

**THE COMET RELAYS**  
**DELLA TORRE STADIUM                      HACKENSACK, NEW JERSEY**

January 2020

Dear Coach,

Your team is invited to The Comet Relays. Hackensack's Della Torre Stadium is a great facility for this classic relay meet. We have 3 person field relays in the varsity division and a novice 4x1600.

We have a small and large school team scoring division. In order to facilitate this 10 teams will score points towards the team standings. This will give a greater number of schools a chance to score points. We will award 5 sets of medals in each race.

Hope to see you on April 11<sup>th</sup>.

Jacob Brown  
Jim Levitzke  
Mike Glynn



**THE COMET RELAYS**  
**SATURDAY APRIL 11, 2020**

1. **Awards:** Medals to top **5** relay teams in each event. Trophies to winning teams in **2** varsity divisions based on school size.
2. **Entry Fees:** \$15 for each relay team.

Make checks payable to: "Abbington Track Club, Inc."  
Tax ID#: 13-4096981

3. **Entries close:** Wednesday 4/8/20, with Mike Glynn, Meet Director,  
19 East Lewis Avenue,  
Pearl River, NY, 10965.

4. For information concerning this meet:

check the web: <http://www.jacobbrown.com/EntryForms/meetinfo.htm>  
or email: jacob@jacobbrown.com (put comet relays in the subject line)

5. Boarding state sanction has been applied for New York and New Jersey.
6. This meet will be run regardless of the weather. The weather may cause field events to be rescheduled.
7. List number of relays in each event. **One Relay only in Varsity events.** Seeding will be done by the card method on the day of the meet. Cards will be provided. You **MAY NOT** use your own cards. **One Varsity Relay in Discus – No Novice/frosh discus relay.**
8. Please bring safety pins and batons. They will not be supplied.
9. ¼" spikes are permitted!
10. Scoring: 12-10-8-7-6-5-4-3-2-1. **Score 10, medal 5, Two sets of team trophies!**
11. Depending upon the number of entries, the 6 jump rule may be used in PV and HJ. In an attempt to meet both the needs of the novice and elite jumper/vaulter if the 6 jump rule is in effect the meet directors reserve the right to eliminate the 6 jump rule when a few elite jumper/vaulters remain in the competition. Also, the meet directors reserve the right to lower the bar during the competition for an athlete delayed by another event.
12. There will be a refreshment stand.
13. **Directions:** To Hackensack High School and Della Torre Stadium.  
Map Quest address: 135 1<sup>st</sup> Street, Hackensack, NJ 07601.  
From Route 17: Essex to First or Passaic Street to First. From Route 4: Forest Ave to Maywood Ave to Passaic Street to First Street.

## COMET RELAYS ORDER OF EVENTS

9:00 AM

1. Varsity Boys 4X 1600 meter Relay (boys & girls combined)
2. Varsity Girls 4 X 1600 meter Relay (separate scoring)
3. Novice Boys 4X 1600 meter Relay (All 4x1600 relays combined)
4. Novice Girls 4X1600 meter Relay at 9am - separate medals)
5. Varsity Boys Intermediate Hurdle Relay (3X400IH)
6. Novice Boys Intermediate Hurdle Relay (2x400IH)
7. Frosh Boys Intermediate Hurdle Relay (2x400IH)
8. Varsity Girls Intermediate Hurdle Relay (3x400IH)
9. Novice Girls Intermediate Hurdle Relay (2x400IH)
10. Frosh Girls Intermediate Hurdle Relay (2x400IH)
11. Varsity Boys 4X100 meter Relay.
12. Novice Boys 4X100 meter Relay
13. Frosh Boys 4X100 meter Relay
14. Varsity Girls 4X100 meter Relay
15. Novice Girls 4X100 meter Relay
16. Frosh Girls 4X100 meter Relay
17. Varsity Boys 4X800 meter Relay
18. Novice Boys 4X800 meter Relay (may be combined)
19. Frosh Boys 4X800 meter Relay separate medals)
20. Varsity Girls 4X800 meter Relay
21. Novice Girls 4X800 meter Relay (may be combined)
22. Frosh Girls 4X800 meter Relay separate medals)
23. Varsity Boys 4X200 meter Relay
24. Novice Boys 4X200 meter Relay
25. Frosh Boys 4X200 meter Relay
26. Varsity Girls 4X200 meter Relay
27. Novice Girls 4X200 meter Relay
28. Frosh Girls 4X200 meter Relay
29. Varsity Boys Sprint Medley Relay (400,200,200,800)
30. Varsity Girls Sprint Medley Relay
31. Varsity Boys High Hurdle Relay
32. Novice Boys High Hurdle Relay
33. Frosh Boys High Hurdle Relay
34. Varsity Girls High Hurdle Relay
35. Novice Girls High Hurdle Relay
36. Frosh Girls High Hurdle Relay
37. Varsity Boys Distance Medley (1200, 400, 800, 1600)
38. Novice Boys Distance Medley (may be combined)
39. Frosh Boys Distance Medley separate medals)
40. Varsity Girls Distance Medley
41. Novice Girls Distance Medley (may be combined)
42. Frosh Girls Distance medley separate medals)
43. Varsity Boys 4X400 meter Relay
44. Novice Boys 4X400 meter Relay
45. Frosh Boys 4X400 meter Relay
46. Varsity Girls 4X400 meter Relay
47. Novice Girls 4X400 meter Relay
48. Frosh Girls 4X400 meter Relay

### Field Events:

9:00 AM Girls high jump. Then  
Boys high jump. V & N together

9:00 AM Long Jump: Boys F/N  
Then Girls F/N then Boys Var  
Then Girls Varsity.

9:00 AM Girls Pole Vault, then  
Boys Pole Vault.

9:00 AM Javelin: Girls F/N,  
then Boys F/N, Then Girls  
Varsity, then Boys Varsity.

9:00 AM Boys Varsity Shot,  
Then Frosh & Novice  
Girls Shot after Boys.

9:00 AM Girls Varsity Discus  
Boys Varsity Discus after Girls

9:00 AM Triple Jump: Girls F/N,  
Then Boys F/N, Then Girls Var  
.Then Boys Varsity.

# COMET RELAYS

4/11/20

List number of relays entered in each event. **One Relay Only in Varsity Events.**

## GIRLS

varsity	novice	frosh
<b>TRACK RELAYS:</b>		
___ 4X100	___ 4X100	___ 4X100
___ 4X200	___ 4X200	___ 4X200
___ 4X400	___ 4X400	___ 4X400
___ 4X800	___ 4X800	___ 4X800
___ 4X1600	___ 4x1600	
___ Sprint Med		
___ Distance Med	___ DMR	___ DMR
___ 4X100 H	___ 4X100 H	___ 4X 100 H
___ 3X400 IH	___ 2X400IH	___ 2X400 IH
<b>3 PERSON</b>		
___ 3X LJ	___ 2XLJ	___ 2XLJ
___ 3X TJ	___ 2X TJ	___ 2XTJ
___ 3X HJ	___ 2X HJ (limit 2 teams)	
___ 3X PV		
___ 3X Shot	___ 2X Shot	___ 2X Shot
___ 3X Discus		
___ 3X Javelin	___ 2X Javelin	___ 2X Javelin

## BOYS

varsity	novice	frosh
___ 4X100	___ 4X100	___ 4X100
___ 4X200	___ 4X200	___ 4X200
___ 4X400	___ 4X400	___ 4X400
___ 4X800	___ 4X800	___ 4X800
___ 4X1600	___ 4x1600	
___ Sprint Med		
___ DMR	___ DMR	___ DMR
___ 4X110 H	___ 4X110H	___ 4X110H
___ 3X400 IH	___ 2X400 IH	___ 2X400H
<b>3 PERSON</b>		
___ 3X LJ	___ 2XLJ	___ 2XLJ
___ 3X TJ	___ 2X TJ	___ 2XTJ
___ 3XHJ	___ 2X HJ (limit 2 teams)	
___ 3XPV		
___ 3X Shot	___ 2X Shot	___ 2XShot
___ 3X Discus		
___ 3X Javelin	___ 2X Javelin	___ 2XJav

\_\_\_ # of Running Relay Entries at \$15 = \_\_\_

\_\_\_ # of field relays at \$15 = \_\_\_

ENTRIES CLOSE 4/8/20

Entries Payable to: "Abbingdon Track Club, Inc."  
Tax ID#: 13-4096981

Entry Fee: **\$15per relay .**

Total entry fees enclosed: \_\_\_\_\_

School \_\_\_\_\_ School Enrollment 9-12 \_\_\_\_\_

Address \_\_\_\_\_

Athletic Director Fax # \_\_\_\_\_

Coach \_\_\_\_\_ Cell Phone \_\_\_\_\_

Home Phone \_\_\_\_\_ School Phone \_\_\_\_\_

Coaches e-mail \_\_\_\_\_

Mail Entries to: **Mike Glynn**  
**19 East Lewis Avenue**  
**Pearl River, NY 10965**

Faxes accepted if entry  
fee or voucher brought  
to meet.  
fax# = 845-735-7556

# COMET RELAYS

4/11/20