P South	55.60	2012
400m Relay	DeLuca, Deblasio, Kiledjian, Tack	North Hunterdon	49.52	2015
1600m Relay	Casey, Gulama, Gulama, Rancan	WW-P South	3:59.28	2015
3200m Relay	Luan, Edlyn Gulama, Casey, Rancan	WW-P South	9:31.45	2013
800m Sprint Medley	Baker, McMillan, McDonald, Osley	South Brunswick	1:48.83	2015

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School: _____ Coach: _____

Address: _____ Home Phone: _____

_____ School Phone: _____

E-mail: _____ School FAX: _____

***List the number of entries in the provided boxes.**

Individual (max of 3 per gender)	Boys	Girls
400 meter hurdles		
100 / 110 m hurdles		
100 meter		
400 meter		
800 meter		
1600/ mile		
High jump		
Pole vault		
Long jump (unlimited if ACCEPTED)		
Triple jump (unlimited if ACCEPTED)		
Shot put (max 2)		
Disc (max 2)		
Javelin (max 2)		

Relays (max of 1 per gender)	Boys	Girls
800 meter sprint medley (100, 100, 200, 400)		
4 x 200 meter relay		
4 x 400 meter relay		
4 x 800 meter		
Thrower relay 4 x 100 meter		

Invitational Events Only

Email hutchinson@robbinsville.k12.nj.us
or brian.gould@ww-p.rg if interested

Pentathlon (maximum of 12 entries per gender)

Long Jump

Triple Jump

George Wah Mile (top 12-15 seeds)

			Totals
# Individual Entries		@ \$8.00 each =	
# Relay Entries		@ \$20.00 each =	
Pentathlon	XXXXXXXX	@ \$25.00 each =	

Or Maximum Entries: single gender \$275 or both genders \$450
Please Circle One: Boys Max Entry or Girls Max Entry or Both Genders

Total Entry Fee: _____

Thank you for choosing our meet!