

4th Annual Mercer Twilight Invitational

Saturday, May 4
3 pm start

Welcome to the Mercer Twilight Invitational held at Robbinsville High School. 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 at night under the lights in a highly competitive atmosphere.

MEET FEATURES:

- Later start so athletes can compete if taking the SATs
- FAT so athletes can get seed times for Sectional Championships
- Compete in events not commonly run in NJ:
 - 1 mile run
 - 5000 meter run (back by popular demand!)
 - 800 meter sprint medley
 - 4x100 meter thrower relay
- Later track events under the lights
- Watches to winners of highlighted events: 200 meter, Pole Vault, Shot Put, and the George Wah 1 mile
- Watches also to individuals or relays who set a meet record!

All entries must be received by April 25th - together with a check payable to **"Mercer Track Coaches Association"**.

We hope you can join us for good competition and an enjoyable meet!

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Coaches Instructions

1. **Entry fees:** \$8.00 per individual and \$20.00 per relay, or \$275 single gender max or \$450 both gender max entries.
2. **Number of entries:**
 - *All individual events – maximum of 3 entries per gender
 - 1 mile is 5 entries per gender
 - Email seeds for the “George Wah” Championship Mile for fast milers to brian.gould@ww-p.org by 4/25
 - 200 meter is **invitational only**; email brian.gould@ww-p.org by 4/25 with seed time if interested
 - 5000 meter is **invitational only**; email mwalker@robbinsville.k12.nj.us by 4/25 if interested
 - Accepted athletes for the “Invitation Only” events (200m, 5000m, and George Wah Championship Mile) will be posted on www.mtca.webs.com and the meet page at [NJ Runners](http://NJRunners.com).
 - All relays – 1 entry per gender
 - Please note the starting heights for both high jump and pole vault
3. **Rosters:** Please send Hy-Tek rosters to tomahawktiming@yahoo.com.
4. **Certificate of insurance:** All competing teams must fax a certificate of insurance to Robbinsville High School. The certificate should be made out to “Robbinsville High School”. Mail or fax the certificate to -

Robbinsville High School
155 Robbinsville-Edinburg Road
Robbinsville, NJ 08691

Fax: 609-371-7961
***To: Curtis Wyers, Athletic Director**
***For: Mercer Twilight Invitational**

Schools that do not supply a certificate will not be allowed to compete.
NO EXCEPTIONS!
5. **Payment:** Please make out checks and send meet fees to -

Mercer Track Coaches Association
c / o Robbinsville High School
155 Robbinsville-Edinburg Road
Robbinsville, NJ 08691
6. **Entries close:** Thursday, April 25th.
7. **Awards:** **WATCHES** to winners of the 200m, Pole Vault, Shot Put, and Mile (medals for 2nd through 6th).
WATCHES to individuals or relays that set a new meet record
Medals to the top 6 finishers in all other events
8. **Others:** 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.
9. **Concessions:** Food will be available along with sales of Mercer Twilight t-shirts.
10. **Results:** Will be posted on mtca.webs.com and [NJ Runners](http://NJRunners.com).
11. **Questions:** Please email Michael Walker at mwalker@robbinsville.k12.nj.us or Brian Gould at brian.gould@ww-p.org if you have any questions.

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Order of Events

All track events begin at 3:00 pm (BOYS first for all track events)

Approx. schedule	Event
3:00 pm – 3:10 pm	Boys 110 meter hurdle trials – (top 8 times to finals)
3:10 pm – 3:20 pm	Girls 100 meter hurdle trials – (top 8 times to finals)
3:20 pm – 3:55 pm	4 x 800 meter relay
3:55 pm – 4:00 pm	Girls 100 meter hurdle finals
4:00 pm – 4:05 pm	Boys 110 meter hurdle finals
4:05 pm – 4:30 pm	800 sprint medley relay
4:30 pm – 5:20 pm	1 mile (with 1600 meter en route time)
5:20 pm – 5:50 pm	400 meter
5:50 pm – 6:00 pm	Invite 200 meter
6:00 pm – 6:40 pm	800 meter
6:40 pm – 7:10 pm	400 meter hurdles
7:10 pm – 7:30 pm	Boys 5,000 meter
7:30 pm – 7:40 pm	4 x 100 meter (finals on time)
7:40 pm – 7:50 pm	George Wah 1 mile (seeded section)
7:50 pm – 8:00 pm	Thrower Relay (4 x 100 meter)
8:00 pm – 8:20 pm	Girls 5,000 meter
8:20 pm	4 x 400 meter relay

***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!**

Field events begin at 3:00 pm

Pole Vault	Girls (first) 8', 9', 9' 6", 10', ... etc. Boys (after girls) 10' 6", 11', 11' 6", ... etc.
High Jump	2 high jump mats, boys and girls jump at 3 pm Girls 4' 6", 4' 8", 4' 10", ... etc. Boys 5' 6", 5' 8", 5' 10", ... etc.
Shot	Boys and girls at same time *min distance marked depending on # entries
Discus	Boys first followed by girls *min distance marked for boys and girls
Javelin	Girls first followed by boys *min distance marked depending on # entries
Long Jump	Boys first follow by Girls *min distance marked depending on # entries
Triple Jump	Girls first followed by Boys *min distance marked depending on # entries

***Meet management reserves the right to make productive changes to opening heights, minimum distances, and open pit times 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.**

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Entries

Entry and payment must be received by April 25th. Please provide the number of athletes entering each individual event, and each relay entering (keeping in mind the standards and limits for each).

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		
400 meter		
800 meter		
1 mile <i>*(max of 5 entries per gender)</i>		
High jump		
Pole vault		
Long jump		
Triple jump		
Shot put		
Disc		
Javelin		

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

Invitational Events Only

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

200 meter (maximum of 18 entries per gender)

5000 meter (maximum of 20 entries per gender)

George Wah (Seeded) Mile Run (maximum of 15 entries per gender)

		Totals
# Individual Entries		@ \$8.00 each =
# Relay Entries		@ \$20.00 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!

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Meet Records

Boys

Event	Athlete	School	Time / Mark	Year
110 meter hurdles	Jermaine Collier	Trenton Central	14.10	2012
400 meter hurdles	Jermaine Collier	Trenton Central	53.92	2012
200 meter	Zamir Thomas	Snyder	21.73	2011
400 meter	Jermaine Griffith	Nottingham	48.26	2012
800 meter	Sachin Natarajan	WWP North	1:58.08	2012
1500 meter	Colin Baker	Haddonfield	3:54.52	2010
1600 meter	Dan Sheldon	WWP South	4:24.69	2012
3200 meter	Domenick D'Agostino	Wallington	9:25.85	2012
5000 meter	Joe Rosa	West Windsor North	14:13.68	2011
Long Jump	Lamar Hayes	Lawrenceville	22' 7.25"	2010
Triple Jump	Alex Prieto	West Windsor South	45' 4"	2010
High Jump	Justin Bailey	Trenton Central	6' 8"	2010
	William Kiernan	Nottingham	6' 8"	2010
Pole Vault	Craig Hunter	Robbinsville	14' 0"	2012
	Ryan Potter	North Hunterdon	14' 0"	2012
	Jordan Subai	Toms River North	14' 0"	2010
Shot Put	Corey Abernathy	West Windsor North	56' 5"	2010
Discus	Sam Mattis	East Brunswick	185' 8"	2011
Javelin	McLean Lipschutz	Robbinsville	189' 9"	2012

Relays:

Event	Athletes	School	Time / Mark	Year
4x100 m Thrower relay	Green, Hill, Moore, McGill	Trenton Central	49.15	2010
4x100 meter relay	Henry, Ogbonnaya, Douse, Ansley	Ewing	42.88p	2010
4x400 meter relay	Ledyard, Clark, Ofori-Atta, McColl	Lawrenceville	3:21.24	2012
4x800 meter relay	Riff, Guluma, Chavez, Chandrasekaran	WWP South	7:50.24	2012
800 meter SMR	Clemes, Howell, Collier, Hill	Trenton Central	1:32.76	2012

Girls

Event	Athlete	School	Time / Mark	Year
100 meter hurdles	Patrycja Dziekonska	WWP North	14.70p	2012
400 meter hurdles	Marilyn Allen	West Windsor North	1:04.82	2011
200 meter	Miranda Mackey	Hopewell Valley	24.93	2011
400 meter	Olivia Baker	Columbia	56.91	2011
800 meter	Simone Counts	WWP North	2:16.24	2012
1500 meter	Julie Jablonski	Hopewell Valley	4:41.3	2010
1600 meter	Elyssa Gensib	Princeton	5:04.57	2012
3000 meter	Dina Iacone	Washington Township	9:58.8	2011
3200 meter	Elyssa Gensib	Princeton	10:52.90	2012
Long Jump	Tayona Brown	Ewing	18' 10.75"	2010
Triple Jump	Brigita Roemer	Ewing	36' 11"	2010
High Jump	Emily Kianka	Hopewell Valley	5' 8"	2010
Pole Vault	Catherine Shih	Bernards	12' 0"	2011
Shot Put	Asia Dowers	Lawrence	40' 10.25"	2012
Discus	Aziza Ahmed	Hightstown	129' 5.5"	2012
Javelin	Chanel Johnson	Hamilton West	130' 3"	2010

Relays:

Event	Athletes	School	Time	Year
4x100 m Thrower relay	Kumudini, Fadiga, Gao, Hill-Bridgett	WW South	55.60	2012
4x100 meter relay	DeBlasio, Tack, Malara, Ezema	Hunterdon Central	49.91	2012
4x400 meter relay	Bedard, Tack, Rosenblatt, Vodopia	Hunterdon Central	4:01.12	2012
4x800 meter relay	H.Langton, Meck, K.Langton, Csik	Notre Dame	9:40.52	2010
800 meter SMR	---	Columbia	1:49.04	2011

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Robbinsville High School Directions

155 Robbinsville-Edinburg Road, Robbinsville, NJ

FROM THE NORTH:

- Take NJ Turnpike South to Exit 7A.
- Take Interstate 195 West toward Trenton.
- Take Route 130 North (exit 5B) towards New Brunswick.
- Turn left at the 2nd traffic light for Route 526
- At the next traffic light you will come across and make the first right turn onto Route 526 and follow down to the Robbinsville High School entrance on the left.

FROM THE SOUTH:

- Take the NJ Turnpike North to exit 7A
- Take Interstate 195 West toward Trenton.
- Take Route 130 North (exit 5B) towards New Brunswick.
- Turn left at the 2nd traffic light for Route 526
- At the next traffic light you will come across and make the first right turn onto Route 526 and follow down to the Robbinsville High School entrance on the left.

FROM THE EAST:

- Take Interstate 195 West to exit 5 B for Route 130 North to New Brunswick.
- Turn left at the 2nd traffic light for Route 526
- At the next traffic light you will come across and make the first right turn onto Route 526 and follow down to the Robbinsville High School entrance on the left.

FROM THE WEST:

- Take 95 North to 295 South to Sloan Road East (exit 65A)
- Continue approximately 1.6 miles (this will become Flock Road after crossing over Quakerbridge Road) to end of road
- Turn left onto Old Trenton Road
- Travel 2.6 miles on Old Trenton Road (through 2 lights; past Mercer County Community College and Mercer County Park)
- Turn right onto Robbinsville Road (Rt. 526)
- Robbinsville High School is 1.4 miles on the right.