

PLAINFIELD PAL TSUNAMI  
OPEN INVITATIONAL  
TRACK MEET

Saturday, June 14, 2008 Hub Stine Field, Plainfield, NJ

**REGISTRATION:**

Online Registration: CoachO.com  
Registration Deadline: June 10 2008  
NO ON-SITE REGISTRATION!  
Packet Pickup 8:00AM – 9:00AM  
Coaches Meeting: 8:30AM  
First Race: 9:00 AM

**EVENT FEES:**

\$4.00 PER EVENT  
\$16.00 PER RELAY

**AWARDS:**

**Individual Events:**

Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place  
Ribbons awarded to 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> place

**Relays:**

Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place

**Team Trophies:**

Awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place  
Boys and Girls Teams

**Directions:**

**From North & East:** GSP South to Exit 140A. Follow signs to Route 22 West (Toward Somerville) Take RT 22 to Terrill Road exit (Sears on Corner); Take Jug handle to make Left onto Terrill Road. Go one block past Wendy's and make right onto Seventh Street. Left at second light onto Woodland Avenue. Right onto Randolph Road. (Follow hospital sign). Hub Stine Field is on Right, across from Muhlenburg Regional Hospital.

**From North & South:** Turnpike to exit 10. Follow signs to & Take I-287 North to Exit 4, Durham Ave. Turn right onto Durham Ave. Keep straight, Durham Ave becomes Hamilton Blvd. Turn Right onto Maple Ave. Take maple Ave to Woodland Ave (Golf Course on corner) Make Left onto Woodland Ave. Take Woodland Ave to Randolph Road. Make left (Follow Hospital Sign) Hub Stien Field is on Right, across from Muhlenburg Regional Hospital.

**Order of Events:**

**Running Events**

200H (YG,YB)  
400H (IG, IB, YM, YW)  
3000M (MG, MB, YG, YB, IG, IB, YM, YW)  
100M Semis (ALL)  
400 (ALL)  
1500 (ALL)  
100M Finals (ALL)  
100H (YG, YB, IG, YW)  
110H (IB, YM)  
4X100 RELAY (ALL)  
800M (ALL)  
200M (ALL)  
4X400 RELAY (ALL)

**Field Events**

Shot Put (ALL)  
Discus (MG, MB, YG, YB, IG, IB, YM, YW)  
Long Jump (ALL)  
High Jump (BG, BB, MG, MB, YG, YB, IG, IB, YM, YW)