



**Saturday, May 2<sup>nd</sup>**  
**2 pm start**

Welcome to the Mercer Twilight Invitational held at West Windsor-Plainsboro High School North. 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 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
- Watches to winners of Invitational Events
  - Pentathlon
  - Distance Medley Relay
  - Long Jump
  - Triple Jump
- Compete in events not commonly run in NJ:
  - Boys and Girls Pentathlon
  - 1 mile run
  - 800 sprint medley
  - 4x100 meter thrower relay

**All entries must be received by April 24<sup>th</sup>** - together with a check payable to **"Mercer Track Coaches Association"**.

***Thank you for choosing our meet!***



## 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 running events, high jump, pole vault – maximum of 3 entries per gender
  - Throwing events – maximum of 2 entries per gender
  - Relays – 1 entry per team
  - Invitational Individual Events (Pentathlon, Long Jump & Triple Jump) – Unlimited entries. Accepted individuals will be posted on [mercercoaches.webs.com](http://mercercoaches.webs.com) and the meet page on milesplit on Thursday 4/30.
  - Invitational DMR – 1 relay team per gender. Accepted teams will be posted on [mercercoaches.webs.com](http://mercercoaches.webs.com) and the meet page on milesplit on Thursday 4/30.
  - Please note the starting heights for both high jump and pole vault
3. **Certificate of insurance:** All competing teams must mail or fax a certificate of insurance to West Windsor-Plainsboro North High School. The certificate should be made out to “West Windsor-Plainsboro North High School”. Mail or fax the certificate to -

<b>West Windsor-Plainsboro North High School</b> <b>90 Grovers Mill Road</b> <b>Plainsboro, NJ 08536</b>	<b>Fax: 609-716-5142</b> <b>*To: Brian Gould, Track Coach</b> <b>*For: Mercer Twilight Invitational</b>
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Schools that do not supply a certificate will not be allowed to compete. NO EXCEPTIONS!
4. **Online Entries close:** Wednesday, April 29<sup>th</sup>. **Meet will be limited to the first 20 teams to enter!!!!**
5. **Paper entries/payment due:** April 24<sup>th</sup>. **Meet will be limited to the first 20 teams to enter!!!!**
6. **Payment:** Please make out checks and send meet fees to -

<b><u>Mercer Track Coaches Association</u></b> <b>c / o Brian Gould</b> <b>West Windsor-Plainsboro HS North</b> <b>Plainsboro, NJ 08536</b>
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7. **Awards:** Invitational Events: Watches to winners, medals to 2<sup>nd</sup> – 6<sup>th</sup>. Medals to the top 6 in all other events.
8. **Rules:** 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. **Opening Heights:** High Jump: 4-6 girls/5-6" boys. Pole Vault: 8-0 girls/10-6 boys. Subject to change based upon entries.
10. **Concessions:** Food will be available along with sales of Mercer Twilight t-shirts.
11. **Results:** Will be posted on [www.mercercoaches.webs.com](http://www.mercercoaches.webs.com) and [NJ Runners](http://NJRunners.com).
12. **Questions:** Please email Michael Walker at [mwalker@robbinsville.k12.nj.us](mailto:mwalker@robbinsville.k12.nj.us) or Brian Gould at [brian.gould@ww-p.org](mailto:brian.gould@ww-p.org) if you have any questions.



## Order of Events

(BOYS first for all track events)

Time	Track Events		Field Events
1:45	<i>Pentathlon 100m Hurdles</i>	2:00	Girls Invitational Long Jump
1:50	<i>Pentathlon 110m Hurdles</i>	2:00	Girls Pole Vault
1:55	National Anthem	2:00	Girls High Jump
2:00	110m Hurdles	2:00	Girls Discus
2:20	100m Hurdles	2:00	Girls Javelin
2:40	800m Sprint Medley Relay	2:00	Boys Shot Put
3:00	Invitational Distance Medley Relay	2:00	Boys High Jump
3:30	400m Hurdles	2:40	<i>Pentathlon Shot Put</i>
4:10	800m Run	2:45	Boys Invitational Long Jump
4:40	200m Dash	3:30	Girls Invitational Triple Jump
5:10	400m Dash	4:00	Boys Pole Vault
5:50	4x100m Relay	4:00	Boys Discus
6:05	George Wah Mile Run	4:00	Boys Javelin
6:50	<i>Pentathlon 1500m</i>	4:00	Girls Shot Put
6:55	<i>Pentathlon 800m</i>	4:05	<i>Pentathlon Long Jump</i>
7:00	Thrower 4x100 Relay	5:00	Boys Invitational Triple Jump
7:10	4x400m Relay	5:45	<i>Pentathlon High Jump</i>

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!

Boys Pentathlon		Girls Pentathlon	
Approx. Time	Event	Approx. Time	Event
1:50	110m Hurdles	1:45	100m Hurdles
2:40	Shot Put	3:10	Shot Put
4:05	Long Jump	4:30	Long Jump
5:45	High Jump	5:45	High Jump
6:50	1500 meter	6:55	800 meter

\*Meet management reserves the right to make productive changes to opening heights and minimum distances 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.



Entry and payment must be received by April 24<sup>th</sup>. 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		
High jump		
Pole vault		
Long jump (unlimited)		
Triple jump (unlimited)		
Shot put (max 2)		
Disc (max 2)		
Javelin (max 2)		

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

<b>Invitational Events Only</b> Email <a href="mailto:brian.gould@ww-p.rg">brian.gould@ww-p.rg</a> or <a href="mailto:mwalker@robbinsville.k12.nj.us">mwalker@robbinsville.k12.nj.us</a> if interested
Distance Medley Relay
Pentathlon (maximum of 12 entries per gender)
Long Jump & Triple Jump

			Totals
# Individual Entries		@ \$8.00 each =	
# Relay Entries		@ \$20.00 each =	
Pentathlon	XXXXXXXXXX	@ \$25.00 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!