

THE TWENTIETH ANNUAL
HORNET RELAYS



2013
ENTRY PACKET

ONCE AGAIN, THIS YEAR'S MEET WILL
BE HELD AT ICAHN STADIUM AT
RANDALL'S ISLAND



MIDWOOD HIGH SCHOOL

Presents the

TWENTIETH ANNUAL HORNET RELAYS



February 19, 2013

Dear Coach:

You are cordially invited to the **NINETEENTH ANNUAL HORNET RELAYS** on Saturday, March 30, 2013. We are proud to announce that this year's meet will be held at **ICAHN STADIUM AT RANDALL'S ISLAND**. Last year's edition saw over 80 teams entered. Join some of the best Track and Field programs on the East Coast for a great day of competition!

If you have any questions, feel free to call Sean Rice at (718)467-7400 ext. 8309 during school hours or Walter Cohen at (908)492-8637 or (732)264-7597. Entries may be faxed to Walter Cohen (732)264-1395, Marc Cohen (718)724-8515 or Sean Rice (718)735-6253. Make sure you save your fax confirmation. **EMAIL us at MidwoodTrack@AOL.com, for additional questions.**

We look forward to seeing you on **March 30th**. Our entry and past results can be found on our team website, located at Armorytrack@aol.com or PSAL.org under the **Outdoor Schedule** section.

Sincerely,

Walter Cohen
Meet Director

Sean Rice
Meet Director

Marc Cohen
Meet Director

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Notes on the Meet

1. **ENTRIES DUE Wednesday, MARCH 20, 2013.**
2. **Unlimited** entry in each event
3. Seeding by card method. Color coded cards will be provided in coaches packet.
4. **Awards** to top **FIVE** in each event, including Frosh/Soph events.
5. **Field events** start at 9:00AM.
 - 1500M Walk** starts at 9:00AM
 - RUNNING EVENTS** start at 9:15AM.
6. Teams must **supply their own batons.**
7. All events will be **final on time.**
8. National Federation rules will apply.
9. **Athletes may compete in ANY THREE EVENTS.**
10. **Sanctions** have been applied for in New York (State, PSAL, CHSAA),
 - 11. **Entry Fee: (\$19.00 Minimum) \$ 6.00 per Individual**
\$ 9.50 per Field Relay
\$19.00 per Running Relay
12. Make **checks payable** to Midwood High School
13. All **Field Relays consist of two athletes.** Each athlete will be given **THREE(3) attempts.** All field events contingent on cooperative weather conditions.
14. **Spikes will be permitted in all events. 1/4 INCH PYRAMIDS ONLY.**
15. **Opening High Jump heights:** Boys...5'0"/ Girls...4'0"
16. Shuttle Hurdle Relays consist of 4 person teams
17. The Frosh/Soph 4x800—teams may consist of any combination of frosh and soph
18. **Individual Javelin Competition for Boys and Girls**



Order Of Events

RUNNING EVENTS:

8:30AM Coaches Reception

9:00AM Varsity Girls 1500M Walk

9:15AM Varsity Girls Shuttle Hurdle Relay

Varsity Boys Shuttle Hurdle Relay

Varsity Girls 4x1600

Varsity Boys 4x1600

Varsity Girls 400M Intermediate Hurdles

Varsity Boys 400M Intermediate Hurdles

Frosh/Soph Girls 4x800

Frosh/Soph Boys 4x800

Varsity Girls 4x800

Varsity Boys 4x800

Varsity Girls 4x100

Varsity Boys 4x100

Varsity Girls 3000M

Varsity 3200M

Frosh Girls SMR

Frosh Boys SMR

Soph Girls SMR

Soph Boys SMR

Varsity Girls SMR

Varsity Boys SMR

Varsity Girls 4x200

Varsity Boys 4x200

Varsity Girls DMR

Varsity Boys DMR

Frosh 4x400

Frosh 4x400

Soph Girls 4x400

Soph Boys 4x400

Varsity Girls 4x400

Varsity Boys 4x400

FIELD EVENTS:

9:00AM Varsity Shotput Relay (Girls AND Boys)

Javelin (Boys and Girls)

Varsity High Jump Relay (Boys followed by Girls)

Varsity Triple Jump Relay (Girls AND Boys)

Varsity Long Jump Relay (Girls AND Boys)

Varsity Discus Relay (Girls followed by Boys)

***Note: All Sprint Medley Relays will run 400-200-200-800**

All Distance Medley Relays will run 1200-400-800-1600

TWENTIETH ANNUAL HORNET RELAYS

ENTRY FORM

(Due Wednesday -March 20th)

BOYS TRACK EVENTS

- ___ Frosh 4x400
- ___ Soph 4x400
- ___ Frosh/Soph 4x800
- ___ Frosh SMR
- ___ Soph SMR
- ___ Varsity 4x100
- ___ Varsity 4x200
- ___ Varsity 4x400
- ___ Varsity 4x800
- ___ Varsity Boys 4X1600
- ___ Varsity SMR
- ___ Varsity DMR
- ___ Varsity Boys 400H (ind)
- ___ Varsity SHR
- ___ Varsity 3200M

BOYS FIELD EVENTS

- ___ Varsity Shotput Relay
- ___ Varsity High Jump Relay
- ___ Varsity Long Jump Relay
- ___ Varsity Triple Jump Relay
- ___ Discus Relay
- ___ Javelin (Individual)

TOTAL # of Running Relays ___ x **\$19.00=** ___

TOTAL # of Field Relays ___ x **\$9.50 =** ___

TOTAL #of Individual Events ___ x **\$6.00 =** ___

TOTAL ENTRY FEE= ___ **(MINIMUM ENTRY=\$19.00)**

*****NOTE: This is an entry fee Not a competition fee.*****

****ENTRIES MUST BE RECEIVED BY Wednesday, MARCH 20th****

School _____ Coach _____
Address _____ Coach's Email _____
_____ School Phone _____
Athletic Director's Signature _____ Home Phone _____

MAIL ENTRIES TO:(Make check payable to Midwood HS)

Walter Cohen

93 Cresci Boulevard

Hazlet, New Jersey 07730

GIRLS TRACK EVENTS

- ___ Frosh 4x400
- ___ Soph 4x400
- ___ Frosh/Soph 4x800
- ___ Frosh SMR
- ___ Soph SMR
- ___ Varsity 4x100
- ___ Varsity 4x200
- ___ Varsity 4x400
- ___ Varsity 4x800
- ___ Varsity Girls 4X1600
- ___ Varsity SMR
- ___ Varsity DMR
- ___ Varsity Girls 400H(ind)
- ___ Varsity SHR
- ___ Varsity Girls 1500 walk
- ___ Varsity 3000M

GIRLS FIELD EVENTS

- ___ Varsity Shotput Relay
- ___ Varsity High Jump Relay
- ___ Varsity Long Jump Relay
- ___ Varsity Triple Jump Relay
- ___ Discus Relay
- ___ Javelin (individual)