

Fred McClain Invitational

Penn Relay Qualifier

This meet is to pull together the best field event athletes in the tri-state area and give them one last opportunity to qualify for the Penn Relays. The format is such that it caters to the athlete for optimal performance by only having quality athletes near or passed the Penn Qualifier standard listed on the entry sheet. Please call me and ask if you have any question. Our goal is to have “One” yes one flight per event and then finals. This meet is not a money maker and we hope to only cover operational cost and make this a great opportunity for athletes. We will have weigh ins and carded officials. This meet was a success last year and was requested back this year. This meet is a quick meet due to the limited entries.

This meet is named after Northern Valley Demarest’s Track & Field and Football Coach Fred McClain or better known as “Coach Mac”. It is named after him to recognize one of the greatest coaches of all time. Mac is in the New Jersey Coaches Hall of Fame & the NVD Hall of Fame. Mac has won numerous championships under the Norsemen banner. After retirement from Demarest, Mac retired to his wife’s hometown in Kansas and becomes a Hall of Fame Coach for football - winning a National football title for Madison, Kansas. The Madison Stadium now bears his name. Almost fully out of retirement, Fred now coaches his grandsons Casey and Drew. To many, Mac was the greatest motivator and innovative Coach athletes ever knew. To others, Mac was the best technical Coach they ever knew in the field events. To opponents, he was the most fierce and intense person they had ever met. But to me, I think his greatest asset as a coach and mentor was his ability to see in people what they could not see themselves. I am proud to have been chosen as the successor of his program. I was blessed to have him as my coach and now good friend and confidant. ~ Mike Theuerkauf

Northern Valley Field Event Facilities:

Shot Put ~ Recessed ring and cinder landing area

Discus ~ Recessed ring and grass landing area

Javelin ~ Be prepared to throw off of either a grass and or a synthetic runway

Triple Jump ~ Synthetic runways

- All areas are near each other
- We will rotate each event(s) to completion
- Eight athletes will go to finals
 - Order of events
 - 1) Boy’s & Girl’s ~ Shot & Triple Jump
 - 2) Boy’s & Girl’s ~ Discus
 - 3) Boy’s & Girl’s ~ Javelin

Fred McClain Invitational Penn Relay Field Qualifier

April 4th, 2019

Meet Starts @ 4:00pm

Location: Demarest High School ~ Parking in front lot and on Columbus behind the school near the Discus cage
Events * Athletes must be near the Penn Relay Mark or approved by Coach Turk.

Boy's Penn Qualifying Mark
Triple Jump 45'11.25"
Shot Put 54'11.5"
Discus 157'5"
Javelin 180'5"

Girl's Penn Qualifying Mark
Triple Jump 37'3"
Shot Put 40'0.5"
Discus 129'11"
Javelin 129'11"

Boy's	Athlete 1	Athlete 2	Athlete 3
Triple Jump	_____	_____	_____
Shot Put	_____	_____	_____
Discus	_____	_____	_____
Javelin	_____	_____	_____

Girl's	Athlete 1	Athlete 2	Athlete 3
Triple Jump	_____	_____	_____
Shot Put	_____	_____	_____
Discus	_____	_____	_____
Javelin	_____	_____	_____

\$20.00 Per Entry

Number of Entries _____ x \$20.00 = _____ Total Entry Fee

Make Check out to NVD Track and Field ~ You can bring checks to the meet to if you let me know.

NVRHS @ Demarest

C/O Mike Theuerkauf

150 Knickerbocker Rd

Demarest NJ, 07627

Coach Turk's Cell # 201-264-3451