

**PLAINFIELD TSUNAMI
INVITATIONAL YOUTH
TRACK MEET**



Saturday, July 11, 2009
Scotch Plains-Fanwood High School,
667 Westfield Rd, Scotch Plains, NJ

REGISTRATION:

Online Registration: CoachO.com
Registration Deadline: July 7, 2009
NO ON-SITE REGISTRATION!
NO MONIES ACCEPTED AT THE MEET!
ALL ENTRY FEES MUST BE PAID
ONLINE USING CoachO!

Packet Pickup 8:00AM – 9:00AM
Coaches Meeting: 8:30AM
First Race: 9:00 AM

EVENT FEES:

\$5.00 PER EVENT
\$20.00 PER RELAY

ENTRY LIMITS:

3 Event Maximum including relays

AWARDS:

Individual Events:

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

Relays:

Medals awarded to 1st, 2nd, & 3rd place

Team Trophies:

Awarded to the 1st and 2nd place
Boys and Girls Teams

Order of Events:

Running Events:

(F.A.T. timing will be used)

3000M (MG, MB, IG, IB, YW, YM)
200H (YG, YB)
400H (IG, IB, YM, YW)
100M Semis (ALL)
400 (ALL)
1500 (ALL)
100M Finals (ALL)
80H (MG, MB)
100H (YG, YB, IG, YW)
110H (IB, YM)
4X100 RELAY (ALL)
800M (ALL)
200M (ALL)
4X100 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)

*Field event athletes must supply
their own implements!*

Contact: Kevin Turner

Cell: (908) 209-4461

Email: kevtturner@comcast.net

Directions to Scotch Plains-Fanwood H.S.
667 Westfield Rd., Scotch Plains, NJ 07076

From I-78 West:

- Get off I-78 West at Exit #41 (Berkeley Heights - Scotch Plains).
- At stop sign at bottom of ramp, turn right and go to traffic light (Plainfield Ave.); turn right.
- Proceed on Plainfield Ave. (becomes Bonnie Burn Rd.) to the 2nd traffic light; turn right to go onto the overpass that crosses Route 22.
- Bear right at the bottom of the overpass onto Park Ave. in Scotch Plains.
- Proceed to the 1st traffic light, which comes up immediately (Mountain Ave.); turn left.
- Proceed on Mountain Ave. to 1st traffic light (Westfield Rd.); turn right.
- Proceed on Westfield Rd. through 1 traffic light; high school is on left.

From I-78 East:

- Get off I-78 East at Exit #41 (Scotch Plains - Berkeley Heights)
- At the stop sign at the top of ramp, turn left and go to traffic light (Plainfield Ave.); turn right.
- Proceed on Plainfield Ave. as above.

From Route 22 West:

- Exit right off Route 22 West at sign for Mountain Ave./ Scotch Plains (U and left turn).
- Cross Route 22 and bear right onto Mountain Ave.
- Proceed on Mountain Ave. to 1st traffic light (Westfield Rd.); turn left.
- Proceed on Westfield Rd. through 1 traffic light; high school is on left.

From Route 22 East:

- Exit Route 22 East by turning right onto Park Ave. in Scotch Plains.
- Proceed to the 1st traffic light (Mountain Ave.); turn left.
- Proceed to the 1st traffic light (Westfield Rd.); turn right.
- Proceed on Westfield Rd. as above.

From the Garden State Parkway:

- Get off the GSP at Exit# 135 (Westfield, Clark), exiting onto Central Avenue, following signs for Westfield. (Note: For GSP northbound, go 3/4 around circle; for GSP southbound, use right exit lane and proceed directly.)
- Travel on Central Ave. to the 7th traffic light (intersection with North Ave. in Westfield, just after the railroad overpass); turn left.
- Proceed on North Ave. through Westfield, passing Lord & Taylor store on the left.
- Proceed into Scotch Plains, passing Charlie Brown's Restaurant on the left.
- Proceed through 1 traffic light and make the 1st right turn after the gas station onto Westfield Rd.
- Proceed past Brunner School (on right) to Scotch Plains-Fanwood High School (on right).