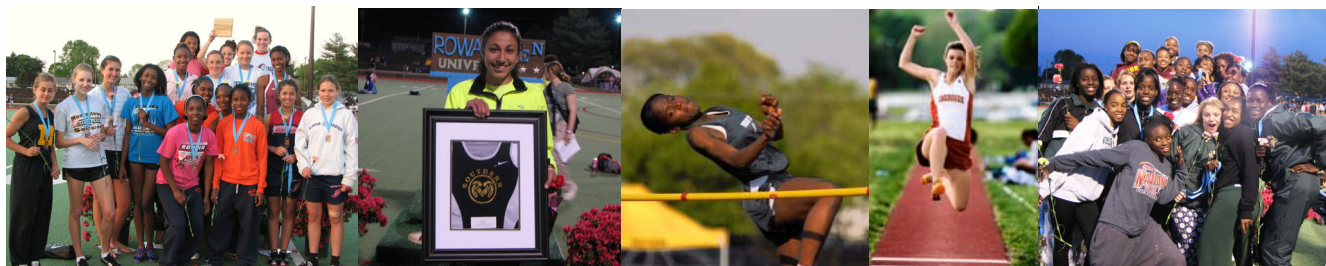


# ROWAN UNIVERSITY GIRLS HIGH SCHOOL OPEN



Friday, May 3 and Saturday, May 4, 2019

*South Jersey's Most Exciting Track and Field Meet held under the lights*

**Dates:** Friday, May 3 & Saturday, May 4, 2019

**Starting Time:** Fri: 4:00pm Field, 5:10 Running, Sat: 4:30pm Field Events, 5:30pm Running.

**\*\*\*WE ARE BACK AT ROWAN THIS YEAR\*\*\*\***

**Entries:** All entries including the middle school events must be done thru Milesplit.  
Any entries not done milesplit will not be accepted.  
**Online Entry Deadline: Wednesday, May 1, 2019**

**Awards:** **Watches** to the winners of each individual & relay event. Medals 2<sup>nd</sup>-6<sup>th</sup> place.  
Plaques to the winning relay teams.  
Medals to the top 3 participants in Emerging Elite section. No awards in Open section.  
**\*\*\*A \$200 scholarship to the school of the winner of the 800m run\*\*\***

- **Field Events:**

- There will be ELITE, EMERGING ELITE & OPEN FOR ALL FIELD EVENTS
- We will use marks from nj.mileplit.com to verify performance.
- **2 athletes for Field Events. 3 athletes will be allowed only if all 3 meet the qualifying standards & verified on nj.mileplit.com**
- **A list of athletes and what section they are accepted in will be posted on [www.rowangirlshsopen.com](http://www.rowangirlshsopen.com) on Thursday, May 2.** Any questions, please contact Ringo Adamson [adamson@rowan.edu](mailto:adamson@rowan.edu)

1. **Athletes must report to the paddock area 20 minutes before the start of their event.**

**No calls made for events.** No ipods in paddock.

2. **Pentathlon:** Any participant in this event cannot compete in any other events.

3. This year there will be a **4 x 1 mile relay.**

4. **Throwing Events:** Elite section – 3 Throws. Top 8 to the finals for 3 additional throws.

Emerging Elite & Open section - 3 attempts. No finals. **1<sup>st</sup> throw will be measured; after that only throws that meet the standard will be measured.**

5. **Long Jump/Triple jump:** Open Pit, 2 runways. The top 9 competitors in Elite Section will advance to the final where they will be allowed 3 additional attempts. **Emerging Elite & Open: 3 jumps. 1<sup>st</sup> Jump will be measured. After that, only jumps that meet the standard will be measured.**

6. **Starting blocks & batons will be provided**--yours are not permitted. Only pyramid spikes (1/4" or less) allowed.

7. All winners should be present for the awards ceremony.

9. Questions or concerns please contact: Ringo Adamson; cell (856) 904-3543; or [adamson@rowan.edu](mailto:adamson@rowan.edu).

**NOTE:** There will be a coaches meeting at 4:30, both days, by the tent.

**ROWAN UNIVERSITY GIRLS HIGH SCHOOL OPEN**  
**Friday, May 3 and Saturday, May 4, 2019**  
**ANTICIPATED TIME SCHEDULE**

**FRIDAY**

**FIELD EVENTS (ALL FIELD EVENTS EXCEPT THE HIGH JUMP WILL BE AT THE WEST CAMPUS)**

- 3:30 **Discus** Elite Section, followed by Emerging Elite, followed by Open  
3:30 **Javelin** Elite Section, followed by Emerging Elite, followed by Open  
**3:30 Shot Put** Elite Section  
**4:30** followed by **Pentathlon Shot Put (Approximate time 4:30)**. Will follow Elite Shot Put  
followed by **Emerging Elite**  
followed by **Open Shot Put**  
3:30 **Long Jump** (2 runways)  
*Seeded sections: Elite (Runway 1) & Emerging Elite (runway 2)*  
*Open will follow Emerging Elite (Open Pit) (runway 2).*  
**Triple Jump** (2 runways).  
*Seeded sections: Elite (Runway 1) following conclusion of Elite Long Jump*  
*Emerging Elite (runway 2) following conclusion of Open Long Jump*  
*Open will follow Emerging Elite (Open Pit) (runway 2).*  
3:30 **Pole Vault** (1 section only)  
5:00 **High Jump** (at the track)  
Elite High Jump, followed by Emerging Elite High Jump  
Followed by **Pentathlon High Jump (Tentative. Will begin at the conclusion of Emerging Elite HJ)**  
Followed by Open High Jump – starting height 4'6")

**TRACK EVENTS**

- 5:00 Track cleared for competition  
**5:05 Browning Ross 2000m Steeplechase**  
5:35 100m Hurdle trials  
6:05 **Pentathlon 100HH**  
6:15 100m Dash trials  
6:40 1500m finals (Ed Mountainland 1500m run)  
7:05 400m finals; on time; in lanes  
7:35 100m Hurdle final  
7:45 2 mile run; on time; 2 heats  
8:15 100m Dash finals  
8:25 **David K. Long Memorial** 800m finals on time (\$200 scholarship to school of the winner).  
8:45 200m finals; on time; in lanes  
9:05 400m Hurdle; finals on time  
9:30 5000m Finals; 1 heat

**SATURDAY**

**FIELD EVENTS**

- 4:30 Pentathlon Long Jump (West Campus)**

**TRACK EVENTS**

- 5:15 Track cleared for competition  
5:30 4x100 Trials  
5:45 Pentathlon 800m Run  
5:50 Distance Medley  
6:15 Shuttle Hurdles  
6:30 800m Run (Middle School)  
6:40 4x100 Finals; (top 8)  
6:45 3x400 IH Finals  
7:00 800m Medley Finals (100-100-200-400)  
7:15 4x1 Mile Finals  
7:55 4x200 Finals  
8:10 4x800 Finals  
8:30 Swedish Relay (100-200-300-400)  
8:40 4x400 Finals

**Meet Director:** Ringo Adamson

**ROWAN UNIVERSITY GIRLS HIGH SCHOOL OPEN 2019 – Entry Form Page 1**  
**PLEASE PRINT CLEARLY**

School: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Athletic Director: \_\_\_\_\_

Head Coach Cell Phone #: \_\_\_\_\_ Head Coach E-Mail: \_\_\_\_\_

Athletic Director E-Mail: \_\_\_\_\_ Athletic Director Signature: \_\_\_\_\_

**ENTRY FORMS and PAYMENT or PURCHASE ORDER DEADLINE: Monday, April 29<sup>th</sup> \*No exceptions**

**Online Registration for all events ends Wednesday, May 1st.**

**E-MAIL entries to: adamson@rowan.edu (email entries only. No mail or fax)**

**MAKE CHECKS PAYABLE TO: ROWAN UNIVERSITY WOMEN'S TRACK**

Mail checks to: Rowan University Women's Track

Attn: Ringo Adamson

ESBY Gym

201 Mullica Hill Road

Glassboro, NJ 08028

**ENTRIES:** Max. 3 Contestants per individual running event; Max. 2 per field event (3 if all 3 meet qualifying standards)

<b>TEAM ENTRY</b>	<b>Entry Fee</b>		<b>Total Entry Fee</b>
TOTAL SCHOOL ENTRY (covers all events; both days)	\$475		
<b>OR</b>			
SCHOOL ENTRY for all events FRIDAY ONLY	\$350		
SCHOOL ENTRY for all events SATURDAY ONLY	\$350		
<b>OR INDIVIDUAL ENTRIES (You must complete page 2)</b>		# of entries	
Relay Teams (Total from page 2)	\$40	x	
Individual Entries (Total from page 2)	\$35	x	
		<b>TOTAL</b>	<b>\$</b>

A list of athletes & what section they are accepted in will be posted on [rowangirlshsopen.com](http://rowangirlshsopen.com) on Thu, May 2, 2019.

**ROWAN UNIVERSITY GIRLS HIGH SCHOOL OPEN 2019 – Entry Form Page 2**  
**Complete Page 2 ONLY if you are NOT a FULL Team Entry.**

**PLEASE PRINT CLEARLY**

School: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Athletic Director: \_\_\_\_\_

Head Coach Cell Phone #: \_\_\_\_\_ Head Coach E-Mail: \_\_\_\_\_

Athletic Director E-Mail: \_\_\_\_\_ Athletic Director Signature: \_\_\_\_\_

**ENTRY FORMS and PAYMENT or PURCHASE ORDER DEADLINE: Monday, April 29<sup>th</sup> \*No exceptions**

**E-MAIL entries to: adamson@rowan.edu (email entries only. No mail or fax)**

**MAKE CHECKS PAYABLE TO: ROWAN UNIVERSITY WOMEN'S TRACK**

Mail checks to: Rowan University Women's Track

Attn: Ringo Adamson

ESBY Gym

201 Mullica Hill Road

Glassboro, NJ 08028

**INDIVIDUAL ENTRY FORM ONLY**

If you are entering a FULL team, you DO NOT need to complete this page.

**# of Contestants**

**(Max 3 per event; Field Events Max 2 per event; 3 if all 3 meet qualifying standards)**

100m Hurdles	_____	x \$35 per athlete =	_____
100m Dash	_____	x \$35 per athlete =	_____
1500m run	_____	x \$35 per athlete =	_____
400m Run	_____	x \$35 per athlete =	_____
2 Mile Run	_____	x \$35 per athlete =	_____
800m Run	_____	x \$35 per athlete =	_____
200m Run	_____	x \$35 per athlete =	_____
400m Hurdles	_____	x \$35 per athlete =	_____
Pentathlon**	_____	x \$35 per athlete =	_____
Shot Put	_____	x \$35 per athlete =	_____
Discus	_____	x \$35 per athlete =	_____
Javelin	_____	x \$35 per athlete =	_____
High Jump	_____	x \$35 per athlete =	_____
Long Jump	_____	x \$35 per athlete =	_____
Triple Jump	_____	x \$35 per athlete =	_____
Pole Vault	_____	x \$35 per athlete =	_____

**RELAY ENTRIES**

4 x 100	_____	x \$40 per team =	_____
Shuttle Hurdles	_____	x \$40 per team =	_____
Dist. Medley Relay	_____	x \$40 per team =	_____
3 x 400 IH (finals)	_____	x \$40 per team =	_____
800m Medley	_____	x \$40 per team =	_____
4 x 1500	_____	x \$40 per team =	_____
4 x 200	_____	x \$40 per team =	_____
4 x 800	_____	x \$40 per team =	_____
Swedish Relay	_____	x \$40 per team =	_____
4 x 400	_____	x \$40 per team =	_____

TOTAL INDIVIDUAL ENTRIES \$ \_\_\_\_\_

(Place Total on Page 1 of Entry Form)

**INDIVIDUAL STANDARDS**  
**(Max 3 Contestants per event)**

**Minimum Qualifying Standard**

100m Hurdles	17.8 seconds	<i>Please respect standards</i>
100m Dash	13.63 seconds	<i>when entering athletes.</i>
1 Mile	6:25 min (1600m)	Please use 1600m seed time when entering
400m Run	66 seconds	
3000 meter Run	13:50 min (3200m)	Please use 3200m seed time when entering
800m Run	2:40 min	
200m Run	29 seconds	
400m Hurdles	72 seconds	
Pentathlon**	(Fri:100HH,High Jump, Shot Put Sat:Long Jump, 800m)	no standard

\*\*Pentathlon is Outdoor National qualifying events.

**FIELD EVENTS**

**Minimum Qualifying Standard**

**(Max 2 Contestants per event; 3 if all 3 meet qualifying standard verifiable through NJRunners.com)**

Shot Put	29'	<i>Note: No measurement if throw/jump</i>
Discus	80'	<i>does not meet the standard.</i>
Javelin	80'	
High Jump	4'6"	
Long Jump	14'0"	
Triple Jump	29'0"	
Pole Vault	8'0"	

**RELAY ENTRIES (1 team per relay)**

4 x 100	60 seconds
Shuttle Hurdles	80 seconds
Dist. Medley Relay	14:50.00.
3 x 400 IH (finals)	4:20.00
800m Medley	2:03.00
4 x 1500	27:30.00
4 x 200	2:02.00
4 x 800	11:20.0
Swedish Relay	NT
4 x 400	4:43.00

**ROWAN UNIVERSITY GIRLS HIGH SCHOOL OPEN  
MIDDLE SCHOOL ENTRY FORM  
PLEASE PRINT CLEARLY**

School: \_\_\_\_\_ Head Coach: \_\_\_\_\_

Athletic Director: \_\_\_\_\_ Head Coach Cell Phone #: \_\_\_\_\_

Head Coach E-Mail: \_\_\_\_\_ Athletic Director E-Mail: \_\_\_\_\_

Athletic Director Signature: \_\_\_\_\_

**ENTRY FORMS and PAYMENT or PURCHASE ORDER DEADLINE: April 29<sup>th</sup> \*No exceptions\***  
Online Registration for all events ends Wednesday, May 1st.

**E-MAIL entries to: adamson@rowan.edu (email entries only. No mail or fax)**  
**MAKE CHECKS PAYABLE TO: ROWAN WOMEN'S TRACK AND FIELD**

Mail checks to: Rowan University Women's Track  
Attn: Ringo Adamson  
ESBY Gym  
201 Mullica Hill Road  
Glassboro, NJ 08028

There will be an 800 Meter Middle School Girls run on Sat., May 4, 2019. The 800 Meter Run will be after the Distance Medley at 5:50.

**ENTRY FEES ARE:**  
\$15 for each 800M runner (5 Maximum)

All Entries will be done through MileSplit NJ  
<http://nj.milesplit.com/>