

SEASON OPENER INVITATIONAL MEET

Tuesday, December 20, 2016 at 4:30P.M.

F.D.U. Rothman Center *****MONDO TRACK SURFACE*****

****Meet Information****

1. We can not enter the building until **4:00 P.M.** – the 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. Coaches – PLEASE try to keep the center clean – at the end please police your area.
4. A NOVICE athlete is one who has not won an individual medal in a Varsity competition 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: Top six in each event.
7. FDU'S track is a mondo surface (**NO SPIKES**) and the inside lane is about 189 meters.
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, Tom Zacccone at (201) 529-8217 in the evening.

Entries Due: December 13, 2016

Season Opener Invitational – Order of Events

First Event Starts at 4:30 P.M.

1.	Varsity Boys	55 meter hurdles	1.	Varsity Girls	55 meter dash
2.	Novice Boys	55 meter hurdles	2.	Novice Girls	55 meter dash
3.	Frosh Boys	55 meter hurdles	3.	Frosh Girls	55 meter dash
4.	Varsity Girls	55 meter hurdles	4.	Varsity Boys	55 meter dash
5.	Novice Girls	55 meter hurdles	5.	Novice Boys	55 meter dash
6.	Frosh Girls	55 meter hurdles	6.	Frosh Boys	55 meter dash
7.	Varsity Boys	1600 meter run			
8.	Varsity Girls	1600 meter run			
9.	Novice Boys	4-lap relay			
10.	Novice Girls	4-lap relay			
11.	Frosh Boys	4-lap relay			
12.	Frosh Girls	4-lap relay			
13.	Frosh Boys	3200 meter relay			
14.	Novice Boys	3200 meter relay			
15.	Frosh Girls	3200 meter relay			
16.	Novice Girls	3200 meter relay			
17.	Varsity Boys	300 meter dash			
18.	Varsity Girls	300 meter dash			
19.	Varsity Boys	800 meter run			
20.	Varsity Girls	800 meter run			
21.	Frosh Boys	1600 meter relay			
22.	Novice Boys	1600 meter relay			
23.	Frosh Girls	1600 meter relay			
24.	Novice Girls	1600 meter relay			
25.	Varsity Boys	1600 meter relay			
26.	Varsity Girls	1600 meter relay			

Season Opener Entry Form:

12/20/16

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 – 1 per team)

Event	Varsity Boys	Varsity Girls	Novice Boys	Novice Girls	Frosh Boys	Frosh Girls
55 meter hurdles						
55 meter dash						
300 meter dash			XXXXXXXX	XXXXXX	XXXXXX	XXXXXXXX
800 meter dash			XXXXXXXX	XXXXXX	XXXXXX	XXXXXXXX
1600 meter run			XXXXXXXX	XXXXXX	XXXXXX	XXXXXXXX
4-lap relay	XXXXXX	XXXXXXXX				
3200 meter relay	XXXXXX	XXXXXXXX				
1600 meter relay						

Entries Close: **Tuesday, December 13, 2016**

Mail To: Brian Rodak
1 Adobe Dr.
Wayne, NJ 07470

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

_____ X \$20.00 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!!

Important Meet Information

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 hurdles the number 54 we will be using – Questions – just ask.