

## **GMC Coaches Freshman Championship**

May 15, 2023 4:00PM

Monroe Township High School

### **Information:**

1. National Federation, NJSIAA, and G.M.C. rules and regulations will be in effect. School issued and/or school approved uniforms (shirts/shorts) must be worn for all events.
2. This meet is open to all GMC freshmen, regardless of varsity status.
3. Please supply your own throwing implements, starting blocks, and batons.
4. In the field events there will be 3 attempts, with no finals.
5. Refer all questions to the meet director, John MacGillivray  
JMacTrack@yahoo.com

### **Entries:**

6. Unlimited entries in all events, except only one 4x400 relay team per gender.
7. All events will be pre-entered on milesplit, and heats will be pre-seeded after entries close. Entry deadline is Monday May 15 at 1:00pm. No additions can be made after that time. Please scratch athletes who will not be racing to avoid empty lanes.

### **Scoring & Awards:**

8. Team scoring will be on a 10-8-6-4-2-1 basis. Plaques for the 1<sup>st</sup> place team in the conference will be awarded.
9. No more than 3 individuals and 1 relay per school may score points per event.
10. Medals will be awarded to the top-6 individual athletes, and top-6 relay teams, per event.

# **GMC Coaches Freshman Championship**

*(Open only to GMC schools)*

May 15, 2023 4:00PM

Monroe Township High School

## **Running Events 4:00PM**

*Girls first in all events*

400 Hurdles

100 Trials (8 fastest to finals)

1600 Boys

100 Finals

1600 Girls

400

100 Hurdles

800

200

3200

4x400

## **Field Events**

### **Jumping Events Schedule**

Long Jump Open Pit: 4:00 - 5:30; Then Triple Jump Open Pit - 5:30 - 6:30.

High Jump: Girls at 4:00, followed by Boys (approx 4:45/5:00)

Pole Vault will start (approx 5:45 - 6PM) after High Jump is complete.

High Jump girls start at 4'0, boys at 5'0

Pole Vault girls start at 6'0, boys at 8'0

### **Throwing Event Schedule** *(Starting times may be adjusted based on final entries):*

4:00: Boys Shot; Girls Disc

4:45: Boys Disc; Girls Javelin

5:30: Boys Javelin; Girls Shot

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**GMC Coaches Freshman Championship Entry Form  
May 15, 2023**

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

|             | BOYS<br>(Unlimited entries except 1 relay team) | GIRLS |
|-------------|-------------------------------------------------|-------|
| 100         | _____                                           | _____ |
| 200         | _____                                           | _____ |
| 400         | _____                                           | _____ |
| 800         | _____                                           | _____ |
| 1600        | _____                                           | _____ |
| 3200        | _____                                           | _____ |
| 100 Hurdles | _____                                           | _____ |
| 400 Hurdles | _____                                           | _____ |
| Long Jump   | _____                                           | _____ |
| Triple Jump | _____                                           | _____ |
| High Jump   | _____                                           | _____ |
| Pole Vault  | _____                                           | _____ |
| Shot Put    | _____                                           | _____ |
| Discus      | _____                                           | _____ |
| Javelin     | _____                                           | _____ |

Total # of Individual Entries \_\_\_\_\_ X \$9 = \_\_\_\_\_

4x400 \_\_\_\_\_ (\$20) \_\_\_\_\_ (\$20)

**Total Entry = \$ \_\_\_\_\_**

Or

Blanket Entry (\$225) \_\_\_\_\_ (unlimited entry for one gender & 1 relay team)

Or

Blanket entry (\$400) \_\_\_\_\_ (unlimited entry for boys & girls & 1 relay team each)

Make checks payable to “**GMCTCA**” – Due May 11, 2023

Tax ID#: 46-1738974

Send paper entries and checks/purchase orders to:

Kristen Bradley  
P.O Box 865  
Edison, NJ 08818