

# **GMC Coaches Freshman Championship**

*(Open only to GMC schools)*

May 22, 2019 4:00PM

Old Bridge Track Complex (Sandburg Middle School)

## **Running Events 4:00PM**

*Girls first in all events*

400 Hurdles

100 Trials (8 fastest to finals)

1600 Girls

100 Finals

1600 Boys

400

100/110 High Hurdles

800

200

3200

4x400

## **Field Events 4:00PM**

Long Jump (Combined B/G open pit 4:00 – 6:00 PM) 3 Trials – NO Finals

Triple Jump (Combined B/G open pit 4:00 – 6:00 PM) 3 Trials – NO Finals

High Jump (boys then girls) girls start at 4'0, boys at 5'0

Pole Vault (girls then boys) girls start at 6'0, boys at 8'0

Shot Put (girls then boys) 3 Trials – NO Finals

Discus (boys then girls) 3 Trials – NO Finals

Javelin (girls then boys) 3 Trials – NO Finals

TO: GMC. TRACK & FIELD COACHES  
FROM: John MacGillivray, MEET DIRECTOR  
RE: GMC COACHES FRESHMAN CHAMPIONSHIP  
DATE: WEDNESDAY MAY 22, 2019

The GMC Coaches Freshman Championship – All Events – (Boys and Girls) will be conducted on May 22 at Old Bridge Track Complex (Sandburg Middle School).

Information

1. NFHS, NJSIAA and GMC rules and regulations will be enforced.
2. Meet Director will also serve as Track Referee. There will also be a Field Referee. The appeals committee will be comprised of the starter, the head clerk, and one field official.
3. This meet is open to all GMC freshmen, regardless of varsity status.
4. Please supply your own legal throwing implements, starting blocks, and batons.
5. All field implements will be weighed, measured and marked prior to the competition.
6. Unlimited entries in all events.
7. All events will be pre-entered on Milesplit. Heats will be formed by the clerks on the day of the meet. Entry deadline is Monday May 20 and 12 noon. No additions can be made after that time. Coaches will highlight competing athletes on meet day.
8. Team scoring will be on a 10-8-6-4-2-1 basis. Team Plaques for 1<sup>st</sup> place will be awarded. No more than 3 individuals and 1 relay per school may score team points.
9. For Throws and Horizontal Jumps, there will be 3 Trials -NO finals.
10. Medals will be awarded to the top 6 individual athletes, and top 6 relay teams, per event.