

SEASON OPENER INVITATIONAL MEET

Tuesday, December 22, 2009 at 4:30P.M.

F.D.U. Rothman Center *****MONDO TRACK SURFACE*****

Meet Information

1. We can not enter the building until **4:00 P.M.** – the first event will start at **4:30 P.M.**
2. The hurdles and dash will be run at the same time on both sides of the track.
3. Coaches – PLEASE try to keep the center clean – at the end please police your area.
4. A NOVICE athlete is one who has not won an individual medal in a Varsity competition in Indoor or Outdoor Track.
5. You can enter as many individuals and relay teams as you wish. Please bring your own batons and PINS.
6. Awards: Top six in each event.
7. FDU'S track is a mondo surface (**NO SPIKES**) and the inside lane is about 189 meters.
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, Tom Zacccone at (201) 529-8217 in the evening.

Entries Due: December 15, 2009

Season Opener Invitational – Order of Events

First Event Starts at 4:30 P.M.

- | | | | | | |
|-----|---------------|------------------|----|---------------|---------------|
| 1. | Varsity Boys | 55 meter hurdles | 1. | Varsity Girls | 55 meter dash |
| 2. | Novice Boys | 55 meter hurdles | 2. | Novice Girls | 55 meter dash |
| 3. | Frosh Boys | 55 meter hurdles | 3. | Frosh Girls | 55 meter dash |
| 4. | Varsity Girls | 55 meter hurdles | 4. | Varsity Boys | 55 meter dash |
| 5. | Novice Girls | 55 meter hurdles | 5. | Novice Boys | 55 meter dash |
| 6. | Frosh Girls | 55 meter hurdles | 6. | Frosh Boys | 55 meter dash |
| 7. | Varsity Boys | 1600 meter run | | | |
| 8. | Varsity Girls | 1600 meter run | | | |
| 9. | Novice Boys | 4-lap relay | | | |
| 10. | Novice Girls | 4-lap relay | | | |
| 11. | Frosh Boys | 4-lap relay | | | |
| 12. | Frosh Girls | 4-lap relay | | | |
| 13. | Frosh Boys | 3200 meter relay | | | |
| 14. | Novice Boys | 3200 meter relay | | | |
| 15. | Frosh Girls | 3200 meter relay | | | |
| 16. | Novice Girls | 3200 meter relay | | | |
| 17. | Varsity Boys | 300 meter dash | | | |
| 18. | Varsity Girls | 300 meter dash | | | |
| 19. | Varsity Boys | 800 meter run | | | |
| 20. | Varsity Girls | 800 meter run | | | |
| 21. | Frosh Boys | 1600 meter relay | | | |
| 22. | Novice Boys | 1600 meter relay | | | |
| 23. | Frosh Girls | 1600 meter relay | | | |
| 24. | Novice Girls | 1600 meter relay | | | |
| 25. | Varsity Boys | 1600 meter relay | | | |
| 26. | Varsity Girls | 1600 meter relay | | | |

Season Opener Entry Form:

12/22/09

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)

Event	Varsity Boys	Varsity Girls	Novice Boys	Novice Girls	Frosh Boys	FroshGirls
55 meter hurdles						
55 meter dash						
300 meter dash			XXXXXXXX	XXXXXX	XXXXXX	XXXXXXXX
800 meter dash			XXXXXXXX	XXXXXX	XXXXXX	XXXXXXXX
1600 meter run			XXXXXXXX	XXXXXX	XXXXXX	XXXXXXXX
4-lap relay	XXXXXX	XXXXXXXX				
3200 meter relay	XXXXXX	XXXXXXXX				
1600 meter relay						

Entries Close: **Tuesday, December 15, 2009**

Mail To: Brian Rodak
 1 Adobe Dr.
 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: **Season Opener Invitational**

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

Important Meet Information

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 five 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 hurdles the number 54 we will be using – Questions – just ask.