

NORTH WARREN TRACK & FIELD CLUB

10 Noe Road
Blairstown, NJ 07825



Dear Track & Field Club Members (and Families):

Our second meet of the season is scheduled for Friday, 1/6 at 5 pm. The Warrior Classic Track & Field Meet will take place at the Koehler Field House on the ESU campus. **If you plan to attend, you must turn in the form below by the end of practice (or to Coach Loughlin in school) on Thursday, 1/5.** You can also email Coach Walker at info@northwarrentrack.org or text him at 908-591-9208 before the deadline. A coach will help you with your event selections (athletes can enter up to 3 events at this meet). Information for this meet is as follows:

Meet: *Warrior Classic Track & Field Meet at ESU, East Stroudsburg, PA – Friday, 1/6/12 @ 5 pm*

Events: 3200M, 55M, 1600M, 400M, 800M, 200M, 4x200M and 4 x 400M Relays, Shot Put

Time: Meet starts at 5 pm. **We will be leaving NWR at 3:30 pm by bus.** The meet director anticipates the meet lasting until 10:30 pm (*this is their best guess based upon past meets at ESU, but event schedule and timing is based on number of participants which varies from year to year*).

Wear: Athletes should wear their uniforms to the meet under sweats. Please see a coach if you are attending the meet and have not yet received a uniform.

Bring: In a gym bag or back pack:

- Running sneakers or spike shoes (**NO SPIKES ALLOWED** for this meet).
- **Water/Gatorade, snack and dinner** (meet will last from 5 pm to approx. 10 pm)
- Dry shirt and/or shorts/pants for the ride home
- Small amount of cash (concessions are available and event t-shirts will be sold)
- Other items: IPOD, cell phone, pillow and/or blanket (for bus rides)

Links: www.northwarrentrack.org (Select *Meet Schedule* for detailed meet info and directions)

Warrior Classic Track & Field Meet – ESU, 1/6/12

In order to assist the athletes and coaches with registration, you may fill out the form below and provide it to Coach Loughlin or Coach Walker. **You must submit/communicate your interest in attending the meet by the end of practice on Thursday, January 5 in order to attend.**

Athletes may enter up to 3 events at this meet (including the Relay). For reference, 400M is ¼ mile and will be a 2-lap race around the 200M indoor track. Relay teams are made up of 4 members, each running one lap (200M) around the track. Coaches will create the actual relay teams based on interest and athlete ability (note: for all events, athletes will compete against other athletes of similar age and/or grade). Coaches will have the final decision on event registration.

<u>Name</u>	<u>3200M</u>	<u>55M</u>	<u>1600M</u>	<u>400M</u>	<u>800M</u>	<u>200M</u>	<u>Relay</u>	<u>Shot Put</u>
Ex. Coach Walker			X	X				X