

2011 PASSAIC COUNTY WINTER TRACK & FIELD CHAMPIONSHIPS
WEDNESDAY JANUARY 19th, 2011 From 5:00PM to 8:00PM
168TH ST. ARMORY NY, NY

MEET INFORMATION

THE MEET WILL BEGIN AT 5:00PM: Warm-up will begin as soon as we are allowed on to the track. ¼" spikes are allowed. The Armory will check all spikes. If there is another meet going on prior to ours, all teams must remain in the upper stands until given permission to enter the track.

OPENING HEIGHTS: The opening height in girl's pole vault will be 6'6" up by 6". Boy's pole vault will open at 9' up by 12" to 11' then up by 6" (HEIGHTS MAY BE ADJUSTED UP OR DOWN BASED ON THE COACHES RECOMMENDATIONS THE DAY OF THE MEET). Girl's high jump will open at 4' 2" up by 2" to conclusion". Boy's high jump will open at 5' 2" up by 2" to conclusion.

Shot Put: Three throws, with the top 7 back to the final for three additional throws. Novice shot will be three throws, with no final. Novice shot follows varsity.

High Jump: Boys and girls jump simultaneously using two pits.

Long Jump: Boy's first followed by girls. One hour open pit. Top 7 to the final for 3 additional jumps Triple jump: Girls first followed by boys. One hour open pit. Top 7 to the final for 3 additional jumps.

AWARDS: Medals to the top six in all varsity events, and top three in all novice events. A Team trophy is awarded to 1st and 2nd place teams, along with individual plaques.

SCORING: Six places score: (10, 8, 6, 4, 2, 1).

NOVICE EVENTS HAVE UNLIMITED ENTRIES AND ARE NON - SCORING.

Timing will be BY HAND.

Running events:

ORDER:

At 5:00 PM

55HH (Trials if needed) & Semis

55 Dash (Trials if needed)& Semis

55HH FINALS

55 DASH FINALS

1500M – DURING DASH & HURDLES

4X200 (NOVICE ONLY)

600M

4X800 relay BOYS (NOVICE ONLY)

1000M

300M

4x800 relay GIRLS (NOVICE ONLY)

3000M

4x400M (Novice)

4x400M

In all running events Boys go first followed by girls.

****Meet management reserves the right to move, change and or alter events if necessary.**

All Rosters MUST be submitted using HY-TEK TEAM MANAGER program. ROSTERS RECEIVED AFTER JAN. 11TH WILL NOT BE ACCEPTED.

**QUESTIONS: CALL L. FRAULO AT 973-859-0958 . E-mail roster to: fraulotiming@optonline.net
Roster is due NO LATER THAN January 5th, 2011. Entry form is due on January 5th, 2011. No faxes. You may send entry from via email either as an attached word file or PDF file.**

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