

Mid-Winter Classic

Please fill in the number of entries per event and a total number of entries in the correct column.

Event	Frosh Girls	Novice Girls	Total Girls Entries	Frosh Boys	Novice Boys	Total Boys Entries
55 HH						
55 M						
1600 M						
400 M						
800 M						
4 X 400M						
Shot Put						
High Jump						
Pole Vault						

Note: **FROSH** entrants must be in 9th grade.

A **NOVICE** is one who has not won an individual varsity track medal.

*The meet will begin at **4:30 p.m. on January 22nd, 2015**

_____ # of Relay Entries at \$22 = _____

_____ # of Individual Entries at \$8 = _____

Total entry fee enclosed: _____

Entries close on January 18th, 2015

ENTRIES PAYABLE TO: "Egg Track Club"

School _____

Address _____

Coach _____

Phone (home) _____ (school) _____

Email _____

Mail entries to: Egg Track Club
19 McCarter Avenue
Fair Haven, NJ 07704
or fax to 732 341 2659

Questions? email Bobby Cannon at robertjcannon@gmail.com or phone 732-267-8015

Send Hy-Tech rosters to: rosters@trschoools.com

Mid Winter Classic

Order of Events

1. 55 High Hurdles Girls Frosh
2. 55 High Hurdles Girls Novice
3. 55 High Hurdles Boys Frosh
4. 55 High Hurdles Boys Novice
5. 55 Meter Dash Girls Frosh
6. 55 Meter Dash Girls Novice
7. 55 Meter Dash Boys Frosh
8. 55 Meter Dash Boys Novice
9. 1600 Meter Dash Girls Frosh
10. 1600 Meter Dash Girls Novice
11. 1600 Meter Dash Boys Frosh
12. 1600 Meter Dash Boys Novice
13. 400 Meter Dash Girls Frosh
14. 400 Meter Dash Girls Novice
15. 400 Meter Dash Boys Frosh
16. 400 Meter Dash Boys Novice
21. 800 Meter Run Girls Frosh
22. 800 Meter Run Girls Novice
23. 800 Meter Run Boys Frosh
24. 800 Meter Run Boys Novice
25. 4 x 400 Girls Frosh
26. 4 x 400 Girls Novice
27. 4 x 400 Boys Frosh
28. 4 x 400 Boys Novice
29. Pole Vault Boys - combined but separate scoring
30. Pole Vault Girls - combined but separate scoring
31. Shot Put Boys - 3 throws, no finals
32. Shot Put Girls - 3 throws, no finals
33. High Jump Boys
34. High Jump Girls

ORDER OF EVENTS- All events on the track will be run *Girl's Frosh followed by Girl's Novice followed by Boy's Frosh followed by Boy's Novice.*

The **Shot Put** will be run Novice followed by Frosh, boys and girls will throw simultaneously. We have 2 circles.

The **Pole Vault** - Frosh and Novice, Boys and Girls will jump together, but score separately. We will begin at 6' for girls and 7' for boys with 6 inch increments.

The **High Jump** - Frosh and Novice will jump together. Girls heights will begin at 4' and increase every 2"; boys will begin at 4'6" and increase every 3" until 5' where it will increase every 2"

FILLING OUT CARDS-When filling out the cards please note: The **PINK** are for **Novice Girls**; **Yellow** cards for **Frosh girls**; **GREEN** for **Novice Boys**; **Blue** for **Frosh boys**.

- o If you have multiple teams in the relays please label the card "A", "B", "C", "D", etc.
- o Please put a Hy-Tec number on all cards used today:
 - . All individuals competitors Hy-Tec numbers must be on the card
 - . This includes FIELD EVENTS.

We will use scratch starts whenever possible.

MEDALS

- Medals will be awarded to the top three relays teams and top 6 individual scorers in each event in each division.
- A team plaque will be awarded to the winner of each division (Boys Frosh, Boys Novice, Girls Frosh, Girls Novice)

COACHES MEETING - There will be a **coaches meeting at 4:15.**

SPIKES - All spikes must have a zip tie of the proper color. The only spikes allowed in this facility are 1/8 inch pyramid spikes. **ANYTHING ELSE WILL RESULT IN DISQUALIFICATION FROM THE MEET.**

ADDITIONAL CARDS - **Additional cards can be purchased at the awards table next to the stage.**