

# THE LOU MOLINO INVITATIONAL

Dear Coach:

Enclosed is the entry to the tenth annual "Lou Molino Invitational". This meet has been named after Lou for all the years of service and dedication to Bergen County Cross-Country and Track and Field. The meet will offer events for your entire team. Please read the meet information carefully. **Remember FDU has a MONDO surface.**

See you on the 5th,  
Meet Directors

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1. Date: **February 5, 2019** Site: **F.D.U.** Field House, Hackensack  
Time: **4:30 P.M.** **DOORS OPEN at 4:00 P.M. NO SPIKES!!**
2. The **Distance Medley** will be limited to the top twelve teams. The meet directors will be responsible for making these selections. In the Distance Medley, any team that is not accepted will automatically be placed in the 3200 meter relay. The Distance Medley will be run in the outside 4 lanes, which are the **200 meter lanes**.
3. Entry Fee for the meet is \$8.00 per athlete, per event, and \$25.00 per relay.
4. Entry is due: **January 29, 2019**
5. Order of events:
  1. 55 meter dash (girls first) 55 meter hurdles (boys first)
  2. Distance Medley (Varsity only-top 12 teams)
  3. 3200 meter relay (Varsity only)
  4. 800 meter novice and frosh
  5. 300 meter dash
  6. 1600 meter run (Varsity only)
  7. 800 meter run (Varsity only)
  8. 1600 meter relays

In all events the running order will be:

- Varsity Boys
- Varsity Girls
- Novice Boys
- Novice Girls
- Freshmen Boys
- Freshmen Girls

6. Questions? Call: Brian Rodak in the evening (973) 831-2412  
Tom Zaccone during the day (201) 529-8217  
Mike Glynn during the day (845) 735-7514

# The Lou Molino Invitational Entry Form:

2/5/19

School \_\_\_\_\_

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 only one per school.**

Event	Open Boys	Open Girls	Novice Boys	Novice Girls	Frosh Boys	Frosh Girls
55 meter dash						
55 meter hurdles						
300 meter dash						
800 meter run						
1600 meter run			XXXXXXXX	XXXXXX	XXXXXX	XXXXXX
Distance Medley			Place seed time in box		XXXXXX	XXXXXXXX
1600 meter relay						
3200 meter relay			XXXXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXXXXX

Entries Close: **January 29, 2019**

**Mail To:** Tom Zaccone  
 143 McIntosh Drive  
 Mahwah, NJ 07430

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

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

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

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

**Fax# 201-252-2060**  
**NO COVER SHEETS**

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

# Important Meet Information

## **FDU Now has a MONDO TRACK SURFACE**

1. Please have your athletes report to the clerk, when the event is called.  
Please seed your athletes to what they are going to run tonight – this makes for a better meet.
2. Please Coaches – make sure your team area is clean before leaving – this will help us maintain our good relation with F.D.U. It would also help to remind your athletes not to deface/destroy the bathrooms/etc.
3. **Medals:** Top six in all races!
4. **No Spikes!** No Tape on floor! No Foot Blocks!
5. **NEW** – In the 55 meter dash we are going to seed the top 70 runners in the event- this prevents quarterfinals – all other athletes 71 and up will compete, but not advance.  
In the 55 meter hurdles - 54 runners we will be seeded – Questions – just ask.

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.