Meet Info:

* Fully Automatic Timing provided by NJ Races
* ¼ spikes
* Grass runway for javelin
* When entering seeds, please be realistic to keep heats competitive

Date and Time:

* April 20, 2019 (Saturday); 9:00 am start for field and track events

Order of Events:

Running Events:

3x400 IH Relay \*limit 1 relay per team per gender

4x1600m Girls “XC” Relay \*limit 1 relay per team per gender

4x100m Varsity \*limit 1 relay per team per gender

4x1600m Boys “XC” Relay \*limit 1 team per team per gender

3x110/100HH Relay \*limit 1 relay per team per gender

400m (open) \*limit 3 individuals per team per gender

100m (open) \*limit 3 individuals per team per gender

4x800m JV \*limit 2 relays per team per gender

4x800m Varsity \*limit 1 relay per team per gender

4x200m JV \*limit 2 relays per team per gender

4x200m Varsity \*limit 1 relay per team per gender

Field Events:

Long Jump \*2 per relay/2 entries max per team per gender

Triple Jump \*2 per relay/2 entries max per team per gender

High Jump \*2 per relay/2 entries max per team per gender

Pole Vault \*2 per relay/2 entries max per team per gender

Shot Put \*2 per relay/2 entries max per team per gender

Discus \*2 per relay/2 entries max per team per gender

Javelin \*2 per relay/2 entries max per team per gender

Awards:

* Medals to top six relays/individuals in each event (including jv)
* Trophy to championship teams (boys and girls)
  + Scoring system
    - 1 relay per team may score
    - Only varsity relays will score for team championship
    - 10,8,6,4,2,1 scoring (1st, 2nd, 3rd, 4th, 5th, 6th)
      * 4x1600m relay time calculated by adding four individual times together, runners will run in heats as individuals (teams may enter fewer than four runners, but incomplete relays will not score)
      * 3x400IH relay time calculated by adding three individual times together (teams may enter fewer than three runners, but incomplete relays will not score)
      * 3x110/100HH relay time calculated by adding three individual times together (teams may enter fewer than three runners, but incomplete relays will not score)
      * Open 100m and 400m will not score for team championship (will receive medals)

Location:

* New Providence High School
  + 35 Pioneer Drive; New Providence, NJ, 07940; Lieder Field

Entry:

* Enter your runners and seed times online using <https://nj.milesplit.com/> by May 18, 2019 (Thursday)

Entry Fee:

* $25 per relay
* $10 per open athlete in the 100, 400, 1600
* $375 max entry per team, per gender - includes max entries in all events including open events
* You will be charged for entries, not how many compete
* Make checks payable to “New Providence High School”
  + Mail checks to:

New Providence High School

c/o Vinny Carangelo

35 Pioneer Drive

New Providence, NJ 07974

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