Join us for the 2nd Annual 4 x 800 and Distance Medley Night

***\*\*As this is a high-school series for NJ high school athletes only, NJSIAA rules are in effect. Additionally, high school athletes must be accompanied by their coach (or certified faculty member) in order to participate.\*\****

**Date and Events**

|  |  |
| --- | --- |
| **Date** | **Events** |
| April 10th, 2013 | 4 x 800\* and Distance Medley\*  |

* Will be open to limited entry based on time.

**Times** Meets will begin at 6:30 pm. Time subject to change based on entry.

**Location** Roggy Field at Holmdel High School

**Entry Fees** Relays are $10 up to $30 per team. Entries to each event are on subsequent pages, but please contact me if you intend to come as soon as you can.

**Limitations** These meets are designed to help our athletes run fast in a fun atmosphere. We try to keep the meets small, so they do not take too long. I will limit entry if needed. Priority will go to those teams, who have attended in the past, and on a first come first serve basis. Contact me via email if you intend to come.

**Contact Information (Sean McCafferty)**

**Email** **s.mccafferty@yahoo.com** **and** **smccafferty@holmdelschools.org**

**Address** Sean McCafferty

 36 Crawfords Corner Road

 Holmdel, NJ

07733

**Phone** (732) 814-3375

**How many teams:**

**4 x 800 Girls Boys**

**4 x 800 Girls Boys**

**All Checks Payable to ‘Holmdel High School’**