

**2010 SHORE CONFERENCE WINTER  
TRACK & FIELD CHAMPIONSHIPS**

Coach,

The Men's & Women's Shore Conference Winter Track & Field Championships will be held on January 29th, 2010 at The John Bennett Athletic Complex in Toms River. The meet will begin at 4:00pm

**\*\*THERE WILL BE A LIMIT OF THREE (3) ENTRIES PER EVENT.  
THERE WILL ONLY BE ONE RELAY PER SCHOOL, NO J.V.RELAYS\*\***

There will be **NO SEEDING** Meeting for this meet. There will be **NO ON SITE SEEDING**. The seeding will be determined by the times/distances submitted by the coaches. Divisional, County and other invitational meet results will be used to verify seeds. Coaches are advised to submit documentation about any competitor in which they wish to guarantee a seed (example: dyestate.com or NJ runners.com) Any coach flagrantly misrepresenting their athletes times/distances will be warned the first time. A second violation will result in no further seeds for that school's athletes. We will accept scratches prior to the start of the meet.

**Awards:** Medals to the top six finishers in each event. Trophy to the first place team  
**Entry Fee:** \$14.00 per competitor per event. \$16.00 for the relay.

HY-TEK Entries due NO LATER than 8:00pm on **MONDAY**, January 25th, 2010

MAKE CHECK PAYABLE TO: **SHORE CONFERENCE**

Use the following addresses when mailing your entries:

***Send All PAPER Copy Entries To:***

Bill Bruno; Athletic Director  
c/o Brick Memorial H.S.  
2001 Lanes Mill Road  
Brick, NJ 08724  
Home Phone: 732.916-3940  
Work Phone: 732.785.3090  
Ext. 3030  
Email: [WBruno@brickschools.org](mailto:WBruno@brickschools.org)

***Send All Checks to:***

Walt Reiser: Athletic Director  
Rumson-Fair Haven Regional H.S.  
74 Ridge Road, Rumson, NJ. 07760

***Send All Hy Tek Entries to:***

rosters@trschoools.com  
{All seeds must be updated by 1/25/2010 NO LATER than 8:00pm}

# **2010 SHORE CONFERENCE WINTER TRACK & FIELD CHAMPIONSHIPS**

## **MEN'S & WOMEN'S INDOOR CHAMPIONSHIPS**

**January 29<sup>th</sup> 2010**

**STARTING TIME FOR THE MEET WILL BE 4:00 PM SHARP!**

**Shot Put:** Women (4K) Three throws in the trials  
Men (12 pound) 8 best to Finals.  
3 throws in the finals

SEED FLIGHT WILL THROW LAST.  
MEN WILL GO FIRST IN SHOT.

**High Jump:** Men's starting height will be: 5'8"  
Women's starting height will be: 4'8"  
WOMEN WILL GO FIRST IN HIGH JUMP.

**Pole Vault:** Women's Starting Height: 7'0"  
Men's Starting Height: 10'0"  
WOMEN WILL GO FIRST IN POLE VAULT

### **TRACK EVENTS**

#### **Men followed by Women**

400 Meter Run: Final on time—seeded heats run first.  
3200 Meter Run: Final on time—seeded heats run first.  
55 Meter Hurdles: Trials (8 fastest to finals)  
55 Meter Dash: Trials (8 fastest to finals)  
800 Meter Run: Final on time—seeded heats run first.  
55 Meter Hurdles: Final  
55 Meter Dash: Final  
1600 Meter Run: Final on time—seeded heats run first.  
4 x 400 Relay: Final—seeded heats run last.

**TRACK & FIELD EVENTS WILL BEGIN AT 4:00 PM SHARP!**

**2010 SHORE CONFERENCE WINTER TRACK & FIELD CHAMPIONSHIPS  
ENTRY FORM**

School: \_\_\_\_\_ School Phone: \_\_\_\_\_

Coach's Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
(NO STAMPED SIGNATURE WILL BE ACCEPTED)

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Athletic Director

Principal

**List contestants and number (#) of entries per event in the spaces provided below.**

Do Not Use	Contestant Last Name, First Name	Number of Entries (Max 3 per event)
	1.	55
	2.	55HH
	3.	400
	4.	800
	5.	1600
	6.	3200
	7.	Relay
	8.	HJ
	9.	SP
	10.	PV
	11.	
	13.	
	14.	
	15.	
	16.	
	17.	
	18.	
	19.	

**NO SEEDING MEETING NO ON SITE SEEDING!!**

Email HyTek by 8pm on 1/25/2010 to:  
rosters@trschoools.com

Mail Checks to:  
Walt Reiser: Athletic Director  
Rumson-Fair Haven Regional H.S.  
74 Ridge Road, Rumson, NJ. 07760

Mail this form to:  
Bill Bruno; Athletic Director c/o Brick Memorial H.S.  
2001 Lanes Mill Road  
Brick, NJ 08724

Any contestant whose name does not appear on this form will not be permitted to compete and such omission(s) may not be appealed.

Paper entry deadline date: Tuesday, January 26th, 2010.

**Entries Total:**

**Mile Relay** \_\_\_\_\_ x **\$16.00** = \_\_\_\_\_

**Total Entries** \_\_\_\_\_ x **\$14.00** = + \_\_\_\_\_

**Total Meet Fee:** = \$ \_\_\_\_\_