



2007 NEW JERSEY 1ST ANNUAL TRACK AND FIELD INVITATIONAL

Sanctioned by the New Jersey AAU

Date: Sunday May 6th

Site: Hillsborough High School, Hillsborough New Jersey

Host: Jr. Raiders Track Club and the NJ-AAU Administrative Club

Meet Director: Ron McBride, Phone: 732-545-7614, Fax: 732-738-6692

Meet Coordinator: Charlene Cumberbatch

Meet Manager: Don Adams

Divisions Contested Based On Birth Year: Sub-Bantam 1999 or later, Bantam 1997-1998, Midget 1995-1996, Youth 1993-1994, Intermediate 1991-1992 and Young Men/Women 1990-1989.

Entry Information: 10.00 PER ATHLETE AND \$20.00 PER RELAY. REGISTRATION IS PRE-ENTRY ONLY. REGISTRATION WILL BE ONLINE ONLY as of 3/26/2007 at <http://www.coacho.com>. Click on "Help" box for more detailed instructions on how to register and submit your entry. **REGISTRATION DEADLINE IS MIDNIGHT SUNDAY APRIL 29TH. Additions and corrections can be made continuously online up to the midnight deadline date. NO CHANGES WILL BE MADE AFTER DEADLINE!**

Primary thru Midget are restricted to 3 events, including relays. Sub-Youth thru Young Men/Women are restricted to 4 events, including relays. **All entry fees are to be paid online with a credit card. At the end of the process you can print out the confirmation page(s) and then send a copy of the page showing the amount you paid along with a waiver which may be downloaded from www.njaau.org or www.greenstreakersofnj.com for each athlete.** Athletes need to have proof of age (i.e. copy of birth certificate, passport or copy of AAU Membership Card with birth validation) at the Invitation Meet. **THERE WILL BE NO REFUNDS OR TRANSFERS. NO FAX ENTRIES ACCEPTED.** Submit relays online. But, also list relay on individual entry (even if athlete is an alternate – it will count towards entry limit).

AWARDS: There will be medal awards for the 1st thru 3rd place. Ribbons will be awarded for 4th thru 6th place for individual events. Relays will be awarded medals for 1st thru 3rd place only.

PACKET PICK UP: 8am

MISC.: No dressing rooms on site. Competitors must supply own implements. **¼ inch spikes will be aggressively enforced.**

Directions to Hillsborough High School:

Take I-287 S. merge onto US-202S / US -206 S via Exit 17 toward US -22 W /SOMERVILLE / FLEMINGTON. Take the RT -28 exit toward US 206 S / SOMERVILLE / PRINCETON. Enter next roundabout and take 3rd exit onto US -202 S. Turn right onto Amwell Rd. / CR -514. Turn left onto Raider Blvd. Turn right at 1st light and follow to parking lot on the right.

Take I-287 N from Perth Amboy / Edison towards US -22 W.. Merge onto U - 22W to US 202 S / US-206 S toward /SOMERVILLE / FLEMINGTON. Take the RT -28 exit toward US- 206 S / SOMERVILLE / PRINCETON. Enter next roundabout and take 3rd exit onto US -202 S. Turn right onto AMWELL RD. / CR-514. Turn left onto Raider Blvd. Turn right at 1st light and follow to parking lot on the right.

Take I-287 North or South take the Easton Ave. / CR-527 S exit- EXIT 10- toward New Brunswick. Easton Ave. Stay straight to go onto CR -527 S / Eastern Ave. Turn RIGHT onto CEDAR GROVE LANE / CR -619. Turn SLIGHT RIGHT onto AMWELL RD. / CR-514. Follow AMWELL RD. , until it crosses US-206. Turn LEFT onto RAIDER Blvd.. Turn right at 1st light and follow to parking lot on the right.

Take GARDEN STATE PARKWAY NORTH OR SOUTH to I-78 or US-22 WEST. Follow I-78 West or US -22 West to I -287 SOUTH. Follow above directions for I -287 South.

AGE DIVISIONS

BANTAM DIVISION (BB, BG)

100M	1500M	SHOT PUT (6 LBS)
200M	1500M WALK	4 X 100 RELAY
400M	LONG JUMP	4 X 100 RELAY
800M	HIGH JUMP	

MIDGET DIVISION (MB, MG)

100M	1500M	80M HURDLES	4 X 100 RELAY
200M	3000M	HIGH JUMP	4 X 400 RELAY
400M	1500M WALK	SHOT PUT (6LBS)	4 X 800 RELAY
800M	LONG JUMP	DISCUS (1K)	

YOUTH DIVISION (YB, YG)

100M	3000M WALK	LONG JUMP
200M	4 X 100 RELAY	TRIPLE JUMP
400M	4 X 400 RELAY	HIGH JUMP
800M	4 X 800 RELAY	
1500M	100M HURDLES (B-33")	SHOT PUT (B-4K)
3000M	100M HURDLES (G-30")	SHOT PUT (G-6 LB.0)
	200M HURDLES (30")	DISC (1K)

INTERMEDIATE DIVISION (IB, IG)

100M	3000M WALK	LONG JUMP
200M	4 X 100 RELAY	TRIPLE JUMP
400M	4 X 400 RELAY	HIGH JUMP
800M	4 X 800 RELAY	400M HURDLES (G-30, B-36") ***
1500M	110M HURDLES (B-39")***	SHOT PUT (B-12lb.)
3000M	100M HURDLES (G-33")***	SHOT PUT (G-4kg)
	DISCUS (G-1K, B-1.6)	

YOUNG MEN/YOUNG WOMEN

100M		LONG JUMP
200M	4 X 100 RELAY	TRIPLE JUMP
400M	4 X 400 RELAY	HIGH JUMP
800M	4 X 800 RELAY	SHOT PUT (G-6 LB.0)
1500M	110M HURDLES (B-39")***	SHOT PUT (B-12lb.)
3000M	100M HURDLES (G-33")***	
3000M WALK	400M HURDLES (G-30", B-36") ***	DISCUS (G-1K, B-1.6K)

ORDER OF EVENTS (TRACK) 9:30 AM **Fully Automatic Timing (F.A.T.)**

4 X 800 RELAY	(MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
200M	(BB, BG, MB, MG, , YB, YG , IB, IG, YM, YW)	FINAL
3000M RUN	(MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
4 X 100M RELAY	(BB, BG, MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
3000M WALK	(YB, YG, IB, IG, YM, YW)	FINAL
1500M WALK	(BB, BG, MB, MG)	FINAL
200M HURDLES	(YB, YG) 5 X 30	FINAL
800M	(BB, BG, MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
100M	(BB, BG, MB, MG, YB, YG, IB, IG, YM, YW)	SEMI
400M	(BB, BG, SMB, MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
80M HURDLES	(SMB, SMG, MB, MG) 8 X 30	FINAL
100M HURDLES	(YB, YG,) 10 X (33") (30")	FINAL
100M DASH	(BB, BG, MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
1500M	(BB, BG, MB, MG, YB, YG, IB, IG, YM, YW)	FINAL
4 X 400M RELAY	(BB, BG, MB, MG, YB, YG, IB, IG, YM, YW)	FINAL

ORDER OF FIELD EVENTS-9:00am

LONG JUMP	(YB, YG, BB, BG, MB, MG, SBB, SBG, IB, IG, YM, and YW) (called in Reverse order)
TRIPLE JUMP	(YB, YG, IB, IG, YM, YW) to follow Long Jump
HIGH JUMP	(, IB, IG, YM, YW, MB, MG, BB, BG, YB, YG)
SHOT PUT	(SBB, SBG, , IB, IG, YM, YW , YB, YG, BB, BG, MB, MG)
DISCUS	(BB, BG, YB, YG, MB, MG, , IB, IG, YM, YW)

Meet can start one hour early or late.

Meet Management has no responsibility in scheduling to allow an athlete to do multiple events. That is clearly a Coach, Parent and Athlete decision.