**Lenape Invitational**



**\*\*\*\*This Meet Is Limited To the First 25 Teams\*\*\*\***

**GIRLS ONLY MEET**

**Date**: Saturday, April 9, 2016

**Site**: Lenape High School

 Medford, NJ 08055

**Facility**: 6 lane all weather track with all weather jump areas

 Only 1/4 spikes will be permitted

**Time**: 10:15 am for field events

 10:30 am for running events

Dear Coach(s)

The girls track & field coaching staff at Lenape High School would like to invite you, and your team to attend the **4th** Annual Lenape Invitational. The meet will be held on **Saturday April 9th, 2016** at 10:15a.m. at Richard Driscoll Stadium on the campus of Lenape High School.

**Entry Fee**:

Entry fee is **$320.00 per team**. This is a **girl's only** meet.

Checks are to be made payable to "**Lenape Girl's Track**".

**Entry Process:**

**Entry to the meet will be online with DIRECT ATHLETICS.COM. Please seed appropriately. Once the first 25 teams are entered online, the meet will be closed. Only your online entry guarantees your entry into the meet.**

**All entries must be completed and received by Monday, April 4th**. Each school will be allowed to enter three **(3)** athletes per event, with the exception of the **3200 (2)** athletes only per school, and one **(1)** **Varsity** and **Novice** relay per event.

**Equipment:**
Spikes ¼" or less will be permitted on all of the surfaces with the exception of the throwing circles. Javelin cleats of ¾" or less will be accepted. All pole vault poles must be marked by weight and NFHS/NJSIAA Pole Vault verification forms must be turned in. Starting blocks **will not** be provided at any start of sprint or sprint relay events.

**Awards:**
Medals will be awarded to **1st-4th** place(s) in each event.

**Timing:**
The meet will be operated by Pioneer Timing. All races will be **FINALS ON TIME**.

**Field Events**:
Competitors will have four **(4)** attempts no finals.

**School Commitments:**
TEAMS MUST PROVIDE THEIR OWN BATONS AND STARTING BLOCKS

DROP OFF AND TEAM ENTRY WILL BE AT THE STUDENT PARKING LOT ON CHURCH ROAD

BUSES WILL PARK IN THE STUDENT PARKING LOT ON CHURCH ROAD

THE MEET WILL RUN STRAIGHT THROUGH ONCE IT STARTS!!

**Deadline for meet entry is Monday April 4th, 2016.**
Mail all entries and checks to: Gerald Richardson
235 Hartford Road
Medford, NJ 08055
Mobile: 856-313-2222
E-mail: grichardson@lrhsd.org
Gerald Richardson – Meet Director

**Please Note:**\*\*\*Last chance Penn Relay **DMR** qualifier will be added at 10:15 if enough teams show interest. Must notify meet director if interested by Tuesday 4/5/16. Will post decision by Wednesday 4/6/16.\*\*\*\*

**Meet Entry**

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach's Name and Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach's E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Entry fee ($**320.00** per team **– make checks payable to "Lenape Girl's Track"**)

**ABSOLUTELY** NO HYTEK INFORMATION WILL BE ACCEPTED THE DAY OF THE MEET. TEAMS THAT DO NOT GET THE INFORMATION IN WILL NOT BE ALLOWED TO COMPETE.

THE MEET WILL BE RUN IN ACCORDANCE WITH NJSIAA RULES

NO LOCKERS ROOMS AVAILABLE – restrooms and Porta-Potties only

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235 Hartford Road
Medford, NJ 08055
Mobile: 856-313-2222
E-mail: grichardson@lrhsd.org
Gerald Richardson – Meet Director

**TIME SCHEDULE:**

9:50 am - Coach's Meeting

\*\*\*\*Last chance Penn Relay **DMR** qualifier will be added at 10:15 if enough teams show interest. Must notify meet director if interested by Tuesday 4/5/16. Will post decision by Wednesday 4/6/16.\*\*\*\*

**RUNNING EVENTS –** 10:30 AM
400m IH
4 X800m Relay

Novice 4X800 Relay

4X100 Relay

Novice 4X100 Relay
1600m Run

100M Dash
400m Dash
100m HH
800m Run

200M Dash
3200m Run

Novice 4 X 400 Relay

4x400 Relay
Throwers 4x100 Relay

**FIELD EVENTS**: 10:15 AM
Shot Put
Long Jump
Pole Vault (SH 7'0")

Triple Jump – 30 min after completion of Long Jump

High Jump (SH 4’4”) – At completion of Pole Vault
Javelin – after Shot Put
Discus – after Javelin
\* There will be two **Discus**, **Shot Put** and **Javelin** areas, an **elite** and **non-elite**.