

# 4th ANNUAL CAVO SENIOR SHOWCASE

“Senior Championships under the Lights”

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

**EMERSON, NEW JERSEY**

**Monday, May 21, 2018**

Bergen County Coaches:

We invite you to the 4th Annual Cavo Senior Showcase. This year the meet is open to all Bergen County and Passaic County schools. This meet will be for seniors to compete at our excellent facility. All seniors deserve a chance to shine under the bright lights, 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 2018.

**NEW EVENT: CO-ED 4x400 – A GREAT WAY TO FINISH A GREAT NIGHT OF TRACK & FIELD!**

The Emerson Track & Field Coaches

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**MEET:** CAVO SENIOR SHOWCASE

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

**DATE:** Monday, May 21, 2018      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:** Friday, May 18, 2018

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

**Email Entries to:** mledgerwood@emersonschools.org

**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 AND PASSAIC 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.

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\*

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

CEREMONY TO HONOR ALL SENIOR TRACK & FIELD ATHLETES (6:30 PM) \*

*\*All senior athletes will be called to the field.*

FINALS – IMMEDIATELY AFTER SENIOR CEREMONY\*

*\*All runners should arrive by 6:00pm 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 METER RELAY

4x400 CO-ED RELAY **\*NEW EVENT THIS YEAR\***

**ENTRY FORM**

# 4th Annual CAVO SENIOR SHOWCASE

5/21/18

SCHOOL \_\_\_\_\_ Coach \_\_\_\_\_

Coach's Email \_\_\_\_\_ Cell Phone \_\_\_\_\_

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## 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	_____	_____
4x400 CO-ED 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 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

FAX # 201-262-1041 (no cover page needed)  
EMAIL: mledgerwood@emersonschools.org

Athletic Director's Signature \_\_\_\_\_

**\*\*Entry will not be accepted without Athletic Director's Signature\*\***