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|  | **Union Catholic Track & Field Invitational** |  |

**Date:** Sunday, April 21st, 2013

**Start Time:** 1:00pm *(Teams can report as early as 11:30am)*

**Location:** Union Catholic High School  
 1600 Martine Avenue  
 Scotch Plains, NJ 07076

**Divisions:** There will be 3 Divisions for BOYS: 3rd/4th, 5th/6th, and 7th/8th  
 There will be 3 Divisions for GIRLS: 3rd/4th, 5th/6th, and 7th/8th  
 There will be Co-Ed Divisions for the K - 2nd 100 Meter Fun Run

**Track Events:** 100m Fun Run, 200m, 400m, 800m, 1600m, Sprint Medley Relay(400-100-100-200)

**Field Events:** Shot Put, Turbo Javelin, Long Jump

**Scoring:** Top 6 Finishers in Each Event Score: 10-8-6-4-2-1  
 Note:100m Fun Run is a Non-Scoring Event

**Awards:** Medals to the Top 6 Individuals in each event, except 100m Fun Run  
 Medals to the Top 3 Relay Teams  
 Team Trophies for Team Champion and Runner-Up

**Participation:** Athletes may compete in a maximum of any 3 Events

**Rules:** Divisions may be combined in Distance events depending on entry size.  
 Shot Put: 3 Attempts, No Finals Turbo Javelin: 3 Attempts, No Finals  
 Long Jump:3 Jumps, No Finals

**Entry Fees:** $4.00 per athlete.$150.00 maximum team entry.  
 **Entries: Due Sunday, April 14th, 2013** (Please send payment with entry)  
 Checks payable to: **Union Catholic High School***(If you are unable to pay beforehand, entry fees can be paid at the meet)*

**Send Entries** Mike McCabe  
**and Fees to:** Union Catholic High School  
 1600 Martine Avenue  
 Scotch Plains, NJ 07076

**Rosters: Due Sunday, April 14th, 2013**  
 Email Attached Excel Spreadsheet Roster to: [mmccabe@unioncatholic.org](mailto:mmccabe@unioncatholic.org)  
 *(If you do not receive an email confirmation within 2 days, please re-send)*

**Weather:** In case of severe weather, the meet will be CANCELLED.  
 Decision will be made by 10:00am on 4/21/13 and posted on <www.uctrack.com>  
 There will NOT be a make-up date.

**Facility:** Synthetic Rubber Surface*(*[*Diagram on Page 4*](#Diagram)*)*3 lane 400 meter track  
 6 lane 110 meter straightaway

**Parking:** Parking will be available in the Parking Lot on the left side of Union Catholic (when facing the front of the building). Additional parking is available in the front of the building.

**Notes:** Concessions will be available.  
Bathrooms will be available in the school building.  
Bring Chairs. Bleacher seating is limited.  
Tents are welcome (Weights recommended) and can be setup in the parking loton the right side of Union Catholic. NO TENTS ON BACK DRIVEWAY.

**Sponsors:** Westfield Running Company, Bonsall Chiropractic, Rita’s Ice

**ORDER OF EVENTS**  
Division Order:Girls 3rd/4th, Boys 3rd/4th, Girls 5th/6th, Boys 5th/6th, Girls 7th/8th, Boys 7th/8th  
  
**Running Events**(*Begin at 1:00pm)*400 Meter Dash  
1600 Meter Run  
100 Meter Fun Run - (Grades K - 2nd)  
200 Meter Dash  
800 Meter Run  
Sprint Medley Relay (100-100-200-400)

**Field Events** (*Begin at 1:00pm*)  
All Field Events: 3 Attempts/Jumps, No Finals  
Shot Put - Open  
Turbo Javelin - Open  
Long Jump - Open Pit  
  
-Girls 3rd/4th, 5th/6th and Boys 3rd/4th Divisions will use a **4 lb Shot Put**  
-Girls 7th/8th and Boys 5th/6th, 7th/8th Divisions will use a **6 lb Shot Put**

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**ENTRY FORM**

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| **Team:** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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| **School Address:** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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| **School Phone #:** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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| **Head Coach:** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |
| **Email Address:** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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| **Home Phone #:** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |
| **Cell Phone #:** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Number of Athletes Competing: \_\_\_\_\_\_\_\_\_\_\_\_ x $4.00 = \_\_\_\_\_\_\_\_\_\_\_\_ or $150.00 maximum*(Circle)***

**Entry Fee Enclosed: $\_\_\_\_\_\_\_\_\_\_\_**

**Send Entries to:** Mike McCabe  
 Union Catholic High School  
 1600 Martine Avenue  
 Scotch Plains, NJ 07076

**Entry Due Sunday, April 14th, 2013 (*Please send payment with entry)*  
Checks payable to:Union Catholic  
*(If you are unable to pay beforehand, entry fees can be paid at the meet)*  
  
Rosters Due Sunday, April 14th, 2013  
Emailed to: mmccabe@unioncatholic.org**

**IF YOU HAVE ANY QUESTIONS PLEASE CONTACT MIKE MCCABE:  
908-370-7666 OR MMCCABE@UNIONCATHOLIC.ORG**

**FACILITY LAYOUT**

  
Note: Bathrooms available in the school building  
**NO TENTS ON BACK DRIVEWAY!!!**

**Shot Put**

***Tent Setup  
(Parking Lot Only)***

***Turbo Javelin***

***Long Jump***

**Union Catholic High School**