

**10th Annual  
Greater Middlesex Conference Track Coaches Association  
(GMCTCA) Relays**

**Date:** Saturday, April 3, 2010

**Site:** Frank Jost Field - South Plainfield (Site of the Meet of Champions)  
8 Lane Synthetic Track - 1/4" spikes  
2 Areas for each Field Event

**Time:** 8:30AM - Varsity Boys 4 x 1600  
9:00AM - Field Events  
9:20AM (approx.) - Beginning of other Running Events

**Entries:** Open to all New Jersey high schools.  
One (1) relay team per Varsity Event  
Two (2) relay teams per Novice Event Maximum - Only one team per school will medal!  
All field event relays will be two (2) person. Shot, Discus, Javelin will be 3 Throws. Long Jump and Triple Jump will be 3 jumps. High Jump and Pole Vault may use 6 Jump Rule depending on number of entries.

**Divisions:** Group I & II will be Division 1  
Group III & IV will be Division 2  
Private & Parochial Schools will be grouped accordingly.

**Entry Fees:** Each track relay is \$20.00. Each field event relay is \$10.00.  
Maximum team entry is \$350.00 (Boys' & Girls' teams are separate)  
**NO REFUNDS!**

**Checks payable to:** GMCTCA (Please enclose with entry!)

**Send Entries to:** **Gordon Nienburg**  
**14 Daffodil Drive**  
**Little Egg Harbor, NJ 08087**  
**Phone: 908-917-5767**  
**E-mail: *nienburg@comcast.net***

**Entries Due:** March 29, 2010

**Awards:** Medals to members of the top three (3) teams in each division in each event (Varsity & Novice). There are no team awards!

**Amenities:** Food and beverages will be available

**Seeding:** Clerks will seed according to seed times submitted on check-in cards. Please be realistic when submitting seeds.

## Events:

### Varsity (one team per school)

4 x 100	High Jump
4 x 200	Long Jump
4 x 400	Pole Vault
4 x 800*	Shot Put
4 x 1600**	Discus
Sprint Medley (200-200-400-800)	Javelin
Distance Medley (1200-400-800-1600)*	Triple Jump
3 x 400 Meter Hurdles	
4 x 110/100 Meter Shuttle Hurdles	

### Novice (two teams per school maximum)

4 x 100	Javelin
4 x 400	Shot Put
4 x 800*	Long Jump
	High Jump
	Triple Jump
	Discus

\* 4 x 800 & Distance Medley **may** be combined by seed times, but scored separately.

\*\* 4 x 1600 **will** be combined, but scored separately.

Coaches: We are trying to run a friendly early season developmental meet. Please share this entry with your boys'/girls' coach and copy as needed.

The meet will be run by **NJSIAA** Rules.

Please do not put Varsity runners in Novice Events.

Teams must provide their own blocks, batons, and pins.

Opening Heights: High Jump - Girls - 4'0"                      Boys - 5'0"

Pole Vault - Girls - 6'0"                                              Boys - 8'0"

## **Order of Events**

### **Track Events**

Boys are first - followed by Girls

Division 1 Varsity followed by Division 2 Varsity, followed by Division 1 Novice, followed by Division 2 Novice

8:30AM	4 x 1600
9:15AM (approx.)	3 x 400 Meter Hurdles 4 x 100 Meters Distance Medley (1200-400-800-1600) 4 x 110/100 Meter Shuttle Hurdles 4 x 200 Meters 4 x 800 Meters Sprint Medley (200-200-400-800) 4 x 400 Meters

### **Field Events:**

9:00AM Pole Vault: Boys followed by Girls, Div. 1 followed by Div. 2

Girls and Boys will have their own area for the following and will also start at 9:00AM:

Shot Put: (2 circles) Novice followed by Varsity, Div. 2 followed by Div. 1

Discus: (2 circles) Varsity followed by Novice, Div. 1 followed by Div. 2

Javelin: (2 runways) Novice followed by Varsity, Div. 2 followed by Div. 1

High Jump: (2 areas) Varsity followed by Novice, Div. 1 followed by Div. 2

Long Jump: (2 runways) Open Pit - 9:00 - 12:00

Triple Jump: (2 runways) Open Pit - 12:30 - 3:30

**GMCTCA Relays**  
**Entry Form**  
**Saturday, April 3, 2010**

School \_\_\_\_\_ Coach \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_ DIVISION \_\_\_\_\_

**VARSAITY**

**NOVICE**

4 X 100	_____	_____
4 x 200	_____	XXXXXXXX
4 x 400	_____	_____
4 x 800	_____	_____
4 x 1600	_____	XXXXXXXX
Distance Medley	_____	XXXXXXXX
Sprint Medley	_____	XXXXXXXX
4 x High Hurdles	_____	XXXXXXXX
3 x 400 Hurdles	_____	XXXXXXXX

Total # of entries \_\_\_\_\_ x \$20.00 = \_\_\_\_\_

Pole Vault	_____	XXXXXXXX
Long Jump	_____	_____
High Jump	_____	_____
Triple Jump	_____	_____
Shot Put	_____	_____
Discus	_____	_____
Javelin	_____	_____

Total # of entries \_\_\_\_\_ x \$10.00= \_\_\_\_\_

Total Entry= \_\_\_\_\_

*Unlimited Team Entry = \$350.00*

**Make checks payable to "GMCTCA" - Due March 29, 2010**