



March 2024

Dear Coach,

Your school's boys and girls Track and Field team is invited to the 2024 edition of the Steve Pawlowski Relays. This year's edition of the Relays will be held on Saturday April 6th. The Meet is held at Ridgewood's state of the art facility at BF Middle School. We have 8 lanes, 2 shot circles, 2 high jump pits, 2 pole vault pits. Bring your whole team and have a great meet.

The captain of the 2001 Ridgewood boys team was killed in a tragic accident 6 months after graduation from Ridgewood. Steve Pawlowski was an exemplary team leader, outstanding competitor and an important friend to all of us in the Ridgewood track & field program. The meet is named in his honor.

We will have a 1 division meet with Large and Small school scoring divisions. We will score 10 teams in the varsity divisions so that a broad range of teams can earn points toward the winning team trophies. We will give medals to the top 5 teams in each event.

We have sub varsity events in every event except the sprint medley. The 2024 Pawlowski Relays has events for your whole team!

See you April 6th

Jacob Brown
Josh Saladino



The Steve Pawlowski Relays at Ridgewood's Track at BF

Information

1. **Awards:** Medals to the top five teams in each event. Winning Trophy to top team in each of two varsity division based on school size. (Boys and Girls)
2. **Entry Fees:** \$20.00 per relay entered. Make checks payable to: "Abbington Track Club, Inc."
Tax ID#: 13-4096981
3. **Entries close:** Tuesday, 4/2/24, with Josh Saladino, Meet Director,
26 Circle Avenue, Ridgewood, NJ 07450
4. For information concerning this meet:

check the web: <http://www.jacobbrown.com/EntryForms/meetinfo.htm>

Or Email: jacob@jacobbrown.com – put Pawlowski Relays in Subject line.

5. This meet will be run regardless of the weather. Should field events need to be cancelled, they may be rescheduled by decision of the Meet Directors.
6. Only 1 relay in varsity events. Multiple teams in sub 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.
7. Scoring: 12-10-8-7-6-5-4-3-2-1 Field Event Relays: 3 athletes on a team.
Frosh/Novice field event relays: 2 athletes on a team.
8. Please bring safety pins and batons. They will not be supplied.
9. No starting blocks in this meet. 10. ¼ inch spikes are allowed.
11. TOTAL MALE AND FEMALE ENROLLMENT IN GRADES 9, 10, 11, AND 12 MUST BE INCLUDED. We will divide the entered schools by school size and award team trophies in a Large and Small school division.
12. 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.
13. There will be a great food stand run by the Ridgewood Track and Field Parents!

14. **One Relay only in Varsity.**

We have 2 person hurdle relays in the frosh division. **No 2nd teams in discus & Javelin!**
In the Discus and Javelin all first throws will be measured but 2nd & 3rd throws will be measured only if they exceed a minimum line established by the meet officials.

15. **BF Middle School in Ridgewood, 335 North Van Dien Avenue, Ridgewood 07450**

Bus Drop Off at the BF-Middle School Track:

Buses should enter the BF Middle School parking lot, drop off the athletes, circle around and go to the designated Parking area. Buses may not park in the school lot. The School Lot will be reserved for officials and coach driven School Vans. The Parking lot will be closed during the meet.

Parking for parents and fans:

Parking lot at the BF-Middle School lot will be closed. On Street parking is available nearby the school however please follow the street signage as the police will ticket improperly parked cars. Be prepared to walk several blocks to get to the track.

The Steve Pawlowski Relays at Ridgewood's BF Track

ORDER OF EVENTS

Track Events: (Girls followed by Boys)

- 9am 4X1600 meter relay. Varsity & Novice boys and girls teams will run together in this race
4X100 meter Hurdles (or 110 for boys) Varsity, Novice, Frosh(2person)
4X100 meter relay – Varsity, Novice, Frosh
4X800 meter relay – Varsity, Novice, Frosh
4X200 meter relay – Varsity, Novice, Frosh

Moment of Silence for Steve Pawlowski prior to Boys Varsity Sprint Medley

- Sprint Medley Relay (400-200-200-800). California Start – Varsity only.
Distance medley (1200, 400, 800, 1600) – Varsity, Novice, Frosh
3X400 Int. Hurdles – Varsity, Novice, Frosh(2person)
4X400 meter relay (California Start) – Varsity, Novice, Frosh

Field Events: (All levels throw/jump together) - (All cards must be given to the official at the beginning of the event even if the athlete is in another event and will not be competing at the beginning of the event.)

- 9am Girls Triple Jump: Show up and jump . Official will announce when jumps must be completed.
Boys Long Jump: Show up and jump. Official will announce when jumps must be completed.
Boys Pole Vault - Girls Pole Vault will follow boys in 2nd pit.
If entries warrant we run 2 pits concurrently
Boys & Girls Javelin - Show up and throw. At Travell School.
All Levels of Javelin (boys and Girls) will throw together. ((throw 2 &3 will not be measured if short)
Boys Discus - All Levels throw together. (throw 2 &3 will not be measured if short)
Girls High Jump - Boys High Jump. (2 pits - events are concurrent)

9:30am Girls & Boys Shot – 2 circles All Levels throw at the same time.

10:30 (or after 9am event if event takes longer than 90 minutes)

Listen for PA Announcements

- Girls Discus after the boys. All Levels throw together. ((throw 2 &3 will not be measured if short)
Boys Triple Jump - Show up and Jump (will follow Girls Triple Jump)
Girls Long Jump - Show up and Jump (will follow Boys Long Jump)
Girls Pole Vault will follow Boys but warm up ahead of time in 2nd pit.

PAWLOWSKI RELAYS

4/6/24

List number of relays in each event - One Relay only in Varsity Events and Novice Javelin & Discus

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	___ 2X 100 H
___ 3X400 IH	___ 3X400IH	___ 2X400 IH
3 Person Relays		
___ 3X LJ	___ 2XLJ	___ 2XLJ
___ 3X TJ	___ 2X TJ	___ 2XTJ
___ 3X HJ	___ 2X HJ	___ 2XHJ
___ 3X PV	___ 2XPV	___ 2XPV
___ 3X Shot	___ 2X Shot	___ 2X Shot
___ 3X Discus	___ 2X Disc-1team	
___ 3X Javelin	___ 2X Javelin	

BOYS

varsity	novice	frosh
TRACK RELAYS:		
___ 4X100	___ 4X100	___ 4X100
___ 4X200	___ 4X200	___ 4X200
___ 4X400	___ 4X400	___ 4X400
___ 4X800	___ 4X800	___ 4X800
___ 4X1600	___ 4x1600	
___ Sprint Med		
___ DMR	___ DMR	___ DMR
___ 4X110 H	___ 4X110H	___ 2X110H
___ 3X400 IH	___ 3X400 IH	___ 2X400H
3 Person Relays		
___ 3X LJ	___ 2X LJ	___ 2X LJ
___ 3X TJ	___ 2X TJ	___ 2X TJ
___ 3X HJ	___ 2X HJ	___ 2X HJ
___ 3X PV	___ 2XPV	___ 2XPV
___ 3X Shot	___ 2X Shot	___ 2XShot
___ 3X Discus	___ 2X Disc-1team	
___ 3X Javelin	___ 2X Javelin	

___ # Relay Entries at \$20= ___

IMPORTANT

Total School Enrollment 9 to 12 _____

Total Entry Fee = _____

ENTRIES CLOSE 4/2/24

Entries Payable to: "Abbington Track Club, Inc."

Tax ID#: 13-4096981

Entry Fee: **\$20per relay.**

Total entry fees enclosed: _____

School _____

Address _____

Athletic Director Fax # _____

Coach _____ Cell Phone _____

Home Phone _____ School Phone _____

Coaches e-mail _____

Mail Entry Form and Fees to: **Josh Saladino**
26 Circle Avenue
Ridgewood, NJ 07450

Email Entry Form to:
joshsaladino@gmail.com
If postal mail is slow must have voucher or check in hand at the meet.

PAWLOWSKI RELAYS

4/6/24