**New Jersey Catholic Track Conference**

NJCTC AL NAIMO SPRING RELAYS

Date: Sunday, April 8, 2018

Place: St. Joseph High School, Metuchen, NJ

Time: 11:00A.M.

Fee: $20.00 per running relay

$10.00 per GIRLS FIELD relay

$15.00 per BOYS FIELD relay

$400 max per team per school per gender(i.e. boys team or girls team)

Seeding: Enter on MileSplit. You may need to hand enter anticipated performances

Entries: Unlimited running. Field events, A schools 3 teams, B schools 2 teams

Participation: An athlete may compete according to state rules (4 events total)

Entries close: Thursday, April 5, 2018

Checks: Payable to **NJCTC**

Bob Byrnes

5 Snyder Ave.

Denville, NJ 07834

Spikes ¼” on track and runways

Running events All races are finals on time

Intermediate Hurdles Relays are 3 person teams

Field events: 3 throws per athlete in all throwing event relays. Frosh boys throw 4K

Boys Field Relays: 3 man teams. Girls Field Relays 2 woman teams.

Long Jump Relays, limit is 2 teams per school

Triple Jump Relays, limit is 1 teams per school

High Jump opening: Girls 4’, Boys 5’

Awards Teams trophies to top A and B schools.

Medals to tope 6 teams in each relay

**Field Events**

1. Varsity Girls Triple Jump 11:00 A.M.
2. Varsity Girls High Jump 11:00 A.M. All girls jump together.
3. Frosh Soph Girls High Jump 11:00 A.M. Scoring will be separate
4. Varsity Boys Triple Jump Follows Girls TJ
5. Varsity Boys High Jump Follows Girls HJ All boys jump together.
6. Frosh Soph Boys High Jump Follows Girls HJ Scoring will be separate.
7. Varsity Boys Javelin 11:00 A.M.
8. Varsity Girls Discus 11:00 A.M.
9. Varsity Boys Shot Put 11:00 A.M.
10. Varsity Boys Pole Vault 11:00 A.M
11. Varsity Girls Pole Vault Follows Boys PV
12. Varsity Girls Shot Put Follows Boys Shot Put
13. Varsity Girls Javelin Follows Boys Javelin
14. Frosh Boys Shot Put Follows Girls Shot Put
15. Varsity Boys Discus Follows Girls Discus
16. Frosh Soph Girls Shot Put Follows Frosh Boys Shot Put
17. Varsity Girls Long Jump Follows Boys TJ
18. Varsity Boys Long Jump Follow Girls LJ

**Running Events**

1. Varsity Girls 400M Low Hurdles Relay
2. Varsity Boys 400M Intermediate Hurdles Relay
3. Varsity Girls 400M Relay
4. Varsity Boys 400M Relay
5. Frosh Soph Girls 400M Relay
6. Frosh Soph Boys 400M Relay
7. Varsity Girls 4 X 1500M Relay
8. Frosh Soph Girls 800M Relay
9. Frosh Soph Boys 800M Relay
10. Varsity Boys 4 X 1500M Relay
11. Frosh Soph Girls Sprint Medley Relay (400-200-200-800)
12. Frosh Soph Boys Sprint Medley Relay (400-200-200-800)
13. Varsity Girls 800M Relay
14. Varsity Boys 800M Relay
15. Frosh Soph Girls 3200M Relay
16. Frosh Soph Boys 3200M Relay
17. Varsity Girls 3200M Relay
18. Varsity Boys 3200M Relay
19. Frosh Soph Girls Shuttle Hurdle Relay
20. Varsity Girls Shuttle Hurdle Relay
21. Frosh Soph Boys Shuttle Hurdle Relay
22. Varsity Boys Shuttle Hurdle Relay
23. Frosh Soph Girls 1600M Relay
24. Frosh Soph Boys 1600M Relay
25. Varsity Girls 1600M Relay
26. Varsity Boys 1600M Relay
27. Frosh Soph Boys Distance Medley Relay (1200-400-800-1600)
28. Varsity Girls Distance Medley Relay (1200-400-800-1600)
29. Varsity Boys Distance Medley Relay (1200-400-800-1600)
30. Varsity Girls Sprint Medley Relay (200-200-400-800)
31. Varsity Boys Sprint Medley Relay (200-200-400-800)