

MOUNTAINEERS
FROSH, SOPH, & NOVICE
TRACK & FIELD
S E R I E S
PRESENTED BY:



4 THURSDAYS
April 7th & April 14th
May 5th & May 12th
@ 4:00 PM

WEST ORANGE HIGH SCHOOL

For more info contact:

Jason Lamont Jackson – Meet Director

(973)-207-1973 – CELL

JJACKSON@WEST ORANGE SCHOOLS.ORG -Email

THURSDAY – April 7th, 2022 – 4:00 PM

THURSDAY – April 14th, 2022 – 4:00 PM

THURSDAY – May 5th, 2022 – 4:00 PM

THURSDAY – May 12th, 2022 – 4:00 PM

➤ Hosted and Sponsored by:

WEST ORANGE HIGH SCHOOL

Meet Director – Jason Lamont Jackson

➤ Location:

WEST ORANGE HIGH SCHOOL SURIANO STADIUM is an 6-lane, 400-meter track.

The throws area is located on the Lower grass field adjacent to the track.

Teams WILL have access to the inside of the track. Teams WILL BE allowed on the infield for warm-ups and team camps.

➤ Entry Guidelines:

UNLIMITED entries in the individual events,
RELAYS are limited to 3.

➤ Entry Fee(s):

NOTE* a team consists of 10 or more athletes

\$250.00 - single gender team

\$400.00 – Blanket entry (boys and girls teams)

\$10.00 – per individuals on teams with less than 10 athletes

\$25.00 – per relay with teams less than 10 athletes

SPECIAL

\$1,000.00 BLANKET ENTRY

FOR BOTH GENDERS

&

ALL 4 MEETS

(\$750.00 FOR SINGLE GENDER)

Payment Methods:

Make checks payable to:

“MOUNTAINEER RUNNERS BOOSTER CLUB”

➤ MAIL PAYMENTS TO:



WEST ORANGE HIGH SCHOOL

TRACK & FIELD

ATTN: COACH JACKSON

51 Conforti Ave, West Orange, NJ 07052

➤ Timing:

ALL ATHLETES WILL BE HAND TIMED.

➤ Scoring:

THERE IS NO TEAM SCORING IN THIS MEET. THIS MEET IS FOR THE DEVELOPMENT OF OUR YOUNGER ATHLETES.

➤ Awards

TOP 3 finishers in each FIELD EVENT

EACH HEAT WINNER in every RACE

&

EACH WINNING RELAY

➤ Guidelines

This meet will follow all NFHS along with NJSIAA rules and regulations as they pertain to competition.

➤ Miscellaneous

Busses may park along Conforti Avenue
Or

In the school parking lot if space available.

MOUNTAINEERS FROSH, SOPH & NOVICE TRACK & FIELD SERIES

PLEASE CHECK OFF WHICH DAYS YOU WILL ATTEND

(IF YOU PLAN ON DOING THE BLANKET ENTRY PLEASE CHECK THE BLANKET ENTRY BOX)

☐ THURSDAY – April 7th, 2022 – 4:00 PM

☐ THURSDAY – April 14th, 2022 – 4:00 PM

☐ THURSDAY – May 5th, 2022 – 4:00 PM

☐ THURSDAY – May 12th, 2022 – 4:00 PM

☐ **BLANKET ENTRY**

**(PLEASE CHECK AND ATTACH WITH THE FULL ENTRY SHEET FOR THE
SELECTED DAYS IF YOU ARE NOT DOING THE FULL BLANKET ENTRY)**

Events for selected days are listed below

**PLEASE MAKE CHECKS PAYABLE TO
“MOUNTAINEER RUNNERS BOOSTER CLUB”**

<p>THURSDAY – April 7th, 2022 – 4:00 PM <u>List of Events</u></p> <ul style="list-style-type: none"> - 4 X 100 - 1 MILE - 400 - 800 - 4 X 400 - SHOT PUT - LONG JUMP 	<p>THURSDAY – April 14th, 2022 – 4:00 PM <u>List of Events</u></p> <ul style="list-style-type: none"> - 200 - 800 - 400 IH - 4 X 400 - DISCUS THROW - TRIPLE JUMP
<p>THURSDAY – May 5th, 2022 – 4:00 PM <u>List of Events</u></p> <ul style="list-style-type: none"> - 100 - DMR (400,400,800,1200) - 200 - 1600 - 4 X 400 - JAVELIN THROW 	<p>THURSDAY – May 12th, 2022 – 4:00 PM <u>List of Events</u></p> <ul style="list-style-type: none"> - 4 X 100 - 400 - 800 - 110 HH - 4 X 400 - SHOT PUT - HIGH JUMP

**MOUNTAINEERS Frosh, Soph & Novice
Track & Field SERIES**

☐ **THURSDAY – April 7TH, 2022 – 4:00 PM**

@ WEST ORANGE HIGH SCHOOL SURIANO STADIUM

Entries: Close – Monday – MARCH 28TH

Make checks payable to “MOUNTAINEER RUNNERS BOOSTER CLUB”

Send to: WEST ORANGE HIGH SCHOOL
TRACK & FIELD
ATTN: COACH JACKSON
51 Conforti Ave, West Orange, NJ 07052

SCHOOL _____

COACH _____

HOME PHONE _____

SCHOOL PHONE _____

Event:	Number of BOYS	Number of GIRLS
100	_____	_____
400	_____	_____
Mile	_____	_____
100/110H	_____	_____
4 X 400	_____	_____
SP (4 throws)	_____	_____
LJ (4 jumps)	_____	_____

Single team blanket entry _____ (check if applicable) = \$250.00

Dual team blanket entry _____ (check if applicable) = \$400.00

BLANKET ENTRY SPECIAL _____ (check if applicable) = \$1000.00

Individual entries _____ x \$10.00 = _____

Individual Relay entries _____ x \$25.00 = _____

TOTAL ENCLOSED = _____

**MOUNTAINEERS Frosh, Soph & Novice
Track & Field SERIES**

☐ **THURSDAY – April 14TH, 2022 – 4:00 PM**

@ WEST ORANGE HIGH SCHOOL SURIANO STADIUM

Entries: Close – Monday - April 4th

Make checks payable to “MOUNTAINEER RUNNERS BOOSTER CLUB”

Send to: WEST ORANGE HIGH SCHOOL
TRACK & FIELD
ATTN: COACH JACKSON
51 Conforti Ave, West Orange, NJ 07052

SCHOOL _____

COACH _____

HOME PHONE _____

SCHOOL PHONE _____

Event:	Number of BOYS	Number of GIRLS
200	_____	_____
800	_____	_____
400H	_____	_____
4 X 400	_____	_____
DT (4 throws)	_____	_____
TJ (4 jumps)	_____	_____

Single team blanket entry _____ (check if applicable) = \$250.00

Dual team blanket entry _____ (check if applicable) = \$400.00

BLANKET ENTRY SPECIAL _____ (check if applicable) = \$1000.00

Individual entries _____ x \$10.00 = _____

Individual Relay entries _____ x \$25.00 = _____

TOTAL ENCLOSED = _____

**MOUNTAINEERS Frosh, Soph & Novice
Track & Field SERIES**

☐ **THURSDAY – May 5TH, 2022 – 4:00 PM**

@ WEST ORANGE HIGH SCHOOL SURIANO STADIUM

Entries: Close – Monday - April 25th

Make checks payable to “MOUNTAINEER RUNNERS BOOSTER CLUB”

Send to: WEST ORANGE HIGH SCHOOL
TRACK & FIELD
ATTN: COACH JACKSON
51 Conforti Ave, West Orange, NJ 07052

SCHOOL _____

COACH _____

HOME PHONE _____

SCHOOL PHONE _____

Event:	Number of BOYS	Number of GIRLS
100	_____	_____
200	_____	_____
1600	_____	_____
DM (400, 400, 800, 1200)	_____	_____
4 X 400	_____	_____
JT (4 throws)	_____	_____

Single team blanket entry _____ (check if applicable) = \$250.00

Dual team blanket entry _____ (check if applicable) = \$400.00

BLANKET ENTRY SPECIAL _____ (check if applicable) = \$1000.00

Individual entries _____ x \$10.00 = _____

Individual Relay entries _____ x \$25.00 = _____

TOTAL ENCLOSED = _____

**MOUNTAINEERS Frosh, Soph & Novice
Track & Field SERIES**

☐ **THURSDAY – MAY 12th, 2022 – 4:00 PM**

@ WEST ORANGE HIGH SCHOOL SURIANO STADIUM

Entries: Close – Monday – May 2ND

Make checks payable to “MOUNTAINEER RUNNERS BOOSTER CLUB”

Send to: WEST ORANGE HIGH SCHOOL
TRACK & FIELD
ATTN: COACH JACKSON
51 Conforti Ave, West Orange, NJ 07052

SCHOOL _____

COACH _____

HOME PHONE _____

SCHOOL PHONE _____

Event:	Number of BOYS	Number of GIRLS
100	_____	_____
400	_____	_____
800	_____	_____
100/110H	_____	_____
4 X 100	_____	_____
SP (4 throws)	_____	_____
HJ (4 jumps)	_____	_____

Single team blanket entry _____ (check if applicable) = \$250.00

Dual team blanket entry _____ (check if applicable) = \$400.00

BLANKET ENTRY SPECIAL _____ (check if applicable) = \$1000.00

Individual entries _____ x \$10.00 = _____

Individual Relay entries _____ x \$25.00 = _____

TOTAL ENCLOSED = _____

Schedule of Events FOR ALL DATES

<p>THURSDAY – April 7th, 2022 – 4:00 PM <u>List of Events</u></p> <ul style="list-style-type: none"> - 4 X 100 - 1 MILE - 400 - 800 - 4 X 400 - SHOT PUT - LONG JUMP 	<p>THURSDAY – April 14th, 2022 – 4:00 PM <u>List of Events</u></p> <ul style="list-style-type: none"> - 200 - 800 - 400 IH - 4 X 400 - DISCUS THROW - TRIPLE JUMP
<p>THURSDAY – May 5th, 2022 – 4:00 PM <u>List of Events</u></p> <ul style="list-style-type: none"> - 100 - DMR (400,400,800,1200) - 200 - 1600 - 4 X 400 - JAVELIN THROW 	<p>THURSDAY – May 12th, 2022 – 4:00 PM <u>List of Events</u></p> <ul style="list-style-type: none"> - 4 X 100 - 400 - 800 - 110 HH - 4 X 400 - SHOT PUT - HIGH JUMP

Running Events - 4:00 pm

A rolling time schedule is the meet format.

We will discuss the order of events

GIRLS will run first in events.

FIELD EVENTS – 4:00 P.M.

4 THROWS/4 JUMPS
(Unless otherwise noted)

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@ WEST ORANGE HIGH SCHOOL SURIANO STADIUM

ATTENTION

Participating high schools need to submit a
CERTIFICATE OF INSURANCE
as evidence of
GENERAL LIABILITY INSURANCE, naming the
WEST ORANGE PUBLIC SCHOOLS, as an
additional insured.

**WE MUST HAVE THIS IN
ADVANCE TO COMPETE**

Thank You for your cooperation

JASON LAMONT JACKSON – Meet Director

Directions to
WEST ORANGE HIGH SCHOOL SURIANO STADIUM

From the North

Take GARDEN STATE PKWY SOUTH; take EXIT 145, Keep left at the fork, follow signs for The Oranges and merge onto I-280 W, continue on I-280 W and take exit 7 Pleasant Valley Way and continue to West Orange High School.

From the South

Take GARDEN STATE PKWY NORTH; take EXIT 145, Keep left at the fork, follow signs for The Oranges and merge onto I-280 W, continue on I-280 W and take exit 7 Pleasant Valley Way and continue to West Orange High School.

From the East

Take US 1-9S, get on I-78 W. Take GARDEN STATE PKWY NORTH; take EXIT 145 *Keep left at the fork, follow signs for The Oranges and merge onto I-280 W, continue on I-280 W and take exit 7 Pleasant Valley Way and continue to West Orange High School*

From the West

Get on I-78 E towards NEWARK. Take GARDEN STATE PKWY NORTH; take EXIT 145 *Keep left at the fork, follow signs for The Oranges and merge onto I-280 W, continue on I-280 W and take exit 7 Pleasant Valley Way and continue to West Orange High School*