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COE-BROWN NORTHWOOD ACADEMY

ATHLETIC DEPARTMENT

907 FIRST NEW HAMPSHIRE TURNPIKE

NORTHWOOD, NH 03261

Telephone: (603) 942-5531

FAX: (603) 942-7537

www.coebrown.org

Matthew J. Skidds

Athletic Director

Voice Mail # 154

The 18th Annual Black Bear Invitational

Greetings Coaches!

The 18th Annual Black Bear Invitational at Coe-Brown Northwood Academy will be held on Saturday April 27th, 2019 starting at 9:00am. This is a varsity level meet.

Each team is allowed to enter **4 athletes per event**, however we will be accepting only a certain number of entries per event (please see Table on p. 3). To help coaches, we have provided where the cutoff was at last year's invitational. All accepted entries will be posted on www.newhampshiretrackandfield.com by Thursday's (4/25) practice times. Please note we have standards for High Jump and Pole Vault.

As always, we trust you all will be inputting honest seed entries. Please convert all hand times to FAT by rounding up and adding .24 (just like the state championship entries).

We will continue to offer the **Middle School Mile**, but will only be accepting the top 15 entries to keep it to 1 heat each. If you have an interested middle schooler, please send an email to Tim Cox (tcx@coebrown.org).

The entry fee for the meet will be \$100 per team or \$190 if a school sends both boys and girls teams. Individuals may be entered at \$10 per athlete. All entries need to be registered via Direct Athletics (www.directathletics.com) and teams must have paid their registration fees; both by 7:00pm, Wednesday, April 25th.

Throwing implements will be certified, so all marks will be eligible for MOC entry.

This will be a scored meet with commemorative plaques being awarded to respective team champions and runner-ups. The top 3 places in each event will receive awards and the outstanding male and female athlete (voted on by coaches) will receive special individualized awards. Refreshments and t-shirts will be sold.

If you have any questions email please Dave Zink (dzink@coebrown.org) or call (942-5531).

Sincerely,

Coe-Brown Track and Field Staff and Athletic Department

Meet Schedule – Coaches Please Read!!!!

8:15-8:45am Check-In & Scratches due at Scorer's Tent ****No Additions****

8:30am Coaches Meeting

9:00am Boys Javelin, Girls Discus, Boys Long Jump, Girls Triple Jump, Girls Pole Vault, and Boys High Jump

9:30am Track portion begins with 3200 meter girls (**1 heat**) and boys (**1 heat**)

9:45am Girls Shot Put

General Information

Standards – You may enter up to **4 in these events**. Note: the numbers in (parentheses) were the cut offs on last year's entries.

Event	Girls	Boys
High Hurdles	Top 40 entries (21.54)	Top 40 entries
300m Hurdles	Top 30 entries (59.89)	Top 30 entries (50.64)
100m	Top 60 entries (14.42)	Top 60 entries (12.64)
200m	Top 42 entries (29.92)	Top 42 entries (25.34)
400m	Top 30 entries (66.34)	Top 30 entries (56.65)
800m	Top 55 entries (2:53.59)	Top 55 entries (2:23.54)
1600m	Top 55 entries (6:34.45)	Top 55 entries (5:15.52)
3200m	Top 25 entries (12:52.13)	Top 25 entries (10:35.18)
Shot Put	Top 48 entries (23'3")	Top 48 entries (32'6.5")
Discus	Top 48 entries (63'4")	Top 48 entries (85'7")
Javelin	Top 30 entries (69'5")	Top 30 entries (115'10")
High Jump	4'6" Standard	5'4" Standard
Triple Jump	Top 36 entries (28'9")	Top 36 entries (26'3")
Long Jump	Top 30 entries (13'10")	Top 30 entries (17'1")
Pole Vault	7'0" Standard	9'0" Standard

- Please convert all hand times to FAT by rounding up and adding .24 (just like the state championship entries).

- Top 18 entries in the 100 in the 'Seeded 100' and top 15 entries in the High Hurdles in the 'Seeded Highs'. Only athletes in the seeded events can qualify for finals.

- High Jump will open at **4'4"** and then go to 4'8" proceeding by 2" increments thereafter. The boys will open at **5'4"** and then go to **5'8"** proceeding by 2" increments thereafter.

- Pole Vault Progressions: Girls 6'6", 7'6", 8'0", 8'6", etc.
Boys 8'6", 9'6", 10'0", etc.

- 800s will be run with a waterfall start. Expect 800 heats to be large.

- There will be finals in Triple Jump, Long Jump, and all 3 throwing events with top seven advancing.

- 1/4" Pyramid Spikes are available for sale @ \$2.00 per pair of shoes

- No one is allowed on the infield except for **currently** competing athletes, their coaches, and officials (the javelin and discus will be contested concurrently).

Thanks, Tim, Brent, Mike, Greg, Nate & Dan