

# Mid-Winter Classic

Please fill in the number of entries per event and a total number of entries in the correct column.

Event	Frosh Girls	Novice Girls	Total Girls Entries	Frosh Boys	Novice Boys	Total Boys Entries
55 HH						
55 M						
1600 M						
400 M						
800 M						
4 X 400M						
Shot Put						
High Jump						
Pole Vault						

Note: **FROSH** entrants must be in 9th grade.

A **NOVICE** is one who has not won an individual varsity track medal.

\*The meet will begin at **4:30 p.m. on January 13<sup>th</sup>, 2024**

\_\_\_\_\_ # of Relay Entries at \$22 = \_\_\_\_\_

\_\_\_\_\_ # of Individual Entries at \$8 = \_\_\_\_\_

Total entry fee enclosed: \_\_\_\_\_

Entries close on January 11<sup>th</sup>, 2024

**Milesplit On-line Entry**

ENTRIES PAYABLE TO: "Egg Track Club"

School \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_

Phone (home) \_\_\_\_\_ (school) \_\_\_\_\_

Email \_\_\_\_\_

Print Milesplit invoice and check to:

Egg Track Club

703 Cedarknoll Drive

Bel Air, MD 21015

Questions? email Bobby Cannon at [robertjcannon@gmail.com](mailto:robertjcannon@gmail.com) or phone 732-267-8015

# Mid Winter Classic

## Order of Events

1. 55 High Hurdles Girls Frosh
2. 55 High Hurdles Girls Novice
3. 55 High Hurdles Boys Frosh
4. 55 High Hurdles Boys Novice
5. 55 Meter Dash Girls Frosh
6. 55 Meter Dash Girls Novice
7. 55 Meter Dash Boys Frosh
8. 55 Meter Dash Boys Novice
9. 1600 Meter Dash Girls Frosh
10. 1600 Meter Dash Girls Novice
11. 1600 Meter Dash Boys Frosh
12. 1600 Meter Dash Boys Novice
13. 400 Meter Dash Girls Frosh
14. 400 Meter Dash Girls Novice
15. 400 Meter Dash Boys Frosh
16. 400 Meter Dash Boys Novice
21. 800 Meter Run Girls Frosh
22. 800 Meter Run Girls Novice
23. 800 Meter Run Boys Frosh
24. 800 Meter Run Boys Novice
25. 4 x 400 Girls Frosh
26. 4 x 400 Girls Novice
27. 4 x 400 Boys Frosh
28. 4 x 400 Boys Novice
29. Pole Vault Boys - combined but separate scoring
30. Pole Vault Girls - combined but separate scoring
31. Shot Put Boys - 3 throws, no finals
32. Shot Put Girls - 3 throws, no finals
33. High Jump Boys
34. High Jump Girls

**ORDER OF EVENTS**- All events on the track will be run *Girl's Frosh* followed by *Girl's Novice* followed by *Boy's Frosh* followed by *Boy's Novice*.

The **Shot Put** will be run Novice followed by Frosh, boys and girls will throw simultaneously. We have 2 circles.

The **Pole Vault** - Frosh and Novice, Boys and Girls will jump together, but score separately. We will begin at 6' for girls and 7' for boys with 6 inch increments.

The **High Jump** - Frosh and Novice will jump together. Girls heights will begin at 4' and increase every 2"; boys will begin at 4'6" and increase every 3" until 5' where it will increase every 2"

**We will use scratch starts whenever possible.**

### **MEDALS**

- Medals will be awarded to the top three relays teams and top 6 individual scorers in each event in each division.
- A team plaque will be awarded to the winner of each division (Boys Frosh, Boys Novice, Girls Frosh, Girls Novice)

**SPIKES** - All spikes must have a zip tie of the proper color. The only spikes allowed in this facility are 1/8 inch pyramid spikes. **ANYTHING ELSE WILL RESULT IN DISQUALIFICATION FROM THE MEET.**