



9th Annual Moorestown Invitational Saturday, April 11, 2015



Highlights of the meet include:

- This meet is open to high school boys
- Varsity level competition with over 300 Medals awarded
- Olympic Distance 5000 Meter and 1500 Meter Open Events with Trophy to the Champion in each open race; medals to 2nd -6th place.
- Medals to Top 6 Relay Teams in each Division
- Full Field Event Relay: Shot, Discus, Javelin, High Jump, Long Jump, Triple Jump, Pole Vault, Throws Medley (Shot, Discus, Javelin)
- Fast, All-Weather 6 lane track; 8 lane straightaway
- Fully Automatic Timing
- Team Scoring. Winner in each division wins the Quaker Cup
- 800M Super Sprint Medley (100-100-200-400)

For more downloadable application & more information, go to:
www.worldathlete.net. Updates on Twitter: MoorestownTrack

Meet Director: Troy Pappas, coach@worldathlete.net, (609) 304-2902

Send your HyTek roster files to: tomahawktiming@yahoo.com

***Congratulations to 2014 Team Champions!
Willingboro (Small School) and Williamstown (Large School)***



For Boys
Saturday, April 11, 2015

Entry Due Date: April 8, 2015

School: _____ Coach: _____

Coach Cell #: _____ Coach e-mail: _____

Athletic Director: _____ AD e-mail: _____

School Size: Group 1	Group 2	Group 3	Group 4	Par A	Par B
Out-of-New Jersey Schools: Total enrollment _____					

Entry Fees:

_____ \$350 Team Fee

OR

_____ Individual entries @ \$15 per Individual (i.e. 4 athletes in 4X400=\$60)

Total: \$ _____

Make Checks Payable to: Moorestown Boys Spring Track Fund

Mail Checks and Forms to: Neil Rosa, Athletic Director
 Moorestown HS
 350 Bridgeboro Road
 Moorestown NJ 08057

Events (one team per relay; up to 3 athletes per team in 1500 and 5000)

- | | |
|--|---|
| _____ High School 5000M | _____ Shot Put Relay |
| _____ High School 1500M | _____ Discus Relay |
| _____ 2 X 400H | _____ Javelin Relay |
| _____ 4 X 110H | _____ High Jump Relay |
| _____ 4 X 100 | _____ Long Jump Relay |
| _____ 4 X 200 | _____ Triple Jump Relay |
| _____ 4 X 400 | _____ Pole Vault Relay |
| _____ 4 X 800 | _____ Throws Medley (Shot, Discus, Jav) |
| _____ Super Sprint Medley (100,100,200, 400) | |
| _____ Sprint Medley (200, 200, 400, 800) | |
| _____ Distance Medley (1200, 400, 800, 1600) | |



Saturday, April 11, 2015

9:00am Start time

Order of Events 2 X 400H
5000M
4 x 200
4 X 800
4 X 110H
Sprint Medley (200, 200, 400, 800)
1500M
Leconey 400 Meter Relay (4x100)
4 X 400
Distance Medley (1200, 400, 800, 1600)
800M Super Sprint Medley (100, 100, 200, 400)

5000M will be one race. 1500M may be more than one heat based on the number of entrants.

In all track events, competition is by seeded performance, not school division. Awards will be given out by division (Large School and Small School). In the 2x400H, since athletes compete on seed time, it is possible that teammates will not compete in the same heat.

Field Schedule (approximate start time)

9:00 Shot Put	Large School Division followed by Small School Division
9:00 Discus	Small School Division followed by Large School Division
9:00 Javelin	Small School Division followed by Large School Division
9:00 High Jump	Small Schools and Large Schools combined
9:00 Pole Vault	Small Schools and Large Schools combined
9:00 Long Jump	Open Pit until 11:15 (or until all competitors have finished)
11:30 Triple Jump	Open Pit until 1:45 (or until all competitors have finished)

Awards

Team Awards: The team with highest point total in Large School division and Small School division receive the Quaker Cup.

Medals will be awarded to the top 6 teams in each division for all relay events. Trophies will be given to champion of 1500 Meter and 5000 Meter. Medals are presented to the 2nd-6th place finishers in 1500 Meter and 5000 Meter.



We have reviewed last year's meet operations and discussed our procedures with coaches and officials. We have made some changes to improve the quality of the meet and allow more of your athletes to compete.

Team Championship

Team with the highest point total in each division will receive the Quaker Cup. Scoring will be as follows: 1st 10, 2nd 8, 3rd 6, 4th 4, 5th 2 and 6th 1. Arrangements to return the Cup before the next Moorestown Invitational will be reviewed with the winning coach at the end of the meet.

Team Divisions

Large School Division (NJ Group 3 & 4, Paul VI)

Small School Division (NJ Group 1 & 2, all other South Jersey private schools)

Out of state schools and non South Jersey private schools will be grouped into a division using the 2014-2015 NJSIAA Group Classification.

Pole Vault and High Jump:

Opening height in pole vault is 9'0". The bar will move up in 1' increments until 11'. After 11', the bar will move up in 6" increments.

Opening height in the high jump is 5'3". The bar will move up in 3" increments.

Please note: the relay partner can remain in the competition after his partner is eliminated only if both competitors have cleared the opening height. If one member of the relay has not cleared the opening height, then the partner is automatically eliminated.

Example 1: For High Jump Relay Team A, both jumpers pass at opening height of 5'3". Each Relay Team A member clears 5'6". One member of Relay Team A clears 5'9" while his partner does not clear 5'9". The remaining member of Relay Team A can stay in the competition until he has 6 total misses or 3 misses at a height, whichever occurs first.

Example 2: For High Jump Relay Team B, both jumpers pass at opening height of 5'3". Each Relay Team B member also passes at 5'6" and 5'9". One member of Relay Team B clears 6'0" while his partner does not clear 6'0". The remaining member of Relay Team B cannot stay in the competition since his teammate did not clear the opening height.

Example 3: For Pole Vault Relay Team C, both vaulters pass at opening height of 9'. Each Relay Team C member clears 10'. One member of Relay Team C clears 11' while his partner does not clear 11'. The remaining member of Relay Team C can stay in the competition until he has 6 total misses or 3 misses at a height, whichever occurs first.

Example 4: For Pole Vault Relay Team D, both jumpers pass at opening height of 9'. Each Relay Team D member also pass at 10'. One member of Relay Team D clears 11' while his partner does not clear 11'. The remaining member of Relay Team D cannot stay in the competition since his teammate did not clear opening height.

The 4x100M relay is named the LeConey 400M Relay. Al LeConey, a Moorestown graduate, ran the anchor leg on the American 4x100M relay team at the 1924 Paris Olympics. LeConey's relay took the gold medal with a world record of 41.0. This Olympics was featured in the Oscar-winning movie "Chariots of Fire". In 1932, he received an unusual honor when a picture of him from the 1924 Olympics was used by the U.S. Post Office on a commemorative stamp.

Meet Information:

1. Only 1 team per High School relay event for each school. 3 athletes per school in 1500M and 5000M.
2. ¼" spikes or less. Starting blocks are allowed. Please remove them after your event. *We strongly suggest labeling your blocks with the school name.*
3. In high school events, medals will be awarded in two divisions:
 - Large School is made up of Group 3, 4 and Paul VI
 - Small School is made up of Group 1 and 2, and all other schools of same size
4. Track relays: Heats may have teams from both Large and Small division. This format will allow teams to compete against comparably seeded teams regardless of division. Medals will still be awarded by division.
5. Full concessions will be available for breakfast and lunch. There will be complimentary coffee for coaches in the officials/media tent.
6. Coaches pick up rosters and numbers at Scorer's Tent and complete seed times on cards. Maximum of 4 events per athlete.
7. Early bird seeding is available. All cards must be turned in prior to First Call of event.
8. The high school field events will be conducted as relays. Except for the throws medley, each high school must enter two boys per relay.
9. The Throws Medley is an entirely separate event which consists of 1 shot putter, 1 discus thrower and 1 javelin thrower from the same team. Three different athletes must be used. The combined effort will decide the places in the competition. In the event of a tie, the total for the second best effort of each competitor will be used, and then the third if the second is still a tie. Athletes can enter the Throws Medley and another throwing relay.
10. In the jumps and pole vault, ties will be broken using best jump.
11. It is the coach's and athlete's responsibility to schedule their time appropriately if competing in more than one event (track relays and jumps, for example).
12. Awards can be picked up by coaches/assistants after event results are announced.
13. Meet results will be posted at: www.worldathlete.net/moorestowninvitational.html
www.nj.milesplit.com
14. Please clean up your area before you leave the meet. Thanks!

