



24th Annual
SDA T&F Spring
Invitational
Monday, April 10, 2023



It is a pleasure to again take this opportunity to invite you to an exciting meet that is being sponsored by the Athletic Department of Saint Dominic Academy. The 24th Annual SDA Track & Field Spring Invitational will be held, ***rain or shine***, in Lincoln Park's lightning-fast track & field facility. Meet results will be FAT. **NJ MILESPLOT: Team Roster entry by Tuesday, April 4, 2023**

We hope you will join us for a great day of events for all members of your team as you start your season. As always, we have a wide variety of events at a reasonable entry cost (***\$350 per team / \$650 for a school bringing both boys and girls***). These fees allow for unlimited events. If we have sufficient entries, we will award six (6) medals in **ALL** events and **ALL** divisions, as well as award our custom "Champion" T-shirts to the winners of each event.

In an effort to increase our ability to provide you with a smooth running and efficient meet, we ask that you return your entry form no later than **Tuesday, April 4, 2023**. Please join us for a great day of Track & Field for all members of your team. We wish you continued success throughout the year and thank you for your support, including the legions of you who joined us in the Jersey City Armory for our winter series.

| FIELD EVENTS | RUNNING EVENTS |
|------------------------------------|------------------------------------|
| High Jump (FB, SB, VB, FG, SG, VG) | Intermediate Hurdles - Girls First |
| Long Jump (FG, SG, VG, FB, SB, VB) | 3200m Relay |
| Shot Put (FB, SB, VB, FG, SG, VG) | High Hurdles |
| Discus (VG, SG, FG, VB, SB, FB) | 100m Dash |
| Javelin (VB, SB, FB, VG, SG, FG) | 1600m Run |
| | 400m Relay |
| | 400m Dash |
| | 800m Run |
| | 200 Dash |
| | 3200m Run |
| | 1600m Relay |

The order of running events will be FB, FG, SB, SG, VB, and VG. All running events will be finals on time, except for the 100m dashes and the High Hurdles. Divisions will be combined where the entry is low; however, separate awards will be given. National Federation Rules will be in effect.



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ENTRY FORM

Our school plans to attend the 24th Annual SDA Spring Invitational on Monday, April 10, 2023, in Lincoln Park. We understand that the meet will be held rain or shine; therefore, no refunds will be possible should our team fail to attend. We are committing to an entry fee, NOT a participation fee. NOTE: The javelin event will be held on an adjoining field, barring the existence of circumstances beyond our control that may force cancellation.

We are entering the following divisions: ☐ Boys / ☐ Girls / ☐ Both

School: _____

Address: _____

Telephone / ext.: _____ Email: _____

Coach's Signature: _____ Phone: _____

A.D.'s Signature: _____ Date: _____

Fees: \$350 per team or \$650 if you have both boys and girls.

Please adhere to our entry deadline of **Tuesday, April 4th.**

Make checks payable to: **Saint Dominic Academy**

USPS Mail (PO/Check) and this filled out and signed document to:

John E. Nagel, Meet Director – 10 Cherry Street, Jersey City, NJ 07305 Cell: (201) 401-7394

Entries can also be e mailed to: jnagel@stdominicacad.com