

**2021 HUDSON COUNTY TRACK COACHES ASSOCIATION
WINTER TRACK RELAY MEET**

February 27th

Rain / Snow Date: February 28th , March 20th

Lincoln Park

- SCORING** No Team Scoring
TIMING F.A.T. Coaches MUST enter on-line via MileSplit.
AWARDS Medals to the top 3 relays in all events
ENTRY Varsity only. Flat fee for all teams entering. **Max 2 relays per gender per team (only one can medal)**. Coaches MUST submit a Paper Entry and enter on-line at MileSplit.
SPIKES 1/4" Pyramid spikes max.
SEEDING Please use realistic seed times!
SHOT PUT Best of three throws

Order of Events: (Events will run ahead of schedule if time allows)

Running Events

Event	Division	Time
DMR (1200, 400, 800, 1600)	Varsity Girls	9:00 AM
DMR	Varsity Boys	9:20 AM
4x200	Varsity Girls	9:50 AM
4x200	Varsity Boys	10:10 AM
4x800	Varsity Girls	10:40 AM
4x800	Varsity Boys	11:00 AM
Shuttle Hurdles	Varsity Girls	11:30 AM
Shuttle Hurdles	Varsity Boys	11:50 AM
SMR (200,200,400,800)	Varsity Girls	12:20 PM
SMR	Varsity Boys	12:40 PM
4x400	Varsity Girls	1:10 PM
4x400	Varsity Boys	1:30 PM

Field Events

Event	Division	Time
Shot Put (2 person relay)	Varsity Girls	9:00 AM
Shot Put	Varsity Boys	9:30 AM

WINTER TRACK Relay Meet

Lincoln Park Track

ENTRY FORM

School _____ Coach _____

Cell No. _____ Emergency No. _____

POSTPONEMENT # IN CASE OF WEATHER

Coaches E-Mail: _____

You must enter all three meets to compete in the series.

	Boys Only	Girls Only	Both Genders
Relay Meet	\$200.00	\$200.00	\$300.00

Total Amount Owed:

SEND ENTRY TO:

E-MAIL: HCTCA_est1976@yahoo.com

DEADLINE:

Monday February 22nd

Teams that have a balance from prior years will not be allowed to participate!

MAKE CHECK PAYABLE TO:

"H.C.T.C.A."

MAIL CHECK TO: John E. Nagel, 10 Cherry Street, Jersey City, NJ 07305