

7th ANNUAL CAVO SENIOR SHOWCASE

“Senior Championships”

Emerson Jr-Sr High School’s Track Facility

Tuesday, May 30, 2023

North Jersey Coaches:

THE SENIOR MEET IS BACK! We invite you to the 7th Annual Cavo Senior Showcase. This year the meet is open to all North Jersey schools. This meet will be for seniors to compete at our excellent facility. All seniors deserve a chance to shine, and this will give them that opportunity. It will be a chance for you to honor all of your seniors and for their parents to see them compete on a unique stage. Please join us in making this a special night for the Bergen County Track & Field Class of 2023.

ENTER THE CO-ED 4x400 – A GREAT WAY TO FINISH A GREAT NIGHT OF TRACK & FIELD!

The Emerson Track & Field Coaches

MEET: CAVO SENIOR SHOWCASE

PLACE: Emerson Jr-Sr High School, Emerson, New Jersey

DATE: Tuesday, May 30, 2023 Field Events – 4:00 pm Running Events – 5:00 pm

AWARDS IN EACH EVENT: Trophy: 1st Place Medals: Places 2, 3, 4, 5, 6

FEES: \$12 per individual event; \$20 per relay Checks payable to: **Emerson PFA**

*****ENTRIES WILL BE ACCEPTED UP TO THE DAY OF THE MEET*****

Email Entries to: mledgerwood@emersonschools.org

Send Payment to: Mark Ledgerwood Emerson Jr-Sr High School 131 Main Street Emerson, NJ 07630

MEET INFORMATION

1. Seeding: All seeding will be done with cards on the day of the meet. Cards will be issued at the meet. Only issued cards may be used.
2. **NORTH JERSEY SCHOOLS ONLY. (All Groups are welcome!)**
3. Prizes: 1st Place: **CHAMPIONSHIP** Trophy Medals for places 2, 3, 4, 5, 6
4. Spikes: Only ¼ inch pins allowed on the Emerson Track.
5. Competitors must be in the 12th grade and part of a high school track program.

Bus Drop Off & Parking @ Emerson Jr-Sr High School: Buses should enter the EHS parking lot and stay to the right following signs for “ATHLETE DROP-OFF.” Bus drivers will be provided with parking instructions upon drop-off of athletes.

Parking for parents and fans: Parking is limited in the EHS parking lot. On Street parking is available nearby the school however please follow the street signage as the police will ticket and tow improperly parked cars. Be prepared to walk to get to the track.

ORDER OF EVENTS

FIELD EVENTS - STARTING AT 4:00 PM

Open Pit: TRIPLE JUMP (Boys & Girls) followed by Open Pit: LONG JUMP (Boys & Girls)

(*Note: All athletes will get 4 jumps in each event.*)

Boys POLE VAULT followed by Girls POLE VAULT

Girls HIGH JUMP followed by Boys HIGH JUMP

****BOYS & GIRLS Throws will move together w/ the officials. ****

JAVELIN followed by DISC followed by SHOT

(*Note: Javelin to be thrown on grass. spikes are allowed.*)

TRACK - STARTING AT 5:00 PM (ON TRACK – BOYS FOLLOWED GIRLS)

BOYS HURDLE TRIALS* followed by GIRLS HURDLE TRIALS*

BOYS 100 TRIALS* followed by GIRLS 100 TRIALS*

**Trials will only be held if necessary, depending upon the number of athletes entered.*

CEREMONY TO HONOR ALL SENIOR TRACK & FIELD ATHLETES (5:30 PM) *

**All senior athletes from all teams will be called to the field.*

FINALS – IMMEDIATELY AFTER SENIOR CEREMONY*

**All runners should arrive by 4:30pm to check in for their events.*

400 METER INTERMEDIATE HURDLES

100 METER DASH

1600 METER RUN

400 METER DASH

110 & 100 METER HURDLES

800 METER DASH

200 METER DASH

3200 METER RUN

4x400 CO-ED RELAY

ENTRY FORM

7th Annual CAVO SENIOR SHOWCASE

5/30/23

SCHOOL _____ Coach _____

Coach's Email _____ Cell Phone _____

BOYS & GIRLS ENTRY

Events	Number of Athletes	
	GIRLS	BOYS
110 M HH	_____	_____
400 M IH	_____	_____
100 M	_____	_____
200 M	_____	_____
400 M	_____	_____
800 M	_____	_____
1600 M	_____	_____
3200 M	_____	_____
High Jump	_____	_____
Long Jump	_____	_____
Triple Jump	_____	_____
Shot Put	_____	_____
Javelin	_____	_____
Discus	_____	_____
Pole Vault	_____	_____
4x400 CO-ED Relay	_____	

Individual Entries _____ x \$12.00 = _____

Relay Entries _____ x \$20.00 = _____

Total Fee = _____ *****ENTRIES WILL BE ACCEPTED UP TO THE DAY OF THE MEET*****

Checks Payable to: **EMERSON PFA** Questions: 201-803-0288 or mledgerwood@emersonschools.org

Mail To: Mark Ledgerwood
Emerson Jr-Sr High School
131 Main Street
Emerson, NJ 07630

EMAIL: mledgerwood@emersonschools.org

Athletic Director's Signature _____

Entry will not be accepted without Athletic Director's Signature