

# 2017 MOUNTIE RELAYS

## PENN RELAY QUALIFIER

*On behalf of the Montclair High School Athletic Department, I would like to invite you and your team to compete in the 1st Annual Mountie Relays. The meet will be held on Saturday, April 1, 2017 at Woodman Field in Montclair.*

*There will be two divisions for both boys and girls. Boy's and Girl's Divisions will be determined by the NJSIAA Group Rankings. Division I will consist of Group I, Group II and Parochial B Schools. Division II will consist of Group III, Group IV and Parochial A Schools.*

*The meet will place an emphasis on Penn Relay competition. A Boy's and Girl's Mile Run and the Boy's and Girl's 3000 M will be contested. **Also, the meet will feature the SWEDISH RELAY (100,200,300,400) in the Division 1 and Division 2 competitions.***

*Finally, even though the meet will be scored in Large School and Small School Divisions all teams will run together on the track. This is an attempt to enhance the competition in the top seeded sections and enable teams to run qualifying times for the Penn Relays. However, all teams will be placed in competitive races based on the seed times submitted by the coaches.*

*Mountie Relay Tee-shirts will be awarded to the winning teams and individuals in all Varsity Events. Mountie Relay Medals will also be awarded to the top six teams and Individuals in all events. Team trophies will be awarded to the top two teams in the Boys' and Girls' Division I and Division II Competition. A team trophy will also be awarded to the first place team in the Boys and Girls Frosh/Soph Division. Trophies will be awarded to the outstanding athletes in Division I and Division II Boys and Girls.*

*All pertinent meet information is included in this entry packet. If you have any questions, please feel free to call **John Tonero @ 201-953-9052 before 9:00 PM.***

*We are working hard to make the Mountie Relays one of New Jersey's Premier Competitions. Please join us on Saturday, April 1 for a great day of track and field.*

*Thanks,*

**John Tonero**

Meet Director

**2017 MOUNTIE RELAYS & PENN RELAY QUALIFIER**  
**April 1, 2017 @ WOODMAN FIELD, MONTCLAIR**

**MEET GUIDELINES AND INFORMATION**

1. ALL NJSIAA RULES WILL BE ENFORCED.
2. **BOY'S and GIRL'S DIVISION I** INCLUDES ALL SCHOOLS DESIGNATED BY THE NJSIAA AS **GROUP 1, GROUP 2 and PAROCHIAL B** FOR THE SPRING TRACK SEASON. **BOY'S and GIRL'S DIVISION II** INCLUDES ALL SCHOOLS DESIGNATED BY THE NJSIAA AS **GROUP 3, GROUP 4 and PAROCHIAL A** FOR THE SPRING TRACK SEASON.
3. AWARDS:
  - **MOUNTIE RELAY TEE SHIRTS** WILL BE AWARDED TO THE WINNING TEAMS AND INDIVIDUALS IN ALL VARSITY EVENTS. ➤ **MEDALS** WILL BE AWARDED TO THE TOP **SIX** RELAY TEAMS AND INDIVIDUALS IN ALL VARSITY EVENTS.
  - **MOUNTIE RELAY MEDALS** WILL BE AWARDED TO THE TOP **SIX** TEAMS IN ALL **FROSH/SOPH** EVENTS.
  - **TROPHIES** WILL BE AWARDED TO THE TOP TWO TEAMS IN THE BOYS AND GIRLS DIVISION I AND DIVISION II COMPETITIONS.
  - **A TROPHY WILL BE AWARDED TO THE 1ST PLACE TEAM IN THE BOYS AND GIRLS FROSH/SOPH DIVISIONS.**
  - THE **OUTSTANDING ATHLETES** IN THE BOYS AND GIRLS DIVISION I AND DIVISION II COMPETITIONS WILL EACH RECEIVE A **TROPHY**.
4. SPIKES NOT TO EXCEED QUARTER INCH MAY BE USED ON ALL RUNWAYS AND ON THE TRACK.
5. ALL SEEDING WILL BE DONE FROM THE RELAY CARDS THE DAY OF THE MEET.
6. STARTING BLOCKS ARE NOT ALLOWED.
7. SCORING WILL BE **10-8-6-4-2-1** IN ALL EVENTS.
8. **FROSH/SOPH RUNNING RELAY TEAMS** MUST HAVE AT LEAST TWO FRESHMEN.  
**FROSH/SOPH FIELD RELAY TEAMS** MUST HAVE AT LEAST ONE FRESHMAN.
9. ENTRIES MUST BE RECEIVED BY **WEDNESDAY, MARCH 29, 2017**. ALL ENTRY FEES ARE NON-REFUNDABLE. A CHECK OR SCHOOL VOUCHER MUST ACCOMPANY ENTRY. MAKE CHECKS PAYABLE TO **MONTCLAIR HIGH SCHOOL**.  
MAIL ENTRIES TO: **JOHN TONERO, 11 HILLSIDE AVENUE, LIVINGSTON, NEW JERSEY 07039**
11. **SCHOOLS MUST HAVE THEIR ROSTERS UP-TO-DATE BY WEDNESDAY, MARCH 29, 2017. ON NJMILESPLIT NO NEED TO SUBMIT HY TEK ROSTERS!** IF THERE ARE **EXTREME WEATHER CONDITIONS** ON APRIL 1 CALL **201-953-9052** AFTER 6:00 AM OR GO TO <http://essexcountytrack.bizland.com/>
13. ALL MEET RESULTS WILL BE POSTED ON THE WEBSITE OF THE ESSEX COUNTY TRACK COACHES ASSOCIATION AT <http://essexcountytrack.bizland.com/>. AS WELL AS ON NJMILESPLIT  
***Important Drop Off/Pick-Up Procedures:** All buses, including minivans, shall drop off teams at the entrance to Woodman Field on Essex Street. The buses shall then proceed to Chestnut Street and turn right in front of the Clary Anderson Skating Arena, proceed under the rail trestle, continue two blocks north to Fullerton Street. Buses should then turn right and proceed approximately 200 yards and enter the parking lot on the left at the Montclair High School Annex. No buses shall park on the streets around the field. Tickets will issued. There will be Montclair personnel who will call for your team's bus when you inform them that your team is finished for the day and needs to be picked up*

**@ WOODMAN FIELD, MONTCLAIR**

**FROSH/SOPH ENTRY FORM**

**Saturday, APRIL 1, 2017**

SCHOOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

**COACH: BOYS** \_\_\_\_\_ **GIRLS** \_\_\_\_\_

SCHOOL PHONE \_\_\_\_\_ SCHOOL PHONE \_\_\_\_\_

HOME PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_

INDICATE THE NUMBER OF RELAY TEAMS YOU WISH TO ENTER FOR EACH EVENT IN THE APPROPRIATE BOX.

**\*\*LIMIT TWO TEAMS PER EVENT\*\***

**BOYS**

**GIRLS**

	<b>BOYS</b>	<b>GIRLS</b>
FROSH/SOPH 4x100 M RELAY		
FROSH/SOPH 4x200 M RELAY		
FROSH/SOPH 4x400 M RELAY ( One Turn Stagger Start )		
FROSH/SOPH 4x800 M RELAY		
FROSH/SOPH DISTANCE MEDLEY RELAY *** 1200, 400, 800, 1600) *Depending on the # of Entries <i>Frosh/Soph Boys and Girls DM Teams May Run Together</i>		
FROSH /SOPH SHOT PUT 2 COMPETITORS 3 THROWS		
FROSH /SOPH DISCUS 2 COMPETITORS 3 THROWS		
FROSH /SOPH JAVELIN 2 COMPETITORS 3 THROWS		
FROSH /SOPH HIGH JUMP 2 COMPETITORS 6 JUMPS		
FROSH/SOPH LONG JUMP 2 COMPETITORS 3 JUMPS		

**\*FROSH/SOPH RUNNING EVENTS – MINIMUM OF 2 FROSH REQUIRED\***

**\*FROSH/SOPH FIELD EVENTS – MINIMUM OF 1 FROSH REQUIRED\***

NUMBER OF TRACK RELAYS \_\_\_\_\_ x \$20.00 = \_\_\_\_\_

NUMBER OF FIELD RELAYS \_\_\_\_\_ x \$ 10.00 = \_\_\_\_\_

TOTAL = \_\_\_\_\_

SCHOOLS MUST HAVE THEIR ROSTERS UP-TO-DATE BY WEDNESDAY, MARCH 29, 2017. ON NJMILESPLIT

NO NEED TO SUBMIT HYTEK ROSTERS!

**NOTE: BOYS' AND GIRLS' COACHES PLEASE SHARE THIS ENTRY**

# 2017 MOUNTIE RELAYS / PENN RELAY QUALIFIER

## @ WOODMAN FIELD, MONTCLAIR

### Saturday, APRIL 1, 2017

**Starting Times:** Check-In for First Event - **8:15 a.m.**

Starting Time for First Event - **8:30 a.m.**

### ORDER OF EVENTS

1.	Boys	4x1600 M Relay	
2.	Girls	4x1600 M Relay	
3.	Boys	Shuttle Hurdle Relay	
4.	Girls	Shuttle Hurdle Relay	
5.	Boys	4x800 M Relay	
6.	Girls	4x800 M Relay	
7.	Frosh/Soph Boys	4x800 M Relay	
8.	Frosh/Soph Girls	4x800 M Relay	
9.	Boys	4x200 M Relay	
10.	Girls	4x200 M Relay	
11.	Frosh/Soph Boys	4x200 M Relay	
12.	Frosh/Soph Girls	4x200 M Relay	
13.	Boys	Mile Run	
14.	Girls	Mile Run	
15.	Boys	Intermediate Hurdle Relay	
16.	Girls	Intermediate Hurdle Relay	
17.	Boys	Sprint Medley Relay (200,200,400,800)	
18.	Girls	Sprint Medley Relay (200,200,400,800)	
19.	Boys	Distance Medley Relay (1200,400,800,1600)	
20.	Girls	Distance Medley Relay (1200,400,800,1600)	
21.	Boys	Swedish Relay (100,200,300,400)	
22.	Girls	Swedish Relay (100,200,300,400)	
23.	Frosh/Soph Boys	Distance Medley Relay***	***Frosh/Soph Boys and Frosh/Soph Girls DM,
24.	Frosh/Soph Girls	Distance Medley Relay***	Depending on the Number of Teams May Run
25.	Boys	4x100 M Relay	Together on the track
26.	Girls	4x100 M Relay	
27.	Frosh/Soph Boys	4x100 M Relay	
28.	Frosh/Soph Girls	4x100 M Relay	
29.	Boys	3000 M	
30.	Girls	3000 M	
31.	Boys	4x400 M Relay	
32.	Girls	4x400 M Relay	
33.	Frosh/Soph Boys	4x400 M Relay	(One Turn Stagger Start)
34.	Frosh/Soph Girls	4x400 M Relay	(One Turn Stagger Start)

### FIELD EVENTS

High Jump:	Boys, Girls, Frosh/Soph Boys, Frosh/Soph Girls
Long Jump:	Girls, Boys, Frosh/Soph Girls, Frosh/Soph Boys
Triple Jump:	Boys, Girls, Frosh/Soph Boys, Frosh/Soph Girls
Shot Put:	Frosh/Soph Boys, Frosh/Soph Girls, Boys, Girls
Discus:	Boys, Girls, Frosh/Soph Girls, Frosh, Soph Boys
Javelin:	Girls, Boys, Frosh/Soph Boys, Frosh/Soph Girls
Pole Vault:	Girls, Boys

**IF THERE ARE EXTREME WEATHER CONDITIONS ON SATURDAY APRIL 1  
CALL (201) 953-9052 AFTER 6:00A.M. OR GO TO:  
<http://essexcountytrack.bizland.com/>**

# 1<sup>ST</sup> ANNUAL MOUNTIE RELAYS

## PENN RELAY QUALIFIER

**@ Woodman Field, Montclair**

### Varsity Entry Form

**SATURDAY, APRIL 1, 2017**

SCHOOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

COACH: BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_

SCHOOL PHONE \_\_\_\_\_ SCHOOL PHONE \_\_\_\_\_

HOME PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_

DIVISION I (**GROUP 1, GROUP 2 AND PAROCHIAL B SCHOOLS**)

DIVISION II (**GROUP 3, GROUP 4 AND PAROCHIAL A SCHOOLS**)

DIVISION \_\_\_\_\_ **PRINCIPAL'S SIGNATURE** \_\_\_\_\_ AD's Signature \_\_\_\_\_

**\*\*PRINCIPAL'S and AD's SIGNATURE MUST APPEAR FOR ENTRY TO BE ACCEPTED. \*\***

INDICATE THE NUMBER OF RELAY TEAMS YOU WISH TO ENTER FOR EACH EVENT IN THE APPROPRIATE BOX.

**\*\*LIMIT TWO TEAMS PER EVENT\*\***

### Varsity Events DIVISION I & II BOYS AND GIRLS

**BOYS**

**GIRLS**

	BOYS	GIRLS
SHUTTLE HURDLE		
4x100 M RELAY		
4x200 M RELAY		
SPRINT MEDLEY (200, 200, 400, 800)		
4x400 M RELAY		
4x800 M RELAY		
4x1600 M RELAY		
DISTANCE MEDLEY (1200, 400, 800, 1600)		
SWEDISH RELAY		
INTERMEDIATE HURDLE RELAY		
SHOT PUT 2 COMPETITORS 3 THROWS		
DISCUS 2 COMPETITORS 3 THROWS		
JAVELIN 2 COMPETITORS 3 THROWS		
HIGH JUMP 2 COMPETITORS 6 JUMPS		
LONG JUMP 2 COMPETITORS 3 JUMPS		
TRIPLE JUMP 2 COMPETITORS 3 JUMPS		
POLE VAULT (Unlimited)		
INDIVIDUAL MILE RUN (LIMIT 3 COMPETITORS)		
INDIVIDUAL 3000 M (LIMIT 3 COMPETITORS)		

NUMBER OF TRACK RELAYS \_\_\_\_\_ x \$20.00 = \_\_\_\_\_

NUMBER OF FIELD RELAYS \_\_\_\_\_ x \$ 10.00 = \_\_\_\_\_

NUMBER OF INDIVIDUALS \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

TOTAL = \_\_\_\_\_

**. SCHOOLS MUST HAVE THEIR ROSTERS UP-TO-DATE BY WEDNESDAY, MARCH 29, 2017. ON NJMILESPLI.T.  
NO NEED TO SUBMIT HYTEK ROSTERS!**