

Egg Club Invitational

Please fill in the number of entries per event and a total number of entries in the correct column.

| Event | Frosh Girls | Novice Girls | Total Girls Entries | Frosh Boys | Novice Boys | Total Boys Entries |
|------------------------|-------------|--------------|---------------------|------------|-------------|--------------------|
| Distance Medley | | | | | | |
| 55H | | | | | | |
| 55 | | | | | | |
| 600 | | | | | | |
| 300 | | | | | | |
| 1000 | | | | | | |
| 4 X 200M | | | | | | |
| Shot Put Relay | | | | | | |
| High Jump Relay | | | | | | |
| Pole Vault* | | | | | | |

* Not a Relay

Note: **FROSH** entrants must be in 9th grade.

A **NOVICE** is one who has not won an individual varsity track medal.

*The meet will begin at **4:30 p.m. on January 4TH, 2016**

_____ # of Relay Entries at \$22 = _____

_____ # of Individual Entries at \$8 = _____

Total entry fee enclosed: _____

Entries close on January 1st, 2016

ENTRIES PAYABLE TO: "Egg Track Club"

School _____

Address _____

Coach _____

Phone (home) _____ (school) _____

Email _____

Mail entries to: Egg Track Club
 19 McCarter Avenue
 Fair Haven, NJ 07704
 or fax to 732 341 2659

Questions? email Bobby Cannon at robertjcannon@gmail.com or phone 732-267-8015

Send Hy-Tech rosters to: rosters@trschoools.com

Egg Club Invitational

Order of Events

1. Distance Medley Girls Frosh
2. Distance Medley Girls Novice
3. Distance Medley Boys Frosh
4. Distance Medley Boys Novice
5. 55 High Hurdles Girls Frosh
6. 55 High Hurdles Girls Novice
7. 55 High Hurdles Boys Frosh
8. 55 High Hurdles Boys Novice
9. 55 Meter Dash Girls Frosh
10. 55 Meter Dash Girls Novice
11. 55 Meter Dash Boys Frosh
12. 55 Meter Dash Boys Novice
13. 600 Meter Dash Girls Frosh
14. 600 Meter Dash Girls Novice
15. 600 Meter Dash Boys Frosh
16. 600 Meter Dash Boys Novice
17. 300 Meter Dash Girls Frosh
18. 300 Meter Dash Girls Novice
19. 300 Meter Dash Boys Frosh
20. 300 Meter Dash Boys Novice
21. 1000 Meter Run Girls Frosh
22. 1000 Meter Run Girls Novice
23. 1000 Meter Run Boys Frosh
24. 1000 Meter Run Boys Novice
25. 4 x 200 Girls Frosh
26. 4 x 200 Girls Novice
27. 4 x 200 Boys Frosh
28. 4 x 200 Boys Novice
29. Pole Vault Boys - combined but separate scoring
30. Pole Vault Girls - combined but separate scoring
31. Shot Put Relay Boys - 3 throws, no finals
32. Shot Put Relay Girls - 3 throws, no finals
33. High Jump Relay Boys
34. High Jump Relay Girls

ORDER OF EVENTS- All events on the track will be run *Girl's Frosh followed by Girl's Novice followed by Boy's Frosh followed by Boy's Novice.*

The **Shot Put** will be run Novice followed by Frosh, boys and girls will throw simultaneously. We have 2 circles.

The **Pole Vault** - Frosh and Novice, Boys and Girls will jump together, but score separately. We will begin at 6' for girls and 7' for boys with 6 inch increments. This is not a relay event to allow teams compete that cannot field a full team.

The **High Jump** - Frosh and Novice will jump together. Girls heights will begin at 4' and increase every 2"; boys will begin at 4'6" and increase every 3" until 5' where it will increase every 2"

FILLING OUT CARDS-When filling out the cards please note: The **PINK** are for **Novice Girls**; **Yellow** cards for **Frosh girls**; **GREEN** for **Novice Boys**; **Blue** for **Frosh boys**.

- o If you have multiple teams in the relays please label the card "A", "B", "C", "D", etc.
- o Please put a Hy-Tec number on all cards used today:
 - . All individuals competitors Hy-Tec numbers must be on the card
 - . This includes FIELD EVENTS.

We will use scratch starts whenever possible.

MEDALS

- Medals will be awarded to the top three relays teams and top 6 individual scorers in each event in each division.
- A team plaque will be awarded to the winner of each division (Boys Frosh, Boys Novice, Girls Frosh, Girls Novice)

COACHES MEETING - There will be a **coaches meeting at 4:15.**

SPIKES - All spikes must have a zip tie of the proper color. The only spikes allowed in this facility are 1/8 inch pyramid spikes. **ANYTHING ELSE WILL RESULT IN DISQUALIFICATION FROM THE MEET.**

ADDITIONAL CARDS - **Additional cards can be purchased at the awards table next to the stage.**