PRINCETON PANTHER RELAYS

High School
JV / Varsity Boys and Girls
March 21st
&
Junior High
7th and 8th Boys and Girls
February 26th & March 19th

Dear Coaches,

Princeton High School and Clark Junior High School would like to welcome you to the 2013 Track & Field season.

We would like to invite your ***7th and 8th Boys / Girls*** teams as well as your ***JV and Varsity Boys / Girls*** teams to the Princeton Panther Relays. Medals will be given to top 3 finishers and trophies will be given to Meet Champions and runner up.

- **The Junior High meets on February 26th & March 19th will be finals only, with three throws or jumps.**
- **The High School meet on March 21st will be finals only, with three throws or jumps.**

We will accept the first 12 teams for the junior high meets and the first 12 teams for the varsity meets.
The acceptance form must be received by January 1st 2013. Payment is due on or before the day of the meet. We expect for the meets to fill up quickly, so, please respond as soon as possible. Email is the best, but you can fax or mail back your registration form.

We will be using a Finish Lynx timing system that preheats your athletes and when you attend the scratch meeting, you will simply check to make sure everything is correct and make any necessary scratches. One girls coach and one boys coach will need to set up an account at www.directathletics.com and sign up your athletes online. Please do this as soon as possible and enter all your athletes. The process does take some time, so, do not wait until the last minute to start. ***The entry deadline for all meets is 5:00 pm the day before the meet***. At the scratch meeting there will be scratches only, no additions. Please have ready a time to enter into direct athletics so that heating is fair.

We will be catering a meal for all coaches.

We look forward to seeing you.

Please email, fax or mail a copy of your registration

School Name:_____

Boys Coach Name, Phone Number & Email:_____

Girls Coach Name, Phone Number and Email:____ _____

Divisions Entering: Please check all that will be attending & circle which meets you will be attending.

Junior High: February 26th and/or March 19th

High School: March 21st

_____7th Boys ($200) _____8th Boys ($200) _____7th Girls ($200)_____8th Girls ($200)

_____JVGirls ($200) _____JVBoys ($200) _____V Girls ($200) _____V Boys ($200)

Entry Check: Please make payable the *Princeton Athletics* and send to the contact information below.

CONTACT INFORMATION
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Junior High Track Meet

Schedule of Events

February 26th & March 19th 2013

Schedule of Events

2:30	Scratch Meeting	
3:30	2400m Run	7G / 8G / 7B / 8B
	(3 Jumps/ Throws—Finals Only)	
3:45	Long Jump 1	8B / 7B--- Triple Jump 7G
	Long Jump 2	7G / 8G
	Triple Jump	8G/ 8B / 7B
	High Jump 1	7B / 8B
	High Jump 2	7G / 8G
	Shot Put 1	8B / 7B
	Shot Put 2	8G / 7G
	Discus 1	7B / 8B
	Discus 2	7G / 8G
	Pole Vault 1	8G / 7G
	Pole Vault 2	8B / 7B
5:30	Running Events (All Times Final)	
	400m Relay	7G / 8G / 7B / 8B
	800m Run	7G / 8G / 7B / 8B
	100m Hurdles	7G / 8G
	110m Hurdles	7B / 8B
	100m Dash	7G / 8G / 7B / 8B
	800m Relay	7G / 8G / 7B / 8B
	400m Dash	7G / 8G / 7B / 8B
	300m Hurdles	7G / 8G / 7B / 8B
	200m Dash	7G / 8G / 7B / 8B
	1600m Run	7B & 7G Separate Start 8B & 8G Separate Start
	1600m Relay	7G / 8G / 7B / 8B

High School Track Meet

Schedule of Events
March 21st 2013

Schedule of Events

2:30	Scratch Meeting	
3:30	3200m Run	7G / 8G / 7B / 8B
3:45	Field Events (3 Jumps/Throw Finals Only)	
	Long Jump 1	VB / JVB--- Triple Jump JVG
	Long Jump 2	JVG / VG
	Triple Jump 1	VG / VB / JVB
	High Jump 1	JVB / VB
	High Jump 2	JVG / VG
	Shot Put 1	VB / JVB
	Shot Put 2	VG / JVG
	Discus 1	JVB / VB
	Discus 2	JVG / VG
	Pole Vault 1	VG / JVG
	Pole Vault 2	VB / JVB
5:30	Running Events (All Times Final)	
	400m Relay	JVG / VG / JVB / VB
	800m Run	JVG / VG / JVB / VB
	100m Hurdles	JVG / VG
	110m Hurdles	JVB / VB
	100m Dash	JVG / VG / JVB / VB
	800m Relay	JVG / VG / JVB / VB
	400m Dash	JVG / VG / JVB / VB
	300m Hurdles	JVG / VG / JVB / VB
	200m Dash	JVG / VG / JVB / VB
	1600m Run	JVG / VG / JVB / VB
	1600m Relay	JVG / VG / JVB / VB

PRINCETON TRACK & FIELD

TRACK MARKINGS
2013

START LINES:

3200 M.	--	Waterfall
400 M Relay	--	Solid Yellow Line
800 M Run	--	Solid White to (Cut In) Dotted Green Line
100 M LH	--	White (100 in yellow) to Common finish
110 M HH	--	White (110 in blue) to Common finish
100 M Dash	--	White Line
800 M Relay	--	Green Line
400 M. Dash	--	Solid Yellow Line
300 M. IH	--	Solid White Line
200 M. Dash	--	Solid White Line
1600 M. Run	--	Waterfall
1600 M Relay	--	Blue Line

EXCHANGE ZONES:

400 M Relay -- Yellow to Yellow (All)

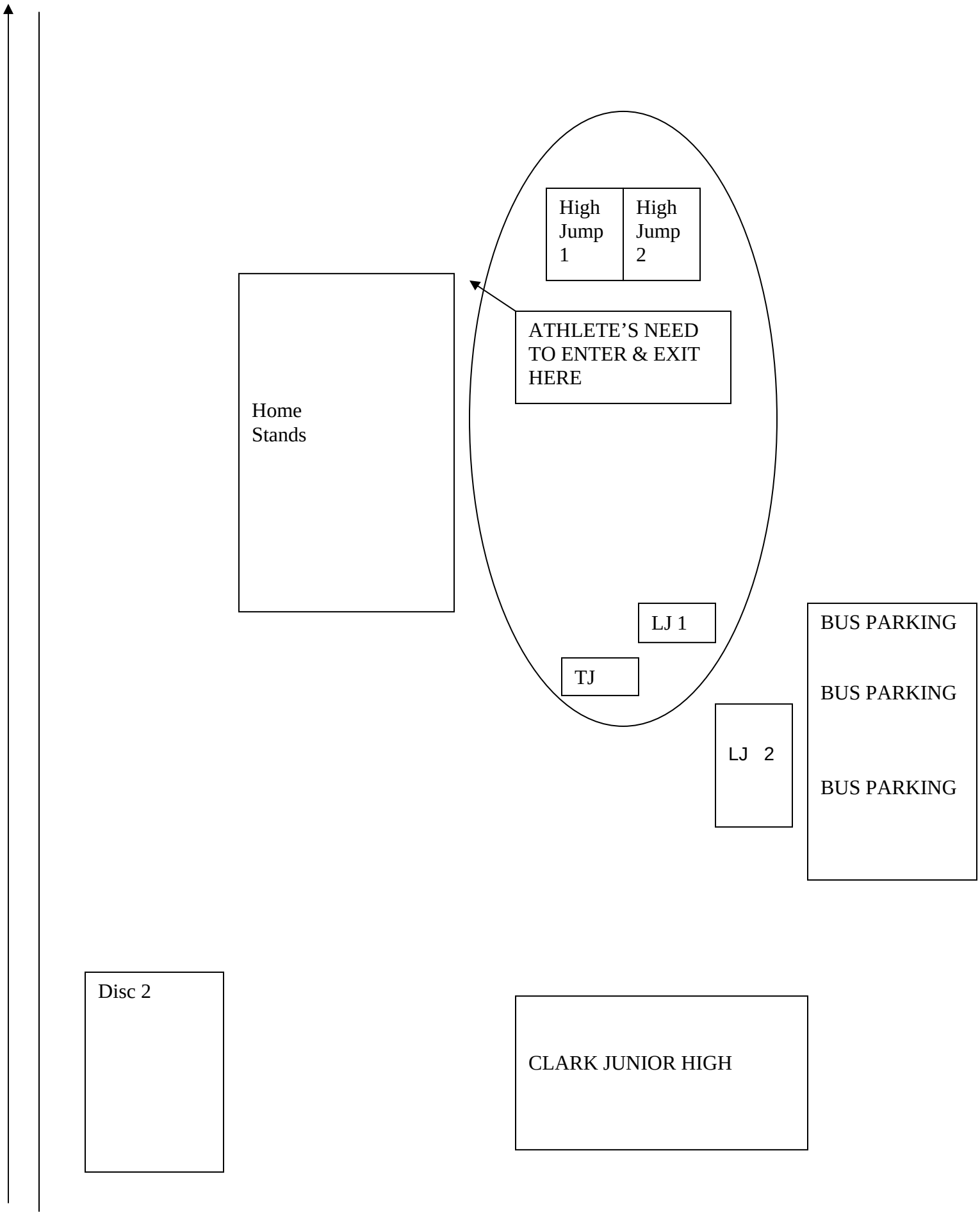
800 M Relay -- 1st and 2nd – Green to Green
3rd Yellow to Yellow

1600 M Relay -- 1st Exchange - Blue
2nd and 3rd Exchange – Shuffle Blue

HURDLE MARKS:

100 M. LH-	Yellow Dots
110 M. HH-	Blue Dots
300 Hurdles-	Green Dots

PRINCETON TRACK AND FIELD FACILITY MAP


High Jump 1
High Jump 2
ATHLETE'S NEED TO ENTER & EXIT HERE
Home Stands
LJ 1
TJ
LJ 2
BUS PARKING
BUS PARKING
BUS PARKING
Disc 2
CLARK JUNIOR HIGH