

The Fred McClain Penn Relay Qualifier/Updater Rudy's Pizzeria Throw "A" Palooza

This meet is to pull together the best field event athletes in the tri-state area and give them one last opportunity to qualify or improve their mark for the Penn Relays. The format is such that it caters to the athlete for optimal performance by only having quality athletes. You **CANNOT** register an athlete for **PENNS** after the initial registration period closes but you can **update** your marks after you register. Please call me and ask if you have any question. Our goal is to have "One" yes one flight per event and then finals. This meet is not a money maker and we hope to only cover the operational costs and make this a great opportunity for athletes. We will have weigh ins and carded officials. This meet was a success in past years. This meet is a quick meet due to the limited entries.

This meet is named after Northern Valley Demarest's Track & Field and Football Coach Fred McClain or better known as "Coach Mac". It is named after him to recognize one of the greatest coaches of all time. Mac is in the NJSIAA State & the NVD Hall of Fame. Mac has won numerous championships under the Norsemen banner. After retirement from Demarest, Mac retired to his wife's hometown in Kansas and became a Hall of Fame Coach for football - winning a national football title for Madison, Kansas. The Madison Stadium now bears his name. To many, Coach Mac was one of the greatest motivators, to others Mac was the best technical coach, and, to opponents, he was the most fierce and intense coach they had ever met. But to me, I think his greatest asset as a coach and mentor was his ability to see in other people what they could not see in themselves. I am proud to have been chosen as his successor to the Norsemen Track & Field program. I was blessed to have him as my coach and now good friend and confidant. ~ Coach Mike Theuerkauf

PENN RELAYS HIGH SCHOOL PROTOCOL

The Penn Relays online entry for High Schools must be concluded by Monday, March 31, 2025 at 5:00 PM (EDT). You may enter any time until the deadline.

Taken from Penn Relay's website link: <https://pennrelaysonline.com/> (always check for changes!) Updates for all individual events in Carnival-approved meets must be reported in the same manner, not later than 5:00 pm, Monday, April 7, 2025. **THIS IS THE COACH'S RESPONSIBILITY. DO NOT CALL THE RELAYS OFFICE WITH UPDATES.** These times will be used by the Committee in selecting the limited number of teams and individuals to compete and in seeding sections. Accepted entrants will be posted on the website on Tuesday, April 8, 2025 (individual events) and Monday, April 14, 2025 (4x800m and DMR). Entrants not on this list will not be allowed to compete.

Fred McClain Penn Relay Field Qualifier - **Thursday, April 3rd, 2025**

Meet Starts @ 4:00 pm

Location: NV Demarest High School ~ Parking on Columbus Ave (behind the school near the Discus cage)

Boy's Penn Qualifying Mark

Shot Put	16.85m (55-4)	18 athletes
Discus Throw	49.00 (160-9)	18 athletes
Javelin Throw	54.00m (177-2)	18 athletes

Girl's Penn Qualifying Mark

Shot Put	12.20m (40-0)	18 athletes
Discus Throw	37.50 (123-0)	18 athletes
Javelin Throw	37.00m (121-5)	18 athletes

Must include name and grade and mark for each Athlete for each event below.

School: _____

Coach Name: _____ **Cell Phone:** _____

Boy's	<u>Athlete 1</u>	<u>Athlete 2</u>	<u>Athlete 3</u>
Shot Put	_____	_____	_____
Discus	_____	_____	_____
Javelin	_____	_____	_____

Girl's	<u>Athlete 1</u>	<u>Athlete 2</u>	<u>Athlete 3</u>
Shot Put	_____	_____	_____
Discus	_____	_____	_____
Javelin	_____	_____	_____

\$20.00 per Entry (per Athlete per event)

Number of Entries _____ x \$20.00 = _____ Total Entry Fee

Make Checks out to: "NVD Track and Field" (You can bring checks to the meet to if you give Coach Turk advance notice.)

NVRHS @ Demarest
C/O Coach Mike Theuerkauf
150 Knickerbocker Rd
Demarest, NJ 07627
Coach Turk's Cell # 201-264-3451

Northern Valley Field Event Facilities:
 NEW ~Shot Put ~ Recessed ring and crushed stone landing area
 NEW ~Discus ~ Recessed ring and grass landing area
 Javelin ~ Grass runway

- All areas are near each other
- We will rotate each event(s) to completion
 - Eight athletes will go to finals
 - Order of events
 - 1) Boy's & Girl's ~ Shot
 - 1) Boy's & Girl's ~ Javelin
 - 2) Boy's & Girl's ~ Discus