

ENTRY FORM

Essex County "FUTURE STARS" Invitational

FROSH-SOPH-NOVICE MEET

Thursday, May 19th 2016 at West Orange High School Track at 4:00 pm.

School: _____

Coach (Coaches) _____

Signature of the Athletic Director: _____

Just enter total number in all categories for each event.

100	_____	shot	_____
200	_____	Discus	_____
400	_____	javelin	_____
800	_____	long jump	_____
1600	_____	high jump	_____
3200	_____	4 x 400	_____
400 IH	_____	Pole Vault	_____
110/100 HH	_____		

Total number of entries x \$4.00 =

Number of relays x \$15.00 =

Order of events: girls first in each group, frosh - soph - novice

- 1) 400 IH 2) 100 3) 1600 4) 400
- 5) 100/110 HH 6) 800 7) 3200 8) 200 9) 4 x 400

All field events are three (3) attempts

Mail to: Paul Williams
21 North End Terrace
Bloomfield, NJ 07003

Make checks payable to ECTCA (Essex County Track Coaches Association) and **mail by May 12th.**

To: Athletic Directors and Track Coaches.

The Essex County Track Coaches Association invites your team to our spring Frosh-Soph-Novice "FUTURE STARS INVITATIONAL" meet.

Date: Thursday, May 19, 2016.

Place: The Joe Suriano Track at West Orange High School

Time: 4:00 PM

Entry fee: \$4.00 per individual per event and \$15.00 per relay.
Make checks payable to **ECTCA (Essex County Track Coaches Association)**

Events: Standard track events (excluding the triple jump - we will run out of daylight - there is only one pit.) There are six categories for each event, Frosh, Soph, Novice girls and Frosh Soph, Novice boys.

Our goal is to provide a meet for your athletes who are not, repeat, **ATHLETES WHO ARE NOT** your Big Guns who competed in your League Championships or who will compete at the County Championships.

No names are needed on the entry. 1/4" SPIKES ARE PERMITTED .

Seeding will be done at the meet.

You may enter as many in each event as you want.

Entry Limitation - for the sake of time - two events per person.
This is not the state rule - we know!

Order of running events:

400 IH	SEQUENCE:	
100		Frosh Girls
1600		Soph Girls
400		Novice
100/110 HH		
800		Frosh Boys
200		Soph Boys
3200		Novice
4 x 400 relay		

All field events will be three attempts.

Please mail entry by May 12th.

Mail to: Paul Williams
21 North End Terraceno No fax machine,
Bloomfield, NJ 07003 no answering machine.

Use snail mail. Hope to see you there.

Paul

PS - All Essex County Schools are required to supply a person to officiate as part of their conditions for entry into this meet.