

**UNION COUNTY INTERSCHOLASTIC  
ATHLETIC CONFERENCE**

**2012 Boys & Girls Indoor Track & Field Relay Championship  
Friday, January 6, 2012 – 5:00 pm  
Jersey City Armory**

**Meet Information:**

- NJSIAA & NFHS Rules to apply
- 1 varsity relay per school
- Novice entry unlimited
- Bring your own batons and shots. Shot puts will be weighed at the meet.
- Entrance into the Armory is at 4:00 pm
- All rosters **MUST** be submitted by Hy-Tek to [rosters@njraces.com](mailto:rosters@njraces.com) by **FRIDAY, DECEMBER 23<sup>RD</sup>!!!**

**Scoring: 10 – 8 – 6 – 4 – 2 – 1**

**Awards:**

- Trophy to the Team Champion
- Plaque to the second place team
- Medals to the top 3 in each event

**Admissions:**

- General Admission \$5
- Please inform your parents/guardians and students of the admission charge.

**Entry Deadline:**

- Friday, December 23, 2011 !!!!!
- Fax no. – 908-436-6686

**Entry Fees:**

- \$20 per relay \$100 minimum per gender
- Make checks payable to – UCIAC
- Mail entries and checks to: Jose Dias  
46 Limoli Lane  
Clark, NJ 07066
- Any questions, please contact Jose Dias :  
908-436-6691 work or 908-510-1765 cell or email – [diasjo@elizabeth.k12.nj.us](mailto:diasjo@elizabeth.k12.nj.us)

**Order of Events:**

- 1. Varsity Shot Put (3 person relay) – Seeded Heat Last- 3 throws. Boys/Girls**
- 2. Varsity High Jump(2 person) – Starting Heights- Girls 4’ followed by Boys 5’**
  - a. The first 2 increments are 3” then 2”.** (Example: 4’ 4’ 3” 4’ 6” 4’ 8”)
- 3. Varsity Shuttle Hurdle Relay – Final on time. Girls/Boys**
- 4. Varsity Distance Medley – (1200, 400, 800, 1600) Final on time. Girls/Boys**
- 5. Varsity 4 X 200 Meter Relay – Final on time. Girls/Boys**
- 6. Varsity 4 X 800 Meter Relay – final on time. Girls/Boys**
- 7. Novice 4 X 200 Meter Relay – Final on time. Girls/Boys**
- 8. Varsity Sprint Medley Relay – (400, 200, 200, 800) Final on time. Girls/Boys**
  - a. Depending on time will determine if the race will start in lanes or California start.**
- 9. Novice Distance Medley – (800, 200, 400, 1000) Final on time. Girls/Boys**
- 10. Varsity 4 X 400 Meter Relay – Final on time. Girls/Boys**

**Coaches: Inform your athletes, participants are not allowed food or drinks on the armory floor or the spectator area’s. Water only. Please try to keep your team area free of debris. Your cooperation is appreciated.**

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<b>SCHOOL</b> _____	<b>PHONE</b> _____	
<b><u>VARSIITY EVENTS</u></b> (1 Relay per event)	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
<b>SHUTTLE HURDLES</b>	_____	_____
<b>DISTANCE MEDLEY</b>	_____	_____
<b>4 x 200 METER RELAY</b>	_____	_____
<b>4 x 800 METER RELAY</b>	_____	_____
<b>SPRINT MEDLEY</b>	_____	_____
<b>4 x 400 METER RELAY</b>	_____	_____
<b>TEAM SHOT PUT (3 man)</b>	_____	_____
<b>TEAM HIGH JUMP (2 man)</b>	_____	_____
<b><u>NOVICE EVENTS</u></b> (Unlimited)		
<b>DISTANCE MEDLEY</b>	_____	_____
<b>4 x 200 METER RELAY</b>	_____	_____
<b><u>TOTAL</u></b>	_____	_____

**TOTAL BOYS** \_\_\_\_\_ + **GIRLS** \_\_\_\_\_ = \_\_\_\_\_ x \$20.00 = \$ \_\_\_\_\_  
 (\$100 Minimum per gender)

Please make checks payable to: **UCIAC**  
 - All rosters **MUST** be submitted by Hy-Tek to [rosters@njraces.com](mailto:rosters@njraces.com) by **FRIDAY, DECEMBER 23<sup>RD</sup>!!!!**

Please mail entries and checks by **FRIDAY, DECEMBER 23, 2011:**

**Jose Dias**  
**46 Limoli Lane**  
**Clark, NJ 07066**  
**Fax: 908-436-6733**

**Athletic Director's Signature** - \_\_\_\_\_

**Boy's Coach** - \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Girl's Coach** - \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_