

AVIATOR INVITATIONAL RELAYS
Thursday APRIL 18TH, 2019

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, NB, NG, 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 Limited to 1 st 20 Teams |
| 5. | Javelin | VB, VG Limited to 1 st 20 Teams |
| 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 grass to turf runup

2019 Aviator Invitational Entry Form

School _____ Coach's Email _____

Coach _____ Cell # _____

1 Varsity Team Only – Unlimited in Novice and Frosh 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 & running relays X \$15.00= _____

Total Entry _____

Mail to Rob Brady
 HH Recreation
 320 Boulevard
 Hasbrouck Heights, NJ
 07604
Fax # (201) 288-4356

Make Checks Payable to: Aviator Track and Field

Entries Due April 15, 2019

AVIATOR INVITATIONAL RELAYS

Thursday April 18th - 4:00PM Start Field, 4:30 Running

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 all weather track facility. Javelin will be using a TURF runway (**Last Year the Meet ended at 8:30PM**)
- 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 \$15.00 for each running event and field event relays

Entries Due April 15, 2019

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 Fax 201 288 4356

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