

NORTH WARREN TRACK & FIELD CLUB

10 Noe Road
Blairstown, NJ 07825



Dear Track & Field Club Members (and Families):

Our third meet of the season is scheduled for Sunday, 2/5 at 9 am. The RDA Fast Camps Track & Field Meet will take place at the Jersey City Armory in Jersey City, NJ. **If you plan to attend, you must turn in the form below by the end of practice (or to Coach Loughlin in school) on Wednesday, 2/1.** 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: *RDA Fast Camps Track & Field Meet – Jersey City Armory (678 Montgomery Street, Jersey City, NJ) Sunday, 2/5/12 @ 9 am*

Events: Sprint Medley (4 runners running a 200M, 200M, 400M and 800M), 400M, 1500M, 55M, 55H, 800M, 4 x 200 Relay. Shot Put and High Jump will be the two field events.

Time: Meet starts at 9 am. **We will be leaving NWR at 6:15 am by bus.** Because this is Super Bowl Sunday, **we will not be running in the 4 x200 Relay as a team.** Instead, athletes should sign up for the Sprint Medley. This is also the only opportunity for our longer distance runners to be involved in a relay. We hope to be home by 4:30 at the latest. If parents would like to take their athletes home from the meet, they need to complete a *Travel Consent Form* (to be signed by the AD's office) available on our website.

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 (**Up to 1/8" pyramid spikes allowed** for this meet).
- **Water/Gatorade, snack, lunch and** a small amount of cash (concessions may be available)
- Dry shirt and/or shorts/pants for the ride home
- 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)

RDA Fast Camps Track & Field Meet – Jersey City, 2/5/12

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 Wednesday, February 1 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. Medley relay teams are made up of 4 members, two running 200M, one 400M and one 800M. 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>Athlete Name</u>	<u>Medley (circle preferred distance)</u>	<u>400M</u>	<u>1500M</u>	<u>55M</u>	<u>800M</u>	<u>SP</u>
	200M, 400M, 800M					