

LYNDHURST INVITATIONAL RELAYS

SATURDAY, APRIL 15, 2017

Lyndhurst High School
Lyndhurst, NJ

Coaches:

The Lyndhurst High School Athletic Department would like to invite your Track Team to our relay event. The meet is open to all boys and girls team from Group I and Group II schools also parochial schools in Division B. There will also be some Freshmen Boys and Frosh/Soph girls (novice girl) events. Hope to see you and your team on the 15th of April.

Tom Shoebridge
Meet Director

Meet Information:

1. You may enter as many relays as you want but in varsity, only one will count per even for points and medals.
2. **Awards:** Top **six** in all events. Top team in all divisions.
 - a. Top boys in track and field}
} voted on by meet committee, nominated by coaches
 - b. Top girls in track and field}
3. Entry Fee: \$15.00 for all relays, track or field
4. Entries Due: April 11, 2017
5. Please bring pins and batons
6. The uniform rule will be enforced
7. Refreshments will be sold all day by the Lyndhurst Booster Club- Breakfast, Lunch, and all soft drinks and snacks will be available.
8. Coaches, **Pin Spikes only!**
9. Coaches, bring your own implements

Mail Entry to:

Tom Shoebridge
Lyndhurst High School
400 Weart Avenue
Lyndhurst, NJ 07071

Make check payable to:

Lyndhurst High School

OR Email Entry to:

Questions: Cell 201-805-7836 Email: tshoe44@aol.com Tom Shoebridge

LYNDHURST INVITATIONAL RELAYS
SATURDAY, APRIL 15, 2017
LYNDHURST HIGH SCHOOL
LYNDHURST, NJ

ORDER OF EVENTS

FIRST EVENT 9:00 A.M.

1. 6400 METER RELAY	VB
2. 400 METER RELAY	FB,VB,NG,VG
3. 6400 METER RELAY	VG
4. INT. HURDLE RELAY	FB,VB,NG,VG
5. 800 METER RELAY	VB,VG,FB,NG
6. 3200 METER RELAY	VB,VG
7. SPRINT MEDLEY	FB,VB,NG,VG
8. SHUTTLE HURDLE RELAY	FB,VB,NG,VG
9. DISTANCE MEDLEY	VB,VG
10. 1600 METER RELAY	FB,VB,NG,VG

FIELD EVENTS 9:00 A.M.

1. POLE VAULT	VG, VB (GIRLS 2-PERSON,BOYS 3- PERSON)
2. HIGH JUMP	VB,VG
3. SHOT PUT	FB,NG,VB,VG
4. DISCUS	VG,VB
5. JAVELIN	VB,VG (VB Starts at 8:30am)
6. TRIPLE JUMP	VB,VG,FB,NG OPEN PIT 9- 11 AM ALL DIVISIONS
7. LONG JUMP	VB,VG,NG,FB OPEN PIT 11:30AM-1:30PM ALL DIVISIONS

OPENING HEIGHTS

HIGH JUMP- VARSITY BOYS: 5'0" VARSITY GIRLS 4'0"
POLE VAULT- VARSITY BOYS 9'0" THEN UP 6 INCHES
POLE VAULT- VARSITY GIRLS 6'6" THEN UP 6 INCHES

*THE SIX-JUMP RULE WILL BE IN EFFECT FOR THE HIGH JUMP

ALL FIELD EVENTS ARE THREE PERSON EVENTS, EXCEPT GIRLS' POLE VAULT (2-PERSON)

INTERMEDIATE HURDLES WILL BE THREE PERSON EVENT

SPRINT MEDLEY ORDER: 200-200-400-800

DISTANCE MEDLEY ORDER: 1200-400-800-1600

VARSITY BOYS SHOT & VARSITY GIRLS DISCUS WILL START AT CONCLUSION OF VARSITY JAVELIN THEN SWITCH

FROSH BOYS/NOVICE GIRLS SHOT WILL COMPETE DURING VARSITY JAVELIN

COACHES- PIN SPIKES ONLY!

2017 LYNDHURST INVITATIONAL RELAYS

SCHOOL: _____ BOYS _____ GIRLS _____

COACH: _____ HOME PHONE _____

Do not enter names on the entry blank, simply put the number of entries in each event. Unlimited entries in every event. (Remember only one team counts in the team scoring/medals in the varsity events).

EVENT	Varsity Boys	Varsity Girls	Frosh Boys	Frosh/Soph Novice Girls
400m relay				
800m relay				
1600m relay				
3200m relay			X	X
6400m relay			X	X
Distance Medley			X	X
Sprint Medley				
Shuttle Hurdles				
Pole Vault Relay			X	X
Int. Hurdle Relay				
Shot Put Relay				
Discus Relay			X	X
High Jump Relay			X	X
Javelin Relay			X	X
Triple Jump Relay				
Long Jump Relay				

_____ # of Relays x \$15.00= Total Entry _____

Mail to:

Entries Due: April 11, 2017

Tom Shoebridge - Athletic Dept
Lyndhurst High School
400 Weart Avenuel
Lyndhurst, NJ 07071

Make Checks Payable to: Lyndhurst High School

OR Email Entry to: Tom Shoebride- tshoe44@aol.com OR Fax: 201-935-4241