

THE TWENTY FOURTH ANNUAL  
HORNET RELAYS



2017  
ENTRY PACKET

ONCE AGAIN, THIS YEAR'S MEET WILL  
BE HELD AT ICAHN STADIUM AT  
RANDALL'S ISLAND



# MIDWOOD HIGH SCHOOL

Presents the

## TWENTY FOURTH ANNUAL HORNET RELAYS



February 12, 2017

Dear Coach:

You are cordially invited to the **TWENTY FIRST ANNUAL HORNET RELAYS** on Saturday, March 25, 2017. We are proud to announce that this year's meet will be held at **ICAHN STADIUM AT RANDALL'S ISLAND**. Last year's edition saw over 60 teams entered. Join some of the best Track and Field programs on the East Coast for a great day of competition!

If you have any questions, feel free to call at Walter Cohen at (908)492-8637 or (732)264-7597. Entries may be faxed to Walter Cohen (732)264-1395, Marc Cohen (718)724-8515. Make sure you save your fax confirmation. **EMAIL us at [WLC411@AOL.COM](mailto:WLC411@AOL.COM), for additional questions.**

We look forward to seeing you on **March 25th**. **Our entry and past results can be found on our team website, located at [Armorytrack@aol.com](mailto:Armorytrack@aol.com), [Icahn Stadium.org](http://IcahnStadium.org), or [PSAL.org](http://PSAL.org) under the Outdoor Schedule section.**

Sincerely,

Walter Cohen  
Meet Director

Sean Rice  
Meet Director Emeritus

Marc Cohen  
Meet Director

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## TWENTY FOURTH ANNUAL HORNET RELAYS

### Notes on the Meet

1. **ENTRIES DUE Friday, MARCH 17, 2017.**
2. **Unlimited** entry in each event
3. Seeding by card method. Color coded cards will be provided in coaches packet.
4. **Awards** to top **FIVE** in each event, including Frosh/Soph events.
  
5. **Field events** start at 9:00AM.  
    **1500M Walk** starts at 9:00AM  
    **RUNNING EVENTS** start at 9:15AM.
6. Teams must **supply their own batons.**
7. All events will be **final on time.**
8. National Federation rules will apply.
9. **Athletes may compete in ANY THREE EVENTS.**
10. **Sanctions** have been applied for in New York (State, PSAL, CHSAA),  
  

11. <b>Entry Fee:</b> (\$23.00 Minimum)	<b>\$ 7.00 per Individual</b> <b>\$ 11.00 per Field Relay</b> <b>\$23.00 per Running Relay</b>
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12. Make **checks payable** to Midwood High School
13. All **Field Relays** consist of **two athletes.** Each athlete will be given **THREE(3) attempts.** All field events contingent on cooperative weather conditions.
14. **Spikes will be permitted in all events. ¼ INCH PYRAMIDS ONLY.**
15. **Opening High Jump heights:** Boys...5'0"/ Girls...4'0"
16. Shuttle Hurdle Relays consist of 4 person teams
17. The Frosh/Soph 4x800—teams may consist of any combination of frosh and soph
18. **Individual Javelin Competition for Boys and Girls**



## **Order Of Events**

### **RUNNING EVENTS:**

**8:30AM Coaches Reception**

**9:00AM** Varsity Girls 1500M Walk

**9:15AM** Varsity Girls Shuttle Hurdle Relay

Varsity Boys Shuttle Hurdle Relay

Varsity Girls 4x1600

Varsity Boys 4x1600

Varsity Girls 400M Intermediate Hurdles

Varsity Boys 400M Intermediate Hurdles

Frosh/Soph Girls 4x800

Frosh/Soph Boys 4x800

Varsity Girls 4x800

Varsity Boys 4x800

Varsity Girls 4x100

Varsity Boys 4x100

**Varsity Girls 3000M**

**Varsity BOYS 3200M**

Frosh Girls SMR

Frosh Boys SMR

Soph Girls SMR

Soph Boys SMR

Varsity Girls SMR

Varsity Boys SMR

Varsity Girls 4x200

Varsity Boys 4x200

Varsity Girls DMR

Varsity Boys DMR

Frosh 4x400

Frosh 4x400

Soph Girls 4x400

Soph Boys 4x400

Varsity Girls 4x400

Varsity Boys 4x400

### **FIELD EVENTS:**

**9:00AM** Varsity Shotput Relay (Girls AND Boys)

Javelin (Boys and Girls)

Varsity High Jump Relay (Boys followed by Girls)

Varsity Triple Jump Relay (Girls AND Boys)

Varsity Long Jump Relay (Girls AND Boys)

Varsity Discus Relay (Girls followed by Boys)

**\*Note: All Sprint Medley Relays will run 400-200-200-800**

**All Distance Medley Relays will run 1200-400-800-1600**

# 24th ANNUAL HORNET RELAYS

## ENTRY FORM

(Due Friday -March 17th)

### BOYS TRACK EVENTS

- \_\_\_ Frosh 4x400
- \_\_\_ Soph 4x400
- \_\_\_ Frosh/Soph 4x800
- \_\_\_ Frosh SMR
- \_\_\_ Soph SMR
- \_\_\_ Varsity 4x100
- \_\_\_ Varsity 4x200
- \_\_\_ Varsity 4x400
- \_\_\_ Varsity 4x800
- \_\_\_ Varsity Boys 4X1600
- \_\_\_ Varsity SMR
- \_\_\_ Varsity DMR
- \_\_\_ Varsity Boys 400H (ind)
- \_\_\_ Varsity SHR
- \_\_\_ Varsity 3200M

### BOYS FIELD EVENTS

- \_\_\_ Varsity Shotput Relay
- \_\_\_ Varsity High Jump Relay
- \_\_\_ Varsity Long Jump Relay
- \_\_\_ Varsity Triple Jump Relay
- \_\_\_ Discus Relay
- \_\_\_ Javelin (Individual)

**TOTAL # of Running Relays** \_\_\_ x      **\$23.00=** \_\_\_

**TOTAL # of Field Relays** \_\_\_ x      **\$11.00=** \_\_\_

**TOTAL #of Individual Events** \_\_\_ x      **\$7.00 =** \_\_\_

**TOTAL ENTRY FEE=** \_\_\_ **(MINIMUM ENTRY=\$23.00)**

**\*\*\*NOTE: This is an entry fee Not a competition fee.\*\*\***

**\*\*ENTRIES MUST BE RECEIVED BY Friday, MARCH 17th\*\***

School \_\_\_\_\_ Coach \_\_\_\_\_

Address \_\_\_\_\_ Coach's Email \_\_\_\_\_

\_\_\_\_\_ School Phone \_\_\_\_\_

**Athletic Director's Signature** \_\_\_\_\_ Home Phone \_\_\_\_\_

### GIRLS TRACK EVENTS

- \_\_\_ Frosh 4x400
- \_\_\_ Soph 4x400
- \_\_\_ Frosh/Soph 4x800
- \_\_\_ Frosh SMR
- \_\_\_ Soph SMR
- \_\_\_ Varsity 4x100
- \_\_\_ Varsity 4x200
- \_\_\_ Varsity 4x400
- \_\_\_ Varsity 4x800
- \_\_\_ Varsity Girls 4X1600
- \_\_\_ Varsity SMR
- \_\_\_ Varsity DMR
- \_\_\_ Varsity Girls 400H(ind)
- \_\_\_ Varsity SHR
- \_\_\_ Varsity Girls 1500 walk
- \_\_\_ Varsity 3000M(ind)

### GIRLS FIELD EVENTS

- \_\_\_ Varsity Shotput Relay
- \_\_\_ Varsity High Jump Relay
- \_\_\_ Varsity Long Jump Relay
- \_\_\_ Varsity Triple Jump Relay
- \_\_\_ Discus Relay
- \_\_\_ Javelin (individual)

**MAIL ENTRIES TO:(Make check payable to Midwood HS)**

**Walter Cohen**

**93 Cresci Boulevard**

**Hazlet, New Jersey 07730**