

THE COMET RELAYS
DELLA TORRE STADIUM HACKENSACK, NEW JERSEY

February 2024

Dear Coach,

Your team is invited to The Comet Relays. Hackensack's Ed Church Track in the 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 13th.

Jim Levitzke
Mike Glynn
Jacob Brown



THE COMET RELAYS
SATURDAY April 13, 2024

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:** \$20 for each relay team.

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

3. **Entries close:** Monday 4/8/24, 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. New Jersey Schools only are invited.

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 Shot & Discus – No Novice/frosh shot or 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. **Directions:** To Hackensack High School and Della Torre Stadium.

Map Quest address: 135 1st 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

Field Events:

9am - Girls High Jump.
Boys High Jump follows Girls

9am - Girls Pole Vault
Boys Pole Vault follows Girls

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

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

9:00 AM Boys Varsity Shot,
Girls Shot after Boys

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

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

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

COMET RELAYS

4/13/24

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

GIRLS

varsity	novice	frosh
TRACK RELAYS:		
___ 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
3 PERSON		
___ 3X LJ	___ 2XLJ	___ 2XLJ
___ 3X TJ	___ 2X TJ	___ 2XTJ
___ 3X HJ	___ 2XHJ (1 Novice HJ only)	
___ 3X PV	___ 2XPV (1 Novice PV only)	
___ 3X 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
3 PERSON		
___ 3X LJ	___ 2XLJ	___ 2XLJ
___ 3X TJ	___ 2X TJ	___ 2XTJ
___ 3XHJ	___ 2XHJ (1 Novice HJ only)	
___ 3XPV	___ 2XPV (1 Novice PV only)	
___ 3X Shot		
___ 3X Discus		
___ 3X Javelin	___ 2X Javelin	___ 2XJav

___ # of Running Relay Entries at \$20 = ___

___ # of field relays at \$20 = ___

ENTRIES CLOSE Monday 4/8/24

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

Entry Fee: **\$20per 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

Email .pdf accepted if
entry fee or voucher
brought to meet.
mike@coachglynn.com

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4/13/24