

APRIL 1, 2009

Dear Coaches:

Welcome to a new year of Union County Track and Field. The Spring Relays will be held again, this year, at Gary Kehler Stadium in Westfield. The event will be a two-day affair on Thursday and Friday, April 30 and May 1.

I am pleased to announce the use of a FAT system owned and operated by the Styler family. Tim and Brian are both UCIAC alumni who distinguished themselves in track and cross country while competing for Cranford High School. As is the norm for entering state and invitational meets, a roster of your athletes must be submitted along with your entry. The athletes will then be assigned a unique number for all of the Union County track and field meets.

Other changes for this year's meet include an increase in the entry fee to \$20.00 per entry and the addition of one more team member to the triple jump. This now makes the number of competitors (3) consistent in all of the field events except the pole vault which will remain at two. Please be aware of the changes when you complete your entry.

I hope to have the entry and the guidelines posted on the Union County Track and Cross Country web site and or on the NJRaces site. Please get your entries in on time and please send your rosters to rosters@njraces.com.

Good luck and congratulations to all of our indoor Group Champions. I hope your success continues and extends throughout the entire spring season.

Bill

SCHOOL _____ **COACH** _____
SCHOOL PHONE# _____ **HOME PHONE #** _____
Coach's E-mail _____

CHECK THE EVENTS YOU WISH TO ENTER.

4 X 100	_____	
4 X 200	_____	
4 X 400	_____	
4 X 800	_____	
4 X 1600	_____	
SPRINT MEDLEY	_____	
DISTANCE MEDLEY	_____	
SHUTTLE HURDLES	_____	
INTERMEDIATE HURDLES	_____	3 PERSONS
SHOT PUT	_____	3 PERSONS
DISCUS	_____	3 PERSONS
JAVELIN	_____	3 PERSONS
HIGH JUMP	_____	3 PERSONS
LONG JUMP	_____	3 PERSONS
TRIPLE JUMP	_____	3 PERSONS
POLE VAULT	_____	2 PERSONS

NUMBER OF EVENTS ENTERED _____ X \$20.00 = _____

SEND TEAM ROSTERS TO: rosters@njraces.com by April 27, 2009

Mail Checks and Entries or E-Mail Entries to:

Bill Klimas 908 654-4521 (Home)
 1941 Mary Ellen Lane 908-731-4200 ext 5384 (Work)
 Scotch Plains, N.J. 07076
 E-mail: Billfish715@aol.com

ENTRIES CLOSE.....Monday April 27, 2009

Signature of A.D. _____

Entries may be mailed without payment. If so, you will be billed by UCIAC.

UNION COUNTY RELAYS ORDER OF EVENTS

THURSDAY APRIL 30, 2009
WESTFIELD

FIELD EVENTS

GIRLS	HIGH JUMP	3 PERSONS	4:00 P.M
BOYS & GIRLS	LONG JUMP	3 PERSONS	4:00 P.M
BOYS	SHOT	3 PERSONS	4:00 P.M
BOYS	JAVELIN	3 PERSONS	4:00 P.M
GIRLS	DISCUS	3 PERSONS	4:00 P.M
GIRLS	POLE VAULT	2 PERSONS	4:00 P.M

RUNNING EVENTS

GIRLS/BOYS	4 X 100		4:00 P.M.
GIRLS/BOYS	DISTANCE MEDLEY	1200/400/800/1600	
GIRLS/BOYS	3 X 400 I.H.		
GIRLS/BOYS	SPRINT MEDLEY	200/200/400/800	

FRIDAY MAY 1, 2009
WESTFIELD

FIELD EVENTS

BOYS/GIRLS	TRIPLE JUMP	2 PERSONS	4:00 P.M.
BOYS	HIGH JUMP	3 PERSONS	4:00 P.M.
GIRLS	SHOT	3 PERSONS	4:00 P.M.
BOYS	DISCUS	3 PERSONS	4:00 P.M.
GIRLS	JAVELIN	3 PERSONS	4:00 P.M.
BOYS	POLE VAULT	2 PERSONS	4:00 P.M.

RUNNING EVENTS

GIRLS/BOYS	SHUTTLE HURDLES		4:00 P.M.
GIRLS/BOYS	4 X 800		
GIRLS/BOYS	4 X 200		
GIRLS/BOYS	4 X 1600		
GIRLS/BOYS	4 X 400		

66th ANNUAL
UNION COUNTY SPRING RELAYS CHAMPIONSHIP
WESTFIELD HIGH SCHOOL
April 30 & May 1, 2009

NJSIAA AND NATIONAL FEDERATION RULES WILL APPLY.

SPIKES NO LONGER THAN 1/4" MAY BE USED ON THE TRACK.

**AWARDS: TROPHY TO THE CHAMPIONSHIP TEAM
PLAQUES TO THE SECOND AND THIRD PLACE TEAMS
MEDALS TO THE MEMBERS OF THE FIRST, SECOND AND THIRD PLACE RELAYS**

SCORING THE THE SIXTH PLACE (10-8-6-4-2-1)

HIGH JUMP AND POLE VAULT:

**SIX TOTAL JUMPS OR THREE CONSECUTIVE MISSES ENDS THE COMPETITION.
ALL TEAM MEMBERS MUST CLEAR A HEIGHT FOR THE TEAM TO SCORE!**

TIES IN THE HIGH JUMP AND POLE VAULT:

**ONLY FIRST PLACE TIES WILL BE BROKEN BY USING THE RICH THOMASEY
SYSTEM. THAT IS, THE TEAM WITH THE LEAST NUMBER OF TOTAL MISSES**

PRIOR

**TO THE LAST HEIGHT CLEARED BY EACH COMPETITOR WILL BE THE WINNER.
IF THE TIE STILL EXISTS, THE TEAM WITH THE HIGHEST SINGLE JUMPER WINS!**

TIES IN THE LONG JUMP AND TRIPLE JUMP:

**ALL TIES FOR FIRST PLACE WILL BE BROKEN BY TOTALING THE SECOND BEST
ATTEMPT OF EACH TEAM MEMBER.**

OPENING HEIGHTS: POLE VAULT 8' 0" BOYS 6' 0" GIRLS

HIGH JUMP 5' 2" BOYS 4' 0" GIRLS

THE H.J. BAR WILL BE RAISED IN TWO INCH INCREMENTS.

SEEDING: RUNNING EVENTS WILL BE SEEDED BY THE CLERK FROM THE CHECK-IN CARDS

FASTEST SECTIONS WILL RUN LAST

FIELD EVENTS WILL BE SEEDED BY THE EVENT JUDGE

INTERMEDIATE HURDLES:

**WILL BE RUN WITH TWO TEAMS AT A TIME. THE WINNING TEAM WILL BE
DETERMINED BY THE BEST COMBINED TEAM TIME.**

FASTEST HEATS WILL RUN LAST

FIELD EVENTS: ALL FIELD EVENTS ARE THREE PERSON RELAYS.

THE POLE VAULT IS A TWO PERSON EVENT.

**THREE ATTEMPTS OR THROWS (NO FINALS) IN THE SHOT, DISCUS, JAVELIN
LONG JUMP AND TRIPLE JUMP.**

ONLY ONE TEAM PER RELAY. NO "B" TEAMS.

TIMING: FAT

ROSTERS: MUST BE SUBMITTED ELECTRONICALLY TO: rosters@njraces.com

UNIFORMS: MUST COMPLY WITH NATIONAL AND STATE FEDERATION GUIDELINES