

## Tom Zaccone Invitational Meet

Wednesday, JANUARY 6, 2010

4:30 P.M.

F.D.U. ROTHMAN CENTER, HACKENSACK, N.J. **(MONDO TRACK)**

---

### **\*\*IMPORTANT MEET INFORMATION\*\***

- 1. We can not enter the building until 4:00 P.M. – the first event will start at 4:30P.M., so please have your athlete's warm-up outside the center.**
2. The hurdles and dash will be run at the same time on both sides of the track.
3. Coaches, we have to try to keep the center CLEAN, there is now a clean-up charge for the indoor meets. Please police your area at the end of the meet. Our future at F.D.U. depends on it.
4. A NOVICE athlete is one who has not won a VARSITY individual medal in Indoor or Outdoor Track. All individual winners of novice competitions should be moved up to the open division for the next meet. (Let's make the Novice Competition better)
5. You can enter as many individuals and relay teams as you wish. Please bring your own batons and pins.
6. Awards: Six deep in every event.
7. FDU'S Track is a mondo surface (**NO SPIKES**) and the inside lane is about 189 meters long.
8. Please advise your athletes when crossing the track that there is a meet going on to avoid problems.

Questions? – call Brian Rodak at (973) 831-2412 in the evening.

**Entries Due: December 28, 2009**

## **TOM ZACCONE INVITATIONAL MEET**

Wednesday, January 6, 2010

FDU'S Rothman Center – **4:30 P.M.**

### **Order of events:**

- |     |               |                  |    |               |               |
|-----|---------------|------------------|----|---------------|---------------|
| 1.  | Frosh Boys    | 55 meter hurdles | 1. | Frosh Girls   | 55 meter dash |
| 2.  | Novice Boys   | 55 meter hurdles | 2. | Novice Girls  | 55 meter dash |
| 3.  | Varsity Boys  | 55 meter hurdles | 3. | Varsity Girls | 55 meter dash |
| 4.  | Frosh Girls   | 55 meter hurdles | 4. | Frosh Boys    | 55 meter dash |
| 5.  | Novice Girls  | 55 meter hurdles | 5. | Novice Boys   | 55 meter dash |
| 6.  | Varsity Girls | 55 meter hurdles | 6. | Varsity Boys  | 55 meter dash |
| 7.  | Varsity Boys  | 3200 meter relay |    |               |               |
| 8.  | Varsity Girls | 3200 meter relay |    |               |               |
| 9.  | Frosh Boys    | 3200 meter relay |    |               |               |
| 10. | Novice Boys   | 3200 meter relay |    |               |               |
| 11. | Frosh Girls   | 3200 meter relay |    |               |               |
| 12. | Novice Girls  | 3200 meter relay |    |               |               |
| 13. | Varsity Boys  | 200 meter dash   |    |               |               |
| 14. | Varsity Girls | 200 meter dash   |    |               |               |
| 15. | Novice Boys   | 4-lap relay      |    |               |               |
| 16. | Novice Girls  | 4-lap relay      |    |               |               |
| 17. | Frosh Boys    | 4-lap relay      |    |               |               |
| 18. | Frosh Girls   | 4-lap relay      |    |               |               |
| 19. | Varsity Boys  | 600 meter dash   |    |               |               |
| 20. | Varsity Girls | 600 meter dash   |    |               |               |
| 21. | Novice Boys   | 200 meter dash   |    |               |               |
| 22. | Novice Girls  | 200 meter dash   |    |               |               |
| 23. | Frosh Boys    | 200 meter dash   |    |               |               |
| 24. | Frosh Girls   | 200 meter dash   |    |               |               |
| 25. | Varsity Boys  | 1000 meter run   |    |               |               |
| 26. | Varsity Girls | 1000 meter run   |    |               |               |
| 27. | Frosh Boys    | 1000 meter run   |    |               |               |
| 28. | Frosh Girls   | 1000 meter run   |    |               |               |
| 29. | Novice Boys   | 1000 meter run   |    |               |               |
| 30. | Novice Girls  | 1000 meter run   |    |               |               |
| 31. | Varsity Girls | 1600 meter relay |    |               |               |
| 32. | Varsity Boys  | 1600 meter relay |    |               |               |

**2010 Tom Zaccone Invitational Meet Entry Form:**

**1/06/10**

School \_\_\_\_\_

Coach \_\_\_\_\_ 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)

Event	Open Boys	Open Girls	Novice Boys	Novice Girls	Frosh Boys	Frosh Girls
55 meter hurdles						
55 meter dash						
200 meter dash						
600 meter dash			XXXXXXXX	XXXXX	XXXXXX	XXXXXXXX
1000 meter run						
4-lap relay	XXXXXX	XXXXXXXX				
1600 meter relay			XXXXXXXX	XXXXXX	XXXXXX	XXXXXXXX
3200 meter relay						

Entries Close: **December 28, 2009**

**Mail To:** Brian Rodak  
 1 Adobe Drive  
 Wayne, NJ 07470

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

\_\_\_\_\_ X \$20.00 per relay = \_\_\_\_\_

**Total Entry** = \_\_\_\_\_

**FAX # (973) 907-2642**  
**NO COVER PAGES**

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

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