

# ED CHURCH INVITATIONAL

Friday, January 17, 2020

4:30 P.M.

F.D.U. ROTHMAN CENTER, HACKENSACK, N.J. **MONDO TRACK**

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## **\*\*IMPORTANT MEET INFORMATION\*\***

- 1. We can NOT enter the building until 4:00 P.M.– first event will start at 4:30 P.M.**
2. The hurdles and dash will be run at the same time on both sides of the track.
3. Once again Coaches – we are asking for help in keeping the center clean. Please make sure your area is clean before you leave.
4. A NOVICE athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track.
5. You can enter as many individuals and relay teams as you wish. Please bring your own batons and pins.
6. Awards: Six deep in every event.
7. FDU'S Track is a Mondo surface (**NO SPIKES**) and the inside lane is about 189 meters long.
8. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.
9. Please be advised that this is an entry fee, not a participation fee. Entry fee must be paid regardless of participation, since we turn schools away for this meet.

Questions? – call Brian Rodak at 973-831-2412 in the evening.

**Entries Due: January 10, 2020**

# ED CHURCH INVITATIONAL MEET

FDU'S Rothman Center

January 17, 2020

4:30 P.M. Start

## Order of events:

- |     |               |                       |    |               |               |
|-----|---------------|-----------------------|----|---------------|---------------|
| 1.  | Frosh Boys    | 55 meter hurdles      | 1. | Frosh Girls   | 55 meter dash |
|     | Novice Boys   | 55 meter hurdles      | 2. | Varsity Girls | 55 meter dash |
|     | Varsity Boys  | 55 meter hurdles      | 3. | Novice Girls  | 55 meter dash |
|     | Frosh Girls   | 55 meter hurdles      | 4. | Frosh Boys    | 55 meter dash |
|     | Novice Girls  | 55 meter hurdles      | 5. | Varsity Boys  | 55 meter dash |
|     | Varsity Girls | 55 meter hurdles      | 6. | Novice Boys   | 55 meter dash |
| 2.  | Varsity Boys  | 1600 meter run        |    |               |               |
| 3.  | Varsity Girls | 1600 meter run        |    |               |               |
| 4.  | Novice Boys   | 3200 meter relay      |    |               |               |
| 5.  | Frosh Boys    | 3200 meter relay      |    |               |               |
| 6.  | Varsity Boys  | 400 meters (in lanes) |    |               |               |
| 7.  | Varsity Girls | 400 meters (in lanes) |    |               |               |
| 8.  | Novice Girls  | 3200 meter relay      |    |               |               |
| 9.  | Frosh Girls   | 3200 meter relay      |    |               |               |
| 10. | Novice Boys   | 200 meter dash        |    |               |               |
| 11. | Novice Girls  | 200 meter dash        |    |               |               |
| 12. | Frosh Boys    | 200 meter dash        |    |               |               |
| 13. | Frosh Girls   | 200 meter dash        |    |               |               |
| 14. | Varsity Boys  | 800 meter run         |    |               |               |
| 15. | Varsity Girls | 800 meter run         |    |               |               |
| 16. | Novice Boys   | 800 meter run         |    |               |               |
| 17. | Novice Girls  | 800 meter run         |    |               |               |
| 18. | Frosh Boys    | 800 meter run         |    |               |               |
| 19. | Frosh Girls   | 800 meter run         |    |               |               |
| 20. | Varsity Boys  | 1600 meter relay      |    |               |               |
| 21. | Varsity Girls | 1600 meter relay      |    |               |               |
| 22. | Novice Boys   | 1600 meter relay      |    |               |               |
| 23. | Novice Girls  | 1600 meter relay      |    |               |               |
| 24. | Frosh Boys    | 1600 meter relay      |    |               |               |
| 25. | Frosh Girls   | 1600 meter relay      |    |               |               |

# ED CHURCH INVITATIONAL ENTRY FORM:

**Friday, January 17, 2020 4:30 P.M.**  
**F.D.U. Rothman Center**

School \_\_\_\_\_ School Phone \_\_\_\_\_

Coach \_\_\_\_\_ Coach's Home Phone \_\_\_\_\_

Do NOT enter the names on the entry blank, simply the number of entries in each event.  
 Unlimited entries in every event. (Except Varsity Relays – 1 per school)

Event	Var. Boys	Var. Girls	Novice Boys	Novice Girls	Frosh Boys	FroshGirls
55 meter dash						
55 meter hurdles						
200 meters	XXXXXX	XXXXXXX				
400 meters			XXXXXXX	XXXXXXX	XXXXXX	XXXXXXX
800 meters						
1600 meters			XXXXXXX	XXXXXXX	XXXXXX	XXXXXXX
1600 meter relay						
3200 meter relay	XXXXXX	XXXXXXX				

Entries Close: **January 10, 2020**

**Mail To:** Brian Rodak  
 1 Adobe Drive  
 Wayne, NJ 07470

\_\_\_\_\_ X \$8.00 (individual per event) = \_\_\_\_\_

\_\_\_\_\_ X \$25.00 per relay = \_\_\_\_\_

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

**FAX # (973) 907-2642**  
**NO COVER PAGES**

Make Checks Payable to: **Bergen Track & Field LLC**

**Cards** will be provided – You **MAY NOT** use your own cards!!