

Eleventh UCIAC JV Track & Field Meet

- Date:** Tuesday, May 11, 2010
- Place:** Kehler Stadium
Westfield High School
- Fee:** \$200 per team (boys or girls)
Or \$400 combined
- Entry:** Unlimited.
Limited to those athletes who are not running in the county or state meet.
No Seniors.
- Send to:** Jack Martin
128 Herning Ave
Cranford NJ 07016
- Checks:** Payable to UCIAC
- Awards:** Medals to the top three finishers in each event
No Team Scoring
- Why Compete:** This meet will give our younger and inexperienced athletes an opportunity to finish their seasons in a championship setting. Let's make this eleventh annual outdoor event another one to be proud of. Many of next year's varsity athletes can greatly benefit from this type of meet.
- Meet Info:** All running events will be run as timed finals.
In the Long Jump, Shot Put, Discus, and Javelin, each competitor will be given Three (3) jumps or throws.
We will use a card system for athlete identification and seeding.
Please bring pins.
Starting blocks will be permitted.
Spikes permitted in all areas
- Entry Deradline:** Friday, May 7, 2010
- Questions:** Call: 908 276 4224
email: JMarti5k@aol.com

UCIAC Junior Varsity Track & Field

Order of Events

Track: Boys followed by Girls

400 IH

100 Meters

1600 Meters

400 Meters

110/100 Hurdles

800 Meters

200 Meters

3200 Meters

4 x 400

Field Events All begin at 4:00 except the Javelin. Javelin will begin at the conclusion of Shot and Discus

Long Jump: Boys followed by Girls

High Jump: Girls followed by Boys

Pole Vault: Run together

Shot Put: Boys followed by Girls

Discus: Girls followed by Boys

Javelin: Boys followed by Girls

UCIAC Junior Varsity Track & Field Entry

Indicate the Number of athletes you are planning to run next to each event.

Event	Boys	Girls
100 Meters	_____	_____
200 Meters	_____	_____
400 Meters	_____	_____
800 Meters	_____	_____
1600 Meters	_____	_____
3200 Meters	_____	_____
110/100 Hurdles	_____	_____
400 Hurdles	_____	_____
4 X 400	_____	_____
Long Jump	_____	_____
High Jump	_____	_____
Pole Vault	_____	_____
Shot Put	_____	_____
Discus	_____	_____
Javelin	_____	_____

School _____

Boys/Girls/Both circle one

School Phone _____

Coach _____

Phone _____

Coach's email _____