

THE LOU MOLINO INVITATIONAL

Dear Coach:

Enclosed is the entry to the third annual "Lou Molino Invitational". This meet has been named after Lou for all the years of service and dedication to Bergen County Cross-Country and Track and Field. The meet will offer events for your entire team. Please read the meet information carefully. **Remember FDU has a NEW MONDO surface.**

See you on the 5th,
Meet Directors

1. Date: **February 5, 2010** Site: **F.D.U.** Field House, Hackensack
Time: **5:00 P.M.** **DOORS OPEN at 4:30 P.M. NO SPIKES!!**
2. The **Distance Medley** will be limited to the top twelve teams. The meet directors will be responsible for making these selections. In the Distance Medley, any team that is not accepted will automatically be placed in the 3200 meter relay. The Distance Medley will be run in the outside 4 lanes, which are the **200 meter lanes**.
3. Entry Fee for the meet is \$7.00 per athlete, per event, and \$20.00 per relay.
4. Entry is due: **January 27, 2010**
5. Order of events:
 1. 55 meter dash (girls first) 55 meter hurdles (boys first)
 2. Distance Medley (Varsity only-top 12 teams) (Last chance to qualify for Easterns)
 3. 3200 meter relay (Varsity only)
 4. 800 meter novice and frosh
 5. 300 meter dash
 6. 1600 meter run (Varsity only)
 7. 800 meter run (Varsity only)
 8. 1600 meter relays

In all events the running order will be:

- Varsity Boys
- Varsity Girls
- Novice Boys
- Novice Girls
- Freshmen Boys
- Freshmen Girls

6. Questions? Call: Brian Rodak in the evening (973) 831-2412
Tom Zaccone during the day (201) 529-8217
Mike Glynn during the day (845) 735-7514

The Lou Molino Invitational Entry Form:

2/5/10

School _____

Coach _____ Coach's Home Phone _____

Do NOT enter the names on the entry blank, simply the number of entries in each event.
 Unlimited entries in every event, except **Varsity Relays only one per school.**

Event	Open Boys	Open Girls	Novice Boys	Novice Girls	Frosh Boys	Frosh Girls
55 meter dash						
55 meter hurdles						
300 meter dash						
800 meter run						
1600 meter run			XXXXXXXX	XXXXXX	XXXXXX	XXXXXX
Distance Medley			Place seed time in box		XXXXXX	XXXXXXXX
1600 meter relay						
3200 meter relay			XXXXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXXXXX

Entries Close: **January 27, 2010**

Mail To: Tom Zaccone
 143 McIntosh Drive
 Mahwah, NJ 07430

_____ X \$7.00 (individual per event) = _____

_____ X \$20.00 per relay = _____

Total Entry = _____

Make Checks Payable to: **Bergen Track Association**

Fax# 973-907-2642
NO COVER SHEETS

Cards will be provided – You **MAY NOT** use your own cards!!

Important Meet Information

FDU Now has a MONDO TRACK SURFACE

1. Please have your athletes report to the clerk, when the event is called.
Please seed your athletes to what they are going to run tonight – this makes for a better meet.
2. Please Coaches – make sure your team area is clean before leaving – this will help us maintain our good relation with F.D.U. It would also help to remind your athletes not to deface/destroy the bathrooms/etc.
3. **Medals:** Top six in all races!
4. **No Spikes!** No Tape on floor! No Foot Blocks!
5. **NEW** – In the 55 meter dash we are going to seed the top 70 runners in the event- this prevents quarterfinals – all other athletes 71 and up will compete, but not advance.
In the 55 meter hurdles - 54 runners we will be seeded – Questions – just ask.