**New Jersey Catholic Track Conference**

2017 NJCTC FROSH-SOPH WINTER CHAMPIONSHIPS

1. DATE: Saturday, January 28, 2017

2. PLACE: Bennett Center, Toms River

3. TIME: 4:00 PM

4. FEE: $18.00 per frosh-soph relay

$6.00 per frosh-soph individual per event

$200 maximum per class per gender per school($800 for a coed school)

5. SEEDING: Done by cards on the day of the meet

6. PARTICIPATION: A boy or girl may compete according to state rules (4 events of any type)

7. ENTRIES: Entries are done online at NJMileSplit. Rosters are done with your entry. Do not send us a separate roster. As long as the athlete is on the roster they may run in any event you select. Please send a copy of the entry for billing.

**Entries will close on Tuesday, January24, 2017**

8. CHECKS: Payable to NJCTC

5 Snyder Ave,

Denville, NJ 07834

9. SPIKES: 1/8 “ pyramid spikes only

10. AWARDS: Medals to top 6 teams in each relay

Medals to top 6 in individual events

Team plaques for frosh & soph champions.

11. SHOT PUT: 3 throws, NO FINALS.

12. WEATHER: In case of severe weather, the decision to postpone will be made by noon. and calls will be made first to teams who have to travel the greatest distance. PLEASE INCLUDE AN EMERGENCY CELL PHONE NUMBER WITH YOUR ENTRY.

FAT will be used at this meet.

**2017 NJCTC Frosh-Soph Winter Championships**

ORDER OF EVENTS:

Field

1. Girls Frosh Shot Put 4:00 PM

2. Frosh-Soph Boys High Jump (combined) 4:00PM

3. Girls Soph Shot Put follows girls frosh shot

4. Boys Frosh Shot Put follows girls soph shot

5. Frosh-Soph Girls High Jump (combined) follows boys high jump

6. Boys Soph Shot Put follows boys frosh shot

Running (frosh events before soph events) 4:00 Start

1. Girls 55 Meter Hurdles Trials/Finals ( Fastest 8 to finals)

2. Boys 55 Meter Hurdles Trials/Finals (Fastest 8 to finals)

3. Girls 55 Meter Dash Trials (Fastest 8 to finals)

4. Boys 55 Meter Dash Trials (Fastest 8 to fianls)

5. Girls 3200 Meter Run

6. Boys 3200 Meter Run

7. Girls 55 Meter Dash Finals

8. Boys 55 Meter Dash Finals

9. Girls 400 Meter Run

10. Boys 400 Meter Run

11. Girls 200 Meter Dash

12. Boys 200 Meter Dash

13. Girls 800 Meter Run

14. Boys 800 Meter Run

15. Girls 1600 Meter Run

16. Boys 1600 Meter Run

17. Girls 1600 Meter Relay

18. Boys 1600 Meter Relay

**New Jersey Catholic Track Conference**

2017 NJCTC FROSH-SOPH WINTER CHAMPIONSHIPS

BOYS ENTRY

# of # of

frosh sophs

55 Meter Hurdles \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

55 Meter Dash \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

200 Meter Dash \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

400 Meter Run \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

800 Meter Run \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

1600 Meter Run \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

3200 Meter Run \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Shot Put \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

High Jump \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

**TOTAL \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

Frosh \_\_\_\_\_\_\_\_\_\_ X $6.00 = \_\_\_\_\_\_\_\_\_\_

Frosh Relay \_\_\_\_\_\_\_\_\_\_ X $18.00 = \_\_\_\_\_\_\_\_\_\_

Soph \_\_\_\_\_\_\_\_\_\_ X $6.00 = \_\_\_\_\_\_\_\_\_\_

Soph Relay \_\_\_\_\_\_\_\_\_\_ X $18.00 = \_\_\_\_\_\_\_\_\_\_

Total Cost of Entry \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ($200 maximum per class per school)

SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COACH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COACH CELL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COACH Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SEND TO: Bob Byrnes Fax 973-627-9433 email [bobbyrnes@optonline.net](mailto:bobbyrnes@optonline.net)

5 Snyder Ave.

Denville, NJ 07834

CHECKS: Payable to NJCTC ENTRIES CLOSE: Tuesday, January 24, 2017

**New Jersey Catholic Track Conference**

2017 NJCTC FROSH-SOPH WINTER CHAMPIONSHIPS

GIRLS ENTRY

# of # of

frosh sophs

55 Meter Hurdles \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

55 Meter Dash \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

200 Meter Dash \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

400 Meter Run \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

800 Meter Run \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

1600 Meter Run \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

3200 Meter Run \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Shot Put \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

High Jump \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

**TOTAL \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

Frosh \_\_\_\_\_\_\_\_\_\_ X $6.00 = \_\_\_\_\_\_\_\_\_\_

Frosh Relay \_\_\_\_\_\_\_\_\_\_ X $18.00 = \_\_\_\_\_\_\_\_\_\_

Soph \_\_\_\_\_\_\_\_\_\_ X $6.00 = \_\_\_\_\_\_\_\_\_\_

Soph Relay \_\_\_\_\_\_\_\_\_\_ X $18.00 = \_\_\_\_\_\_\_\_\_\_

Total Cost of Entry \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ($200 maximum per class per school)

SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COACH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COACH CELL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COACH Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SEND TO: Bob Byrnes Fax 973-627-9433 email [bobbyrnes@optonline.net](mailto:bobbyrnes@optonline.net)

5 Snyder Ave.

Denville, NJ 07834

CHECKS: Payable to NJCTC ENTRIES CLOSE: Tuesday, January 24, 2017