

Montclair High School
Frosh/Novice Relays
Saturday May 6, 2017
Woodman Field

Awards to top 6

Order of Field Events: 9am

Shot Put – Boys followed by Girls
Discus – Girls followed by Boys
Long Jump – Girls followed by Boys
Triple Jump – Boys followed by Girls
High Jump – Girls followed by Boys

May 6, 2017
is an S.A.T. testing day.
This is a great opportunity for the
freshman, sophomores & novice
to compete!

Order of Running Events: 9:30am

Girls Frosh then Novice Followed by Boys Frosh then Novice

4 x 100

Ray Spivey Varsity 4x100

4 x 800

4 x 200

Distance Medley (12, 4, 8, 16)

Varsity Swedish Relay (1,2,3,4)

Sprint Medley (2, 2, 4, 8)

4 x 400

- ✓ This meet is mainly for Freshman, Sophomore & Novice athletes
- ✓ Novice is a sophomore, junior or senior who has **never** won a varsity medal.
- ✓ **Varsity 4 X 100 FOR VARSITY ATHLETES ONLY!!!!**
- ✓ Relays
 - Freshman Only Relays
 - Novice Only relays can be any combination (frosh, soph & novice)
 - **Varsity Relay**

**(Cannot consist of athletes who run on the
frosh and novice teams)**

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ENTRY FORM – PLEASE PRINT YOUR INFORMATION CLEARLY

School: _____

Address: _____

School Phone: _____

E-mail: _____

Entry due Wednesday, May 4, 2017

Indicate the number of relay teams for each event:

<u>EVENT</u>	<u>Boys</u>	<u>Girls</u>
4 x 100		
4 x 200		
4 x 800		
Sprint Medley		
Distance Medley		
4 x 400		
Varsity Swedish Relay		
Ray Spivey Varsity 4x100		
Running Total		
Shot Put (3 throws)		
Discus (3 throws)		
Long Jump (3 jumps)		
Triple Jump (3 jumps)		
High Jump (6 jumps)		
Field Total		

Running Relays \$17.00 X _____ = \$ _____

Field Relays \$12.00 X _____ = \$ _____

(2 competitors)

TOTAL ENCLOSED = \$ _____

Make checks payable to: Montclair High School

Attn: Sophia Wallace

100 Chestnut Street

Montclair, NJ 07042

Fax 973-783-7109 (no cover sheet)

montclairgirlstrack@gmail.com