

37th ANNUAL HOLMDEL RELAYS

Entry Form

1. **Date:** Saturday, April 21st, 2012
2. **Time:** First event to go off at 9:00 am
3. **Site:** Holmdel High School
4. **Grouping:** Two equal divisions, according to enrollment.
Schools can check www.holmdelschools.org after April 17th for division assignment.
5. **Events**

3 x 400 Intermediate Hurdles	3- member team for
4 x 100/110 Hurdles	Field Event Relays
4 x 100 Meters	Javelin
4 x 200 Meters	Shot Put
4 x 400 Meters	Discus
4 x 800 Meters	High Jump
Sprint Medley (200, 200, 400, 800)	Long Jump
Distance Medley (1200, 400, 800, 1600)	Triple Jump
	Pole Vault (2 person)

Freshman/Novice Events* (Non-scoring) - Grouping depending on number of entries
4 x 200 Meters -- 4 x 400 Meters – Novice 1600 (Max. - 5 per team)

*Freshmen/Novice cannot participate in varsity events if they participate in a freshman event and freshmen cannot participate in freshman events if they participate in a varsity event.

6. **All running events** will be seeded together (combined), but scored separately by division.
7. The 3 x 400 Intermediate Hurdle Relay will be a three-member team relay; each member will be timed **individually**; times will be totaled for **team** time.
8. A fee of \$20.00 per Relay and \$5.00 per Novice 1600 will be charged for each team entered in each event. A special TEAM RATE is available for \$325 (a \$60 savings!) Make check payable to **Holmdel High School (one entry per relay event per school)**.
9. Entries are due Friday, April 13th – do not let waiting on a check hold up your entry!

Mail all entries to:

Mr. Bill Loughran
69 Park Avenue
Rumson, NJ 07760

732-946-1832 x2471 (school)
732-672-6001 (cell)
732-946-8641 (fax)

10. We will be using **Hy-Tek** to score the meet; please submit your **team rosters** to wloughran@holmdelschools.org

37th Annual Holmdel Relays

11. Awards: Medals to members of the first three relay teams in each division. Medals to the first five finishers in the Novice 1600. Trophy for the team with the most points in each division.
12. N.J.S.I.A.A. Rules will be followed.
13. All equipment shall be supplied by participating schools – such as: shot puts, javelins, discus, batons, safety pins, and starting blocks.
14. Spikes: Maximum ¼”
15. Scoring: 10, 8, 6, 4, 2, 1
16. Dress at home – no lockers available
17. Refreshments will be sold.
18. You will be purchasing a total number of event entry cards; you may use them in whatever event you choose. **Note: You may not purchase additional cards on the day of the event.**
19. **Order of events is tentative** – allow yourself plenty of time for events you are entering.
20. If you have any questions, please contact:

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Submit **TEAM ROSTERS**, using Hy-Tek Team Manager, to:
wloughran@holmdelschools.org

ORDER OF EVENTS
All Events are Finals on Time

1. 4 x 100 Hurdles final on time - Girls
2. 4 x 110 Hurdles final on time – Boys
3. Distance Medley – Girls – (1200 – 400 – 800 – 1600)
4. 3 x 400 Hurdles final on time - Boys
5. 3 x 400 Hurdles final on time - Girls
6. Distance Medley – Boys – (1200 – 400 – 800 – 1600)
7. 4 x 100 final on time - Girls
8. 4 x 100 final on time - Boys
9. 4 x 800 - Girls
10. 4 x 800 - Boys
11. 4 x 200 final on time - Girls
12. 4 x 200 final on time - Boys
13. Frosh 4 x 200 final on time - Girls
14. Frosh 4 x 200 final on time - Boys
15. Sprint Medley final on time – Girls (200 – 200 – 400 – 800)
16. Sprint Medley final on time – Boys (200 – 200 – 400 – 800)
17. Novice 1600 - Girls
18. Novice 1600 - Boys
19. Frosh 4 x 400 final on time - Girls
20. Frosh 4 x 400 final on time - Boys
21. Varsity 4 x 400 final on time - Girls
22. Varsity 4 x 400 final on time - Boys

Note: All running events will be seeded together (combined), but scored separately by division. Entries close on Friday, April 8th, 2011.

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Submit Hy-Tek **TEAM ROSTERS** to: wloughran@holmdelschools.org

Make checks payable to: **Holmdel High School**

Field Events: will start at promptly at 9:00 am!

Shot Put – Division I followed by II (2 circles)

Discus – Division II followed by I (2 circles)

Javelin – Open Area

Boys – 9:00 am – 11:30 am

Girls – 12:00 pm – 2:30 pm

Long Jump – Open Pit

Boys – 9:00 am – 11:30 am

Girls – 12:00 pm – 2:30 pm

Triple Jump – Open Pit

Girls – 9:00 am – 11:30 am

Boys – 12:00 pm – 2:30 pm

High Jump – Girls, then Boys

(Opening Heights: (Girls 4'4"; Boys 5'4"))

All boys will jump together and will be scored separately by division. Then, all girls will jump together and will be scored separately by division.

Pole Vault – Boys, then Girls

(Opening Heights: (Boys 9' 6"; Girls 7'0"))

All girls will jump together and will be scored separately by division. Then, all boys will jump together and will be scored separately by division.

There will be three throws or jumps in the shot, discus, javelin, and long jump. In the high jump and pole vault, competitors will get six jumps or three consecutive misses, whichever comes first. In all events, all competitors must mark in order for the team to score.

If there is a tie in any field event, the higher place will go to the team with the best individual performance. If there is still a tie, we will use the tiebreaker rule for individuals and apply it to the best performance from each team. If a tie still remains, the tied teams will split the points.

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Circle One:

Boys

Girls

School's Name _____

Coach's Name _____ Home Phone # _____

Coach's email _____ School Phone # _____

Make check payable to: **Holmdel High School**

Event	1 Team Per Event
4 x 100/110 H.H.	_____
3 x 400 I.H.	_____
4 x 100	_____
4 x 200	_____
4 x 400	_____
4 x 800	_____
Sprint Medley (200, 200, 400, 800)	_____
Distance Medley (1200, 400, 800, 1600)	_____
Three Person Shot Put	_____
Three Person Javelin	_____
Three Person Discus	_____
Three Person High Jump	_____
Three Person Long Jump	_____
Three Person Triple Jump	_____
Two Person Pole Vault	_____
Freshmen / Novice Events – Non-scoring toward team title	
4 x 200	_____
4 x 400	_____
Novice 1600 (Max: 5 per team)	_____

Reminder: You are not bound by what you enter above. You are buying a total number of cards – and may use them as you choose the day of the meet. **However, no extra cards will be sold the day of the meet!**

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Number of **Relay Events** Entered _____ x \$20.00 = _____
Number of **Novice 1600** Entered _____ x \$5.00 = _____

Unlimited **Team Entry** (\$325 – a \$60 savings!) Total _____