

HUDSON COUNTY RELAY CHAMPIONSHIP

January 7, 2020 @ 4:30 PM

Jersey City Armory, 678 Montgomery Street, Jersey City, N

COST: \$18 per Relay. CHECKS MADE OUT TO: **HCIAL**

MEDALS: Top 3 teams in each event and each division.

UNIFORMS: Athletes in each relay must wear identical school-issued uniforms. All rules regarding watches and undergarments will be enforced.

SPIKES: 1/4 inch pyramid spikes are the only spikes allowed.

ENTRY: 1 Relay team per school per division.
Freshmen may move up and down since there is no freshmen title.
4 event maximum applies to all athletes.
Scoring for the varsity division is 10-8-6-4-2-1.

DEADLINE: All entries must be in Meet Director's hands by 1/3/20

ROSTER: ????, FAT timer - update roster on MileSplit

ORDER OF EVENTS:

Shuttle Hurdle Relay – VB, VG

High Jump Relay – VG, VB

both jumpers must clear height to score

VG @ 4' 2"

VB @ 5'0"

Distance Medley Relay – VB, FB, VG, FG

1200 – 400 – 800 – 1600

4 x 200m Relay – VB, FB, VG, FG, JVB, JVG

Shot Put Relay – VB, FB, VG, FG

both throwers must mark to score

3 throws, no final

4 x 800m Relay – VB, FB, VG, FG JVB, JVG

Sprint Medley Relay – VB, FB, VG, FG

400-200-200-800

4 x 400 Meter Relay – FB, FG, VB, VG

Schools **MUST** enter a Varsity team in the 4x200 & 4x800 to run the JV races

EMERGENCY INFORMATION POSTPONEMENT, ETC BY E-MAIL!!

CHECK YOUR E-MAIL DAY OF MEET IF ANY CONCERN!!

HUDSON COUNTY RELAY CHAMPIONSHIP

January 7, 2020 @ 4:30 PM

Jersey City Armory, 678 Montgomery Street, Jersey City, NJ

ENTRY FORM

SCHOOL: _____

COACH: _____ PHONE: _____

E-MAIL ADDRESS: _____

ABOVE CONTACT INFO IS VERY IMPORTANT - PLEASE PRINT CLEARLY!!

The grid is a guide only. Schools will be given entry cards for the TOTAL NUMBER OF RELAYS ENTERED and may be used as coaches see fit the day of the meet.

Mark an "X" in the box to indicate you are entering the event. Please do not put a check or number in the box.	Varsity Boys Max 1 Relay	Frosh Boys Max 1 Relay	Varsity Girls Max 1 Relay	Frosh Girls Max 1 Relay	JV Boys Max 2 Relay	JV Girls Max 2 Relay
Shuttle Hurdle Relay		NA		NA	NA	NA
* 4 x 200m Relay						
4 x 400m Relay					NA	NA
*4 x 800m Relay						
Sprint Medley (4-2-2-8)					NA	NA
Distance Medley (12-4-8-16)					NA	NA
High Jump Relay (2 athletes)		NA		NA	NA	NA
Shot Put Relay (2 athletes)					NA	NA

* Schools MUST enter a Varsity team in the 4x200 & 4x800 to run the JV races

TOTAL RELAYS ENTERED: _____ x \$18 PER RELAY = \$ _____

CHECKS PAYABLE TO: HICIAL

COACH'S SIGNATURE: _____

A.D.'S SIGNATURE: _____

DEADLINE: Friday 1/4/20

Maurice Bell VIPER Timing SCORER, Meet Director

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