**UNIVERSITY H.S. CLASSIC**

***Greetings Coaches, on behalf of the University High School Track Team we would like to invite you to attend and compete in the 3rd Annual University High School Classic Track Meet on Saturday, March 30th, 2019 at 8:30am. The meet will be held at Newark School Stadium. The meet will have Frosh, Novice and Varsity Divisions for Boys and Girls. Medals will be given to the top six runners in each event per division.***

***All individual entries must be entered with seed times by Wednesday, March 27th, 2019 no later than 9:00pm. All events will be seeded prior to the meet.***

***ENTRY FEES***

*All individual events cost $9.00 per entry*

*All relay events cost $20.00 per relay*

*Blanket Girls Team Entry / Max $300.*

*Blanket Boys Team Entry / Max $300.*

*Blanket Girls & Boys Team Entry / $525.*

***Make Checks Payable to University High School / Track Team***

***Meet Guidelines***

1. ***Fields events will start at 8:30am; Running events will start at 9:15am***
2. ***NJSIAA Rules will be enforced.***
3. ***Medals will be awarded to the top 6 finishers in each event per division.***
4. ***All seeding will be done prior to the meet. No day of entries.***
5. ***All entries MUST be done on NJ milesplit ONLY***
6. ***Entries & Payments must be received no later than Wednesday, March 27, 2019.***
7. ***Team rosters will be used from NJ milesplit. Final rosters must be done by March 27, 2019.***
8. ***Starting blocks are not allowed.***
9. ***Spikes not to exceed quarter inch may be used.***
10. ***The concession stand will be open. All coaches are asked to remind their athletes to clean up their areas. Garbage bags will be provided it needed***

***Entry Numbers Per Team Per Event Per Division:***

*5 per division for Individual Track Events*

*2 Teams for Relays Events*

*Unlimited for field*

***Order of Events***

*Frosh & Novice 100/110 HH*

*Varsity 110/100 HH*

*Varsity Distance Medley Relay*

*Frosh, Novice & Varsity SMR (1600) 200, 200, 400, 800*

*Frosh & Novice 1600*

*Novice & Frosh 100md*

*Varsity 100md*

*Varsity 800m*

*Frosh & Novice 400*

*Varsity 200m*

*Varsity 1600*

*Frosh & Novice 4X100*

*Varsity 4X100*

*Coaches 4X100*

*Frosh, Novice, Varsity 4X400*

***Individual Field Events for Frosh & Novice***

*Long Jump*

*Triple Jump*

*High Jump*

*Shot Put*

*Discus*

*Pole Vault*

***Individual Field Events for Varsity***

*Long Jump*

*Triple Jump*

*High Jump*

*Shot Put*

*Disc*

*Javelin*

*Pole Vault*

***Jumping events (6 Jump rule for High Jump and Pole Vault)*** *Opening heights: to be determined at the meet
8:30am*

*Girls pole vault followed by boys*

*Boys high jump followed by girls*

 *GIRLS
High Jump – 3-10" then 4'2" and then increasing by 2"
Pole Vault - 6' then 7' then increase by 6"*

*BOYS
High Jump - 5'0" then 5'4" and then increasing by 2"
Pole Vault - 7' then 8' then increase by 6"*

*8:45am*

*Open pit for long jump 9:00am-11:00am for boys and 11:30am-1:30pm for girls (no finals)*

*Open pit for triple jump 9:00am-11:00am for girls and 11:30am-1:30pm for boys (no finals)*

***THROWING EVENTS***

*Girls shot followed by boys (no finals) Boys disc followed by girls (no finals)*

***Entires can be submitted on NJmilesplit only. (No Paper Entries)***

When: Saturday, March 30th, 2019

Time: 8:30am

Site: Newark School Stadium, 541 Roseville Avenue, Newark NJ

**ONLINE ENTRY USING NJMILESPLIT**

**NO DAY OF ENTRIES**

**Please make checks payable to: University High School /Track Team**

**Cost of Entries:**

All individual events cost $9.00 per entry

All relay events cost $20.00 per relay

Blanket Girls Team Entry/ Max $300. Max

Blanket Boys Team Entry / Max $300. Max

Blanket Girls & Boys Team Entry / $525. Max

Varsity relays are limited to 2 team entries. Varsity individual events are limited to 5 entries per team. Novice and Freshman events are unlimited

**Checks mailed to: University High School (Track Team)**

 **Attention: Coach Lawren Monroe**

 **55 Clinton Place**

 **Newark, NJ 07108**

 **(908)337-2324**

**“ALL PAYMENTS ARE NON-REFUNDABLE”**

**All entries and payments are due by March 27th, 2019**

**NO DAY OF ENTRIES**

When/Time: March 30th, 2019 8:30am start

Where- Newark School Stadium, 541 Roseville Avenue, Newark NJ 07103 Only ¼ inch spikes or smaller are allowed.

Team score for Varsity events ONLY

Medals to the top 6 relays per division. Medals to the first 6 in all frosh/ novice/varsity events.

5 entries for varsity field events. Unlimited entries for novice and freshman events.

Seeding will be done prior to meet. No changes will be allowed to seeding the day of the meet.

**Entries and fees are due March 27th, 2019**

**Online Entry using NJ Milesplit ONLY**

**For additional information or questions please contact Coach Monroe @ (908)337-2324 or ladylawrenmonroe@aol.com**

**Thank you in advance for your support. Let’s have an awesome meet. “It’s all about our Student-Athletes”**