**Rough Rider Track Invitational**

When: March 31st, 2018

Time: 9:00am

Site: Newark School Stadium, 541 Roseville Avenue, Newark NJ

Meet Director: Ricky Meekins (rmeekins@nps.k12.nj.us)

**ONLINE ENTRY USING MILESPLIT**

**NO DAY OF ENTRIES**

Please make checks payable to: Westside High School /Track Team

Cost of Entries:

$250 for Full Boys and/or Girls Teams OR $450 for both

$25 per Relay, $8.00 per individual event

Varsity relays are limited to 1 entries per event. Novice and Freshman are unlimited

Team Scoring will be for varsity events only

Entries may be e-mailed to rmeekins@nps.k12.nj.us or faxed to (973) 733-8941

Checks mailed to:

Ricky Meekins

Westside High School

403 South Orange Avenue

Newark NJ 07103

**Paper entries are due March 23rd, 2018**

**Online entries due by March 28th, 2018**

**NO DAY OF ENTRIES**

When/Time: March 31st, 2018 9:00 am start

Where- Newark School Stadium (541 Roseville Avenue, Newark NJ 07103 Only ¼ inch spikes or smaller are allowed.

Medals to the top 6 relays. Medals to the first 6 in all frosh/ novice events.

Scoring-10, 8, 6, 4, 2, 1 in all **varsity** events. Frosh/Novice events are non-scoring.

3 entries for varsity field events. 1 teams for varsity relays

Unlimited entries for novice and freshman events. There will be no field events for freshmen/ novice.

Freshmen will be allowed to compete in varsity events as well as the Freshman events but can not go over the 4 event rule.

Seeding will be done prior to meet.

Refreshments will be sold, restrooms will be available

Entries and fees are due March 28th, 2018

Online Entry using NJ Milesplit

 Entry fee is $250 per team $450 for both boys and girls

$8.00 per individual and $25.00 per relay team.

 Make checks payable to: WestSide HS Track Team

The running events will go in this order:

**ON THE TRACK**

Order of events - All girls followed by boys

9:00am Start

300IH – Varsity Only

1600 Frosh/novice

Swedish Sprint Medley (100,200,300,400) Varsity Only

100 Dash - Frosh - Novice

Distance Medley (1200, 400, 800, 1600) Varsity Only

4x100 Varsity Only

400 Frosh - Novice

800m Sprint Medley (100,100,200,400) Varsity Only

Shuttle Hurdle Relay- Varsity Only

800 Frosh - Novice

4x400 Varsity Only

**Jumping events (6 Jump rule for High Jump and Pole Vault)**
Opening heights:
9:00am

Girls pole vault followed by boys

Boys high jump followed by girls

GIRLS
High Jump – 3-10" then 4'2" and then increasing by 2"
Pole Vault - 6' then 7' then increase by 6"

BOYS
High Jump - 5'0" then 5'4" and then increasing by 2"
Pole Vault - 7' then 8' then increase by 6"

9:00am

Open pit for long jump 9:00am-11:30am for boys and 11:30am-2:00pm for girls (no finals)

Open pit for triple jump 9:00am-11:30am for girls and 11:30am-2:00pm for boys (no finals)

**THROWING EVERNTS**

Girls shot followed by boys (no finals)

Boys disc followed by girls (no finals)

ALL JUMPS IN THE LJ & TJ MUST BE COMPLETED BY DESIGNATED TIME. DO NOT WAIT UNTIL THE LAST FIVE MINUTES. THE PIT WILL CLOSE.

**2018 ROUGH RIDERS TRACK INVITATIONAL**

ENTRY FORM

SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BOYS\_\_\_\_\_GIRLS\_\_\_\_

COACH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COACH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-MAIL ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\* (Must be Included)

HOME PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SCHOOL PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TEAM ENTRY\_\_\_\_\_$50-Boys \_\_\_\_\_\_$250-Girls \_\_\_\_\_$450-BOTH

INDIVIDUAL ENTRIES\_\_\_\_\_\_\_\_\_\_\_@ $8.00 EACH =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RELAY ENTRIES\_\_\_\_\_\_\_\_\_\_\_\_\_@ $25.00=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TOTAL ENTRY $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



Online entry using NJ Mileplit

This entry form and check must be sent to:

 Ricky Meekins

 Westside High School

 403 South Orange Avenue

 Newark, NJ 07103

You may also email your entry to:

 rmeekins@nps.k12.nj.us

 Fax: (973) 733- 8941

Please make your check payable to: **Westside High School Track Team**

On line Entries due: Wednesday March 28th, 2018 (NJ Milesplit)