

AVIATOR INVITATIONAL RELAYS
APRIL 14TH, 2023

GARY DEPKEN ATHLETIC FIELD
HASBROUCK HEIGHTS, NJ

Order of Events

First Event 4:30 p.m.

- | | | |
|-----|-----------------------------------|--------------------|
| 1. | 6400 meter relay | VB |
| 2. | 400 meter relay (final on time) | VB, VG, NB, NG,FB |
| 3. | 6400 meter relay | VG |
| 4. | Int. Hurdle Relay | VB, NB, FB, VG, NG |
| 5. | 800 meter relay (final on time) | VB, VG, NB, NG, FB |
| 6. | 3200 meter relay | VB, VG, NB, NG |
| 7. | Sprint Medley (400-200-200-800) | VB, VG, FB, NG |
| 8. | Shuttle Hurdle Relay | VB,VG |
| 9. | Distance Medley Relay (12-4-8-16) | VB,VG |
| 10. | 1600 Meter Relay | FB, NG, NB, VB, VG |

Field Events: Only One Varsity Team Allowed

- | | | |
|----|---------------------------|--------------------|
| 1. | Pole Vault - 4:00PM START | VG, VB |
| 2. | High Jump – 4:00PM START | VG, VB |
| 3. | Shot Put | VG, VB NG, NB, FB |
| 4. | Discus - 4:00PM START | VB, VG |
| 5. | Javelin | VB, VG |
| 6. | Triple Jump | VB, VG, NB, FB, NG |
| 7. | Long Jump | VG, VB, NG, FB, NB |

Opening Heights

High Jump-Varsity Boys 5'0"- 5'4" Varsity Girls-4'0" – 4'4"

Pole Vault-Varsity Boys 9' 0" – 10' 0" then up by 6"

Pole Vault-Varsity Girls 6'0" then up by 6"

- Six jump rule may be in effect for the High Jump & Pole Vault
- All field events are 3 person for Varsity – 2 person for FB, NB & NG
- Varsity Int. Hurdles 3 person, FB, NB & NG are 2 person

Coaches: pin spikes only on track and runways, javelin will have a turf runup

2023 Aviator Invitational Entry Form

School _____ Coach's Email _____

Coach _____ Cell # _____

1 Varsity Team Only – Unlimited in sub varsity events

Events	Var. Boys	Var. Girls	Novice Boys	Frosh Boys	Novice Girls
400 meter relay					
800 meter relay					
1600 meter relay					
3200 meter relay				XXXXXXXX	
6400 meter relay			XXXXXXXX	XXXXXXXX	XXXXXXXX
DMR relay			XXXXXXXX	XXXXXXXX	XXXXXXXX
SMR Relay			XXXXXXXX		
Shuttle Hurdles			XXXXXXX	XXXXXXX	XXXXXXXXX
Int. Hurdle			2 person	2 person	2 person
Shot Put			2 person	2 person	2 person
Discus			XXXXXXXX	XXXXXXXX	XXXXXXXXX
Javelin			XXXXXXXX	XXXXXXXX	XXXXXXXXX
High Jump			XXXXXXXX	XXXXXXXX	XXXXXXXXX
Triple Jump					
Long Jump					
Pole Vault			XXXXXXXX	XXXXXXXX	XXXXXXXXX

_____ # of relays X \$20.00 = _____

Total Entry _____

Mail to Rob Brady
 HH Recreation
 320 Boulevard
 Hasbrouck Heights, NJ
 07604
 Email: hhrec@aol.com

Make Checks Payable to: Aviator Track and Field

Entries Due April 10, 2023

AVIATOR INVITATIONAL RELAYS

Friday April 8th - 4:30PM Start

Hasbrouck Heights, New Jersey

Meet Information:

Only **20** Group 1 and 2 schools in Northern New Jersey are allowed to compete.

- Meet will start at 4:30 p.m.(except VB Discus,VG High Jump & Pole Vault - **4PM**) and finish “under the lights” at our new all weather track facility. Javelin will be using a TURF runway (**Last Year the Meet ended at 8:45PM**)
- A novice athlete is one who has never received an individual medal in indoor or outdoor track.
- An athlete cannot compete in both novice and varsity events they are either Novice or Varsity for the meet.
- You may **ONLY One Varsity Relay** – unlimited sub-varsity
- Awards Top Six Relays 1st place Varsity Teams
- Entry Fee \$20.00 per relay

Entries Due April 10, 2023

Please bring pins and batons PIN SPIKES ONLY

Mail to: Robert Brady HH Recreation
320 Boulevard
Hasbrouck Heights, NJ 07604

Questions Call (862) 686 1326 Email: hhrec@aol.com

Make Payable to: **Aviator Track & Field**