



VERTICAL ADVENTURES DECATHLON/HEPTATHLON

JUNE 16-17, 2012

LENAPE HIGH SCHOOL, MEDFORD, NJ

Dear Interested Athletes, Coaches, Parents and Friends,

We are pleased to announce that we will be hosting a Decathlon (HS and Open Men) and Heptathlon (HS and Open Women) competition at Lenape HS on June 16-17, 2012.

As a reminder, the competition is based on international scoring tables where the performance in each event earns a point score. The winner is the athlete who amasses the most points over all the events. The meet is held over two days, as follows:-

		<u>Start Time</u>
Men –	Day 1: 100M, LJ, SP, HJ, 400M	10:45 AM
	Day 2: 110MH, DT, PV, JT, 1500M	10:30 AM
Women –	Day 1: 100MH, SP, HJ, 200M	10:30 AM
	Day 2: LJ, JT, 800M	10:30 AM

All levels are invited. We anticipate having athletes who have never tried some of the events in a competition. The meet is designed for developing athletes and for those interested in competing in a decathlon or heptathlon. That said, we are also inviting a number of athletes who have excelled in multiple events so it should be a good meet for beginners and for advanced athletes. This is a USATF sanctioned event. Results will be posted on NJRunners.com (MileSplit). The field will be limited to 20 athletes for Decathlon and 20 athletes for Heptathlon. This is 20 total for both sections (HS and Open).

Entry form is attached. Entry fee is payable to “Vertical Adventures.” For questions and contact information, please email Frank Harrison at bharrison6223@gmail.com

Sincerely,

Frank Harrison (Meet Director)

Meet website: www.verticaladventures.org

Discounted rooms reserved at Courtyard Marriott, Mt. Laurel, NJ, Tel. 1-856-273-4400. The code for these rooms is “Vertical Adventures.”



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Decathlon

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Heptathlon

List personal record (if not done in competition, please indicate estimate by labeling "est" next to mark)

<u>Day 1</u>	<u>Day 2</u>
100M	110MH
LJ	DT
SP	PV
HJ	JT
400M	1500M

<u>Day 1</u>		<u>Day 2</u>	
100MH	_____	LJ	_____
SP	_____	JT	_____
HJ	_____	800M	_____
200M			

Please make check payable to:

Return Entry Form and Fees by June 7th to:

170 Stone Hill Road

Colts Neck, NJ 07722

Home: (732) 780-5024

Cell: (732) 939-2818; bharrison6223@gmail.com

Notes:

Please bring your own implements (they will be weighed and checked)

Start times: Day 1, June 16th - 10:30am (Women) 10:45pm (Men)

Day 2, June 17th - 10:30 (All)

Medals for Top 6 - HS only