

37TH ANNUAL GEORGE ROWLAND MEMORIAL TRACK AND FIELD RELAY MEET

Dear Coach,

Once again, Haddon Township High School is pleased to invite you to be with us on Saturday, **April 23rd, 2016**. On this date we will host the **37th Annual George Rowland Memorial Track and Field Relay Meet**.

The Rowland Relays continue to be the most innovative girls meet in South Jersey, being the **first** girls meet to incorporate both track and field relays and also being the only meet to involve the coaches as participants i.e. the 4 x 100 and the Open Mile. This year, we will again have an open 4 x 200m race for your 'sub-varsity' girls to give even more of your athletes an opportunity to compete in a "Championship Caliber Meet."

Entries must be postmarked, emailed or faxed by Wednesday, April 6.

FAX # 856-854-4072

**All Coaches must also submit a Hy-Tek roster to Chris
Callinan by the end of the day April 6th.**

Email rosters to: tomahawktiming@yahoo.com

Please note...there is NO RAIN DATE!

PLEASE SUPPLY YOUR OWN PINS

PLEASE SUPPLY YOUR OWN BATONS

SPIKES, 1/4"

NO STARTING BLOCKS ARE TO BE USED IN ANY RACE

MEDALS TO THE FIRST FIVE PLACES

PLAQUES TO THE DIVISION CHAMPIONS

Contact Information:

Nelson Epley, HTHS AD, 856-869-7750 ext 7317

nepley@haddontwpschools.com

Mike Thomson, Meet Director, 609-280-9919/mthomson825@gmail.com

HTHS FAX 856-854-4072

Respectfully,

Mike Thomson

Meet Director

George Rowland Relays

37th ANNUAL GEORGE ROWLAND MEMORIAL RELAYS

DATE: April 23, 2016

9:00am

ORDER OF FIELD EVENTS

2 girls per team

SHOT PUT: DIV. I, DIV. III, DIV. II.
DISCUS: DIV. II, DIV. I, DIV. III.
JAVELIN: DIV. III, DIV. II, DIV. I.
HIGH JUMP: DIV. III, DIV. I, DIV. II. (may be combined if officials deem necessary)
LONG JUMP: DIV. I, DIV. II, DIV. III.
TRIPLE JUMP: DIV. II, DIV. III, DIV. I.
POLE VAULT: DIV. I, DIV. II, DIV. III. (will be combined)

1. Starting height: HJ=4'2", PV 6'
2. Each competitor is allowed a total of 3 attempts at each height.
3. Each competitor is allowed 6 total attempts.
4. In the case of a tie, the best individual performance will be used to decide the higher place.

10:00am

ORDER OF TRACK EVENTS

(All track relays will be run Division I first, Division II second, and Division III third.)

1. 3x400m Intermediate Hurdle Relay. Final on time.
2. 4x100m Relay. Final on time.
3. Distance Medley Relay. Final on time. 1200, 400, 800, 1600
4. Shuttle Hurdle Relay. Final on time. (4x10 hurdles)
5. OPEN 4x200m Relay. Final on time. SUB-VARSITY, NO TEAM SCORE
6. 4 x 200m Relay. Final on time.
7. 4 x 800m Relay. Final on time.
8. COACHES CO-ED 4 x 100m Relay. Final on time. (weather permitting)
9. Sprint Medley Relay. Final on time. (400, 200, 200, 800)
10. COACHES OPEN CO-ED 1 MILE RUN. Final on time. (weather permitting)
Need 5 runners to run the race.
11. 4 x 400m Relay. Final on time.

**PLAQUES WILL BE AWARDED TO EACH OF THE THREE DIVISION CHAMPIONS
MEDALS WILL BE AWARDED TO THE FIRST FIVE PLACES IN EVERY EVENT
TEAM SCORING: 10-8-6-4-2-1**

37th ANNUAL GEORGE ROWLAND MEMORIAL RELAYS

ALL FIELD RELAYS BEGIN AT 9:00am

1. The field events will be conducted as relays. Each school may enter two girls in each event. Their combined efforts will decide their places in the competition. In the event of a tie, the second best team effort will decide the outcome. If a tie still exists, the third best team effort will decide. If a tie still exists, the best individual effort for each team will determine final placement.
2. High jump competition will start at 4'2". Pole Vault will open at 6'0". Each competitor will be allowed a total of six attempts (maximum of three per height). If one relay team member fails to make opening height, the other team member is considered entered, and out of the competition.
3. In the shot, discus, javelin, and long jump relays, each competitor will have **three** attempts. There will be no finals.

ALL RUNNING RELAYS BEGIN AT 10:00am

1. All running relays will be conducted as Finals on time.
2. Please be honest with your seed times. Fictitious times can lessen the quality of the competition and cause you and your team embarrassment. Any team violating this request will be disqualified.
3. The OPEN 4 x 200 sub-varsity race is open to any girl **WHO IS NOT PARTICIPATING IN ANY OTHER VARSITY EVENT DURING THIS MEET.**
Please do not abuse this event, medals will not be given. All teams have girls who can't break into the Varsity lineup, but still continue to come out and work with and for the team. This race is designed to give these girls an opportunity to compete in a "Big Meet" and feel proud of their accomplishments.

GENERAL INFORMATION

1. Coaches and competitors are to stay off the infield unless receiving medals.
2. Requests to switch teams from one heat to another will not be granted.
3. Any protests or questions will be directed to the Meet Referee and not to any other official.
4. The track and all jumping surfaces are all weather surfaces.
1/4" needle spikes, none longer, will be permitted.
5. Divisions are determined by the number of entries, placed in order by NJSIAA enrollment, then divided into three groups. Quality of the program is not a factor in determining divisions.
6. Refreshment stands will be open for light snacks. Proceeds benefit the Haddon Township Varsity Club.
7. No student is to enter the Haddon Township High School building at any time for any reason.
8. Restrooms are located under the home team stadium.
9. Each team is required to provide their own, approved, baton.
10. Each team is required to provide their own pins.
11. The meet will be held regardless of weather.
12. Buses are not permitted on Haddon Township school grounds nor are they permitted in the Acme parking lot. Please park along Cuthbert Blvd. and Lake Shore Drive.
13. **Medals will be presented to the first five place finishers in each event in each division.**
14. Points will be awarded 10-8-6-4-2-1.
15. Please send one representative to the awards table immediately after the winners are announced. Medals left unclaimed, in a timely fashion, will be forfeited.
16. Plaques will be awarded to the three Divisional Champions.
17. No blocks will be permitted in any race.
18. Entry cards must be filled out completely and neatly. Please include the **Hy-Tek number** for each competitor on the entry card. Surrender these cards to the officials in the competitor's event.

**WE AT HADDON TOWNSHIP AND ALL THOSE ASSOCIATED WITH
THE 2016 GEORGE ROWLAND RELAYS WISH YOU AND YOUR TEAM
THE BEST OF LUCK**

Mike Thomson
Meet Director

37th ANNUAL GEORGE ROWLAND MEMORIAL RELAYS
ENTRY FORM

Entries are due April 6th (POSTMARKS or FAXES accepted)
(please duplicate as needed)

NAME _____
SCHOOL _____
SCHOOL CONFERENCE _____

(CIRCLE) MALE FEMALE

_____ I would like to run in the 2016 **COACHES 4 x 100m RELAY**

_____ I would like to run in the 2016 **COACHES OPEN MILE**

_____ I would like to run in BOTH races.

MEDALS WILL BE AWARDED TO THE FIRST THREE RELAY TEAMS, THE FIRST THREE FEMALE FINISHERS IN THE MILE, AND THE FIRST THREE MALE FINISHERS IN THE MILE.

NO ENTRY FEE REQUIRED FOR COACHES EVENTS

Weather Permitting!

I understand that running requires physical preparation. I in no way hold Haddon Township Board of Education, Haddon Township High School, or anyone associated with the George Rowland Relays responsible for any injury or illness incurred while participating in these events.

PLEASE COMPLETE THIS FORM AND RETURN BY APRIL 6TH

SIGNATURE REQUIRED

RULES

1. Each relay team must consist of AT LEAST one female coach.
2. ALL competitors must be official coaches only. NO RINGERS PLEASE!

Thank you for your participation and best of luck!

Mike Thomson

37th ANNUAL GEORGE ROWLAND MEMORIAL RELAYS
ENTRY FORM

Entries are due April 6th (POSTMARKS or FAXES accepted)

PLEASE COMPLETE AND RETURN WITH YOUR PAYMENT

SCHOOL _____
SCHOOL PHONE # _____
HEAD COACH _____
COACH'S HOME PHONE # _____
N.J.S.I.A.A. ENROLLMENT _____

PLEASE CHECK: _____ WE WILL ENTER ALL EVENTS

(no need to check the section below if entering ALL events)

OR SELECT FROM THE FOLLOWING EVENTS

- _____ 3 x 400m intermediate hurdle relay
_____ 4 x 100m relay
_____ Distance medley relay (1200, 400, 800, 1600)
_____ Shuttle hurdle relay
_____ OPEN 4 x 200m sub-varsity relay (**non-varsity athletes only!**)
_____ 4 x 200m relay
_____ 4 x 800m relay
_____ Sprint medley relay (400, 200, 200, 800)
_____ 4 x 400m relay

FIELD RELAYS

- _____ Shot put relay
_____ Discus relay
_____ Javelin relay
_____ High jump relay
_____ Long jump relay
_____ Triple jump relay
_____ Pole vault relay

ENTRY FEES:

_____ **ALL EVENTS** **\$325.00**
_____ **RUNNING RELAYS ENTERED @ \$24.00 = _____**
_____ **FIELD EVENT RELAYS @ \$21.00 = _____**

TOTAL AMOUNT DUE BY APRIL 6TH

Make checks payable to **HADDON TOWNSHIP BOARD OF EDUCATION**

Return entries to: Nelson Epley, Athletic Director
Haddon Township High School
406 Memorial Ave.
Westmont, NJ 08108
FAX #856-854-4072

All Coaches must submit a Hy-Tek roster to Chris Callinan by the end of the day April 6th-----email to tomahawktiming@yahoo.com