

**ENTRY FORM**

Essex County "FUTURE STARS" Invitational

**FROSH-SOPH-NOVICE MEET**

Thursday, May 15th 2014 at West Orange High School Track at 4:00 pm.

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

Coach (Coaches) \_\_\_\_\_

Signature of the Athletic Director: \_\_\_\_\_

Just enter total number in all categories for each event.

|            |       |           |       |
|------------|-------|-----------|-------|
| 100        | _____ | shot      | _____ |
| 200        | _____ |           |       |
| 00         | _____ | javelin   | _____ |
| 800        | _____ | long jump | _____ |
| 1600       | _____ | high jump | _____ |
| 3200       | _____ | 4 x 400   | _____ |
| 400 IH     | _____ |           |       |
| 110/100 HH | _____ |           |       |

Total number of entries  x \$4.00 =

Number of relays  x \$15.00 =

Order of events: girls first in each group, frosh - soph - novice

- 1) 400 IH                      2) 100                      3) 1600                      4) 400  
5) 100/110 HH    6) 800                      7) 3200                      8) 200                      9) 4 x 400

All field events are three (3) attempts No Discus this year!

Mail to: Paul Williams  
21 North End Terrace  
Bloomfield, NJ 07003

Make checks payable to ECTCA (Essex County Track Coaches Association)  
and **mail by May 8th.**

**To: Athletic Directors and Track Coaches.**

The Essex County Track Coaches Association invites your team to our spring Frosh-Soph-Novice "FUTURE STARS INVITATIONAL" meet.

Date: Thursday, May 15, 2014.

Place: The Joe Suriano Track at West Orange High School

Time: 4:00 PM

Entry fee: \$4.00 per individual per event and \$15.00 per relay.  
Make checks payable to **ECTCA (Essex County Track Coaches Association)**

Events: Standard track events (excluding the triple jump - we will run out of daylight - there is only one pit.) There are six categories for each event, Frosh, Soph, Novice girls and Frosh Soph, Novice boys.

Our goal is to provide a meet for your athletes who are not, repeat, **ATHLETES WHO ARE NOT** your Big Guns who competed in your League Championships or the County Championships the previous Saturday.

No names are needed on the entry. 1/4" SPIKES ARE PERMITTED .

Seeding will be done at the meet.

You may enter as many in each event as you want.

Entry Limitation - for the sake of time - two events per person.  
This is not the state rule - we know!

Order of running events:

|               |           |             |
|---------------|-----------|-------------|
| 400 IH        | SEQUENCE: |             |
| 100           |           | Frosh Girls |
| 1600          |           | Soph Girls  |
| 400           |           | Novice      |
| 100/110 HH    |           |             |
| 800           |           | Frosh Boys  |
| 200           |           | Soph Boys   |
| 3200          |           | Novice      |
| 4 x 400 relay |           |             |

All field events will be three attempts. No discus this year!

Please mail entry by May 8th.

Mail to: Paul Williams  
21 North End Terraceno No fax machine,  
Bloomfield, NJ 07003 no answering machine.

Use snail mail. Hope to see you there.

*Paul*

PS - All Essex County Schools are required to supply a person to officiate as part of their conditions for entry into this meet.