NJVTAC TRACK AND FIELD CHAMPIONSHIPS

Date: **Monday, May 10, 2010**

Time: **4:00 p.m.**

Site: **Sussex County Technical School**
Sparta, New Jersey

Entries: **Two entries per event (one relay team)**

Seeding: **All seeding will be done at the meet. Teams must supply their own safety pins.**

Equipment: **¼" spikes on the track and runways. Teams must supply their own batons.**

Scoring: **6-4-3-2-1 (4 Teams)** **8-6-4-2-1 (5 Teams)**

Awards: **Medals to the top three in each event. Team Trophies to first, second and third place teams.**

Eligibility: **NJSIAA rules apply.**

COACHES INSTRUCTIONS

- **Fill out seed cards accurately and pin them to the front of athletes**
- **Field events need no cards.**
- **No warm-up throws for the Javelin until the event is called.**
- **Notify athletes that the Sussex Tech Booster Club will be selling food.**

Detach and return by May 3, 2010 **Sussex Technical School, 105 North Church Road, Sparta, NJ 07871**

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Our School will be attending on May 10, 2010:

SCHOOL: _____

COACH:_____

EMERGENCY CONTACT: _____

COACH CELL: _____

Due by 5/3/10

Sussex County Technical School – Athletic Dept.
105 North Church Road
Sparta, NJ 07872