

**STEINERT  
FRESHMAN/SOPHOMORE  
BOYS INVITATIONAL**

DATE: **SATURDAY MAY 15, 2010**

SITE: **STEINERT HIGH SCHOOL  
FAST 8 LANE ALL WEATHER TRACK**

TIME: **9:00**

ENTRIES: UNLIMITED

COST: \$8.00 PER INDIVIDUAL  
\$15.00 PER RELAY  
\$250 max entry

ENTRIES DUE: **FRIDAY MAY 7, 2010**  
**HYTEK Rosters need to be sent to fjferrara@verizon.net by this date**

SEND TO: FRANK FERRARA  
STEINERT HIGH SCHOOL  
2900 KLOCKNER RD  
HAMILTON, NJ 08690

PHONE: (609) 631-4150 x 5293 FAX (609) 631-4117

CHECKS: PAYABLE TO **STEINERT HIGH SCHOOL FUND**

AWARDS: MEDALS TO TOP 6 IN EACH EVENT  
(SEPARATE AWARDS FOR FRESHMAN AND SOPHOMORE)

**MEET GUIDELINES**

1. NATIONAL FEDERATION RULES WILL APPLY EXCEPT WHERE NOTED.
2. NJSIAA ELIGIBILITY RULES APPLY.
3. SPIKES PERMITTED IN ALL AREAS (1/4 OR LESS ON TRACK).
4. TEAMS MUST SUPPLY THEIR OWN BATON AND STARTING BLOCKS.

# ORDER OF EVENTS

## STEINERT HIGH SCHOOL MAY 15, 2010

9:00 ALL FIELD EVENTS BEGIN  
LONG JUMP (OPEN LONG JUMP PIT)  
TRIPLE JUMP (OPEN TRIPLE JUMP PIT)  
HIGH JUMP (FRESHMAN FOLLOWED BY SOPHOMORE)  
POLE VAULT (SOPHOMORE FOLLOWED BY FRESHMAN)  
JAVELIN (SOPHOMORE FOLLOWED BY FRESHMAN)  
SHOT PUT (SOPHOMORE FOLLOWED BY FRESHMAN)  
DISCUS (FRESHMAN FOLLOWED BY SOPHOMORE)

9:00 RUNNING EVENTS

110	METER HURDLES	TRIALS
100	METER DASH	TRIALS
110	METER HURDLES	SEMI FINALS (if needed)
100	METER DASH	SEMI FINALS (if needed)
3200	METER RUN	FINAL ON TIME
110	METER HURDLES	FINAL
100	METER DASH	FINAL
400	METER RUN	FINAL ON TIME
400	METER HURDLES	FINAL ON TIME
800	METER RUN	FINAL ON TIME
200	METER RUN	FINAL ON TIME
1600	METER RUN	FINAL ON TIME
1600	METER RELAY	FINAL ON TIME

**SOPHOMORE RACES PRECEDE FRESHMAN RACES**

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# STEINERT FRESHMAN/SOPHOMORE BOYS INVITATIONAL ENTRY FORM

		FRESHMAN	SOPHOMORE	
110	METER HURDLES	_____	_____	
100	METER DASH	_____	_____	
3200	METER RUN	_____	_____	
400	METER RUN	_____	_____	
400	METER HURDLES	_____	_____	
800	METER RUN	_____	_____	
200	METER RUN	_____	_____	
1600	METER RUN	_____	_____	
	LONG JUMP	_____	_____	
	TRIPLE JUMP	_____	_____	
	HIGH JUMP	_____	_____	
	POLE VAULT	_____	_____	
	JAVELIN	_____	_____	
	SHOT PUT	_____	_____	
	DISCUS	_____	_____	
	TOTAL ENTRIES	_____	+	_____ X \$8.00 = _____
1600	METER RELAY	_____	+	_____ X \$15.00 = _____

TOTAL DUE: \_\_\_\_\_

SCHOOL'S NAME: \_\_\_\_\_ SCHOOL'S PHONE: \_\_\_\_\_

COACH'S NAME: \_\_\_\_\_ COACH'S PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

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PAYABLE TO: **STEINERT HIGH SCHOOL FUND**