

3rd ANNUAL CAVO SENIOR SHOWCASE

“Senior Night under the Lights”

At Emerson Jr-Sr High School’s New Track Facility

EMERSON, NEW JERSEY

Monday, May 22, 2017

Bergen County Coaches:

We invite you to the 3rd Annual Cavo Senior Showcase. This year we are opening to meet up to all Bergen County schools. This meet will be for seniors to compete at our new facility. All seniors deserve a chance to shine under the bright lights, like at BMOC, 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 2017.

Meet Director - Mark Ledgerwood

MEET: CAVO SENIOR SHOWCASE

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

DATE: Monday, May 22, 2017 Field Events – 5:00 pm Running Events – 6:00 pm

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

FEES: \$10 per individual event; \$15 per relay Checks payable to: **Emerson PFA**

DUE DATE: Thursday, May 18, 2017

Fax Entries to: Mark Ledgerwood @ 201-262-1041 (No Cover Sheets)

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

INFORMATION

1. Seeding: All seeding will be done by the card method on the day of the meet. Cards will be issued at the meet. Only issued cards may be used. Bring your own safety pins.

2. BERGEN COUNTY SCHOOLS ONLY. (All Groups are welcome!)

3. Prizes: 1st Place 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.

6. Bus Drop Off in front of Emerson Jr-Sr High School:

- ★ Buses should enter the EHS parking lot and stay to the right following signs for “ATHLETE DROP-OFF.”

Bus Parking:

- ★ Bus drivers will be provided with parking instructions upon drop-off of athletes. Instructions will also be emailed to Athletic Directors of participating teams prior to the day of the meet.

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 5:00 PM)

Boys TRIPLE JUMP followed by Boys LONG JUMP
Girls LONG JUMP followed by Girls TRIPLE JUMP
(*Note: All athletes will get 5 jumps in each event.*)

Boys POLE VAULT followed by Girls POLE VAULT

Girls HIGH JUMP followed by Boys HIGH JUMP

Girls JAVELIN followed by SHOT followed by DISC
Boys DISC followed by JAVELIN followed by SHOT
(*Note: Javelin to be thrown on grass. spikes are allowed.*)

TRACK (STARTING AT 6:00 PM) (ON TRACK – BOYS FOLLOWED GIRLS)

GIRLS HURDLE TRIALS

BOYS HURDLE TRIALS

GIRLS 100 TRIALS

BOYS 100 TRIALS

EMERSON CAVOS SENIOR CEREMONY (6:30 PM)

FINALS (STARTING AT 7:00 PM)

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

1600 METER RELAY

3rd Annual CAVO SENIOR SHOWCASE

5/22/17

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	_____	_____
4x400 Relay	_____	_____
High Jump	_____	_____
Long Jump	_____	_____
Triple Jump	_____	_____
Shot Put	_____	_____
Javelin	_____	_____
Discus	_____	_____
Pole Vault	_____	_____

Individual Entries _____ x \$12.00 = _____

Relay Entries _____ x \$20.00 = _____

Total Fee = _____ ENTRIES CLOSE: 5/18/17

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

FAX # 201-262-1041 (no cover page needed)

Athletic Director's Signature _____

Entry will not be accepted without Athletic Director's Signature