

Old Bridge
"Fast Times Meet"
@ Old Bridge Track and Field Complex
Located @ Carl Sandberg Middle School
Wednesday May 12th , 2010
Meet Starts @ 5:00 pm

- Our meet will be run @ 5:00 pm
- We will run only **4 relays and 3 individual events**so that the meets are not as long and hopefully very competitive
- We are hoping to get some of the top teams in the state for each event
- We view these meets as an opportunity to run fast without having to run our kids in too many events....plus we are attempting to get away from the all day meets
- We will **medal top 10 relays and top 10 individual** competitors
- The **Old Bridge Track is a New 8 lane track** with all new jumping and field area's and lights.
- **Entries are due: May 2nd , 2010**
- Depending on the size of the meet hytek may be used...if the meet gets large enough teams will be contacted to submit a hytek rosters to Lou Fraulo.
- We hope you can join us for some great competition
- The meet will be run by the Old Bridge and Metuchen Track Coaches.

Order of Events

Field Events (Individual)

3x400 IH
Distance Medley
4x200
400 Meter Dash
Sprint Medley

Triple Jump
Discus

Fast Times Entry Form

Entry Form

Boys

Girls

3x400 Hurdle Relay
Distance Medley
4x200 Relay
Sprint Medley
400 Meter Run
Triple Jump
Discus

- Unlimited Entries
- B Teams will be accepted
- Girls will run before boys in each running event

<u>SCHOOL:</u>	<u>PHONE:</u>
<u>COACH:</u>	<u>PHONE:</u>
<u>E-MAIL ADDRESS:</u>	

Number of Individual Entries _____ @ \$8.00 each = _____ Total

Number of Relay Entries _____ @ 20.00 each = _____ Total

Make Checks payable to :
Mail Entries To:

DREAM IT ATHLETICS
Marty Holleran
Metuchen High School
400 Grove Ave.
Metuchen, NJ 08840

Fax Entries To:

Marty Holleran
Fax # 732-549-6415

Any Questions Call:
Email address:

Marty Holleran @ 732-567-0969
Metuchen2003@yahoo.com