

**16TH ANNUAL
HOPEWELL VALLEY
FRESHMAN/SOPHOMORE
GIRLS INVITATIONAL**

DATE: **FRIDAY MAY 20, 2011**

SITE: **FAST 8 LANE ALL WEATHER TRACK**

TIME: **3:45**

ENTRIES: **UNLIMITED**

COST: **\$8.00 PER INDIVIDUAL
\$15.00 PER RELAY
\$350.00 UNLIMITED ENTRY**

ENTRIES DUE: **FRIDAY MAY 13, 2011**

SEND TO: **AARON OLDFIELD
HOPEWELL VALLEY HIGH SCHOOL
259 PENNINGTON-TITUSVILLE ROAD
PENNINGTON, NJ 08534**

PHONE: HOME (609) 689-3956
SCHOOL (609) 737-4000 EXT: 3956 FAX (609) 737-2947

ATHLETIC DIRECTOR: JOHN MCGLINLY (609) 737-4000 EXT: 3535

CHECKS: **PAYABLE TO HOPEWELL VALLEY CENTRAL HIGH SCHOOL**

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.
5. HIGH JUMP OPENING HEIGHT IS 4 FEET.
6. POLE VAULT OPENING HEIGHT IS 7 FEET.

ORDER OF EVENTS

MAY 20, 2011

3:45 ALL FIELD EVENTS BEGIN
LONG JUMP (OPEN LONG JUMP PIT)
TRIPLE JUMP (OPEN TRIPLE JUMP PIT)
HIGH JUMP COMBINED GIRLS (SEPARATE AWARDS)
POLE VAULT COMBINED GIRLS (SEPARATE AWARDS)
JAVELIN (SOPHOMORE FOLLOWED BY FRESHMAN)
SHOT PUT (SOPHOMORE FOLLOWED BY FRESHMAN)
DISCUS (FRESHMAN FOLLOWED BY SOPHOMORE)

3:45 RUNNING EVENTS

100 METER HURDLES TRIALS
100 METER DASH TRIALS
3200 METER RUN FINAL ON TIME
100 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

ENTRIES DUE: FRIDAY MAY 13, 2011

HOPEWELL VALLEY

**FRESHMAN/SOPHOMORE
GIRLS INVITATIONAL
ENTRY FORM**

MAY 20, 2011

		FRESHMAN	SOPHOMORE
100	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 = _____

UNLIMITED ENTRY \$350.00 = _____

TOTAL DUE: _____

SCHOOL'S NAME: _____ SCHOOL'S PHONE: _____

COACH'S NAME: _____ COACH'S PHONE: _____

EMAIL ADDRESS: _____

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HOPEWELL VALLEY HIGH SCHOOL
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