

Union County Interscholastic Athletic Conference
2009 Boys & Girls Outdoor Track & Field Championships
Friday, May 15 & Saturday, May 16, 2009
Hub Stine Field – Plainfield High School

Meet Information

- NJSIAA & Nation Federation rules will apply.
- Only 3 Varsity Athletes per event; 1 Relay per Entry. Seeding will be done at the meet.
- Spikes no longer than ¼” may be used on the track.
- Bring your own batons and implements. Implements will be checked by the official at the meet.
- Friday, May 15th: Field Events start at 4:00 pm; Running Events start at 4:30 pm
- Saturday, May 16th: Field Events start at 9:00 am; Running Events start at 10:00 am.

Scoring: 10, 8, 6, 4, 2, 1

Awards:

- Trophy to the Team Champion
- Plaque to the Second Place Team
- Medals to the Top 3 in each event

Entry and Roster Deadline

- The entry and roster deadline is Friday, May 8, 2009.
- The entry fee is \$11.50 per individual per event and \$20.00 per relay.
- Minimum entry - \$125 & Maximum Entry - \$450 per gender team.
- Entries may be fax to 908-436-6686 or 6702 (Attention to: Jose Dias, Meet Director)
- ***Please make check payable to UCIAC.***
- E-mail your Hy-tek team roster to: rosters@njraces.com
 - Rosters **MUST** be submitted by the due date. Any changes or corrections to the roster must be done prior to the meet.

Please mail entries and checks to:

Jose Dias
46 Limoli Lane
Clark, NJ 07066

Any questions, please contact Jose Dias:

- Cell: 908-510-1765
- Work: 908-436-6640
- Email: diasjo@elizabeth.k12.nj.us

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Order of Events

Friday – Field Events 4:00 pm

- Boys Triple Jump (Top 8 to the Finals)
- Girls Long Jump (Top 8 to the Finals) after the completion of the Boys Triple Jump
- Girls High Jump – starting height 4’ 4”
- Boys Pole Vault – starting height 9’ 0”
- Boys Javelin (Top 8 to the Finals) normal site
- Girls Javelin (Top 8 to the Finals) Discus site

Friday – Running Events 4:30 pm

1. 400IH – Girls/Boys (Final on time)
2. 100M Trials – Girls/Boys (8 Fastest to the Finals)
3. 1600M – Girls (Final on time)
4. 100M Finals – Girls/Boys
5. 1600M – Boys (Final on time)
6. 400M – Girls/Boys (Final on time)

Saturday – Field Events 9:00 am

- Girls Triple Jump (Top 8 to the Finals)
- Boys Long Jump (Top 8 to the Finals) after the completion of the Girls Triple Jump
- Boys High Jump
- Girls Pole Vault
- Shot Put – Girls followed by Boys (Top 8 to the Finals)
- Discus – Boys followed by Girls (Top 8 to the Finals)

Saturday – Running Events 10:00 am

1. 100/110HH Trials – Girls/Boys (8 Fastest to the Finals)
2. 800M – Girls (Final on time)
3. 100/110 HH Finals – Girls/Boys
4. 800M – Boys (Final on time)
5. 3200M – Girls (Final on time)
6. 200M – Girls/Boys (Final on time)
7. 3200M – Boys (Final on time)
8. 4x400M – Girls/Boys (Final on time)

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BOYS ENTRY

SCHOOL _____ PHONE _____

Coach's Phone _____ Coach's E-Mail _____

Option A: Select the number of Events you are entering and enter the calculations.
 Limit: 3 athletes per event; 1 relay.

<u>Running Events</u>	<u># Entering</u>	<u>Field Events</u>	<u># Entering</u>
110 METER HIGH HURDLES	_____	SHOT PUT	_____
400 INTERMEDIATE HURDLES	_____	DISCUS	_____
100 METER	_____	JAVELIN	_____
200 METER	_____	HIGH JUMP	_____
400 METER	_____	LONG JUMP	_____
800 METER	_____	TRIPLE JUMP	_____
1600 METER	_____	POLE VAULT	_____
3200 METER	_____		
TOTAL INDIVIDUALS	_____		
	X \$11.50		
SUBTOTAL	\$ _____		
PLUS RELAY (\$20.00)	+ _____		
TOTAL PAYMENT (\$125 Minimum)	\$ _____		

Or Option B: Select Maximum entry \$450 – \$ _____
 (3 cards per event plus relay card will be in the packet)

SEND TEAM ROSTERS TO: rosters@njraces.com by Friday, May 8, 2009.

Please make checks payable to: **UCIAC**

Please mail entries and checks by Friday, May 8, 2009 to:

Jose Dias
 46 Limoli Lane
 Clark, NJ 07066

Signature of A.D. _____

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GIRLS ENTRY

SCHOOL _____ PHONE _____

Coach's Phone _____ Coach's E-Mail _____

Option A: Select the number of Events you are entering and enter the calculations.
 Limit: 3 athletes per event; 1 relay.

<u>Running Events</u>	<u># Entering</u>	<u>Field Events</u>	<u># Entering</u>
110 METER HIGH HURDLES	_____	SHOT PUT	_____
400 INTERMEDIATE HURDLES	_____	DISCUS	_____
100 METER	_____	JAVELIN	_____
200 METER	_____	HIGH JUMP	_____
400 METER	_____	LONG JUMP	_____
800 METER	_____	TRIPLE JUMP	_____
1600 METER	_____	POLE VAULT	_____
3200 METER	_____		
TOTAL INDIVIDUALS	_____		
	X \$11.50		
SUBTOTAL	\$ _____		
PLUS RELAY (\$20.00)	+ _____		
TOTAL PAYMENT (\$125 Minimum)\$	_____		

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