



## 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](http://www.coebrown.org)

Matthew J. Skidds

Athletic Director

Voice Mail # 154

FOUNDED 1867

## The 16th Annual Black Bear Invitational

Greetings Coaches!

The 16<sup>th</sup> Annual Black Bear Invitational at Coe-Brown Northwood Academy will be held on Saturday April 28th, 2018 starting at 9:00am.

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](http://www.newhampshiretrackandfield.com) by Thursday's practice times.

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.

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](http://www.directathletics.com)) and teams must have paid their registration fees; both by 8:00pm, Wednesday, April 25<sup>th</sup>.

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 Tim Cox ([tcx@coebrown.org](mailto:tcx@coebrown.org)) or call (942-5531).

Sincerely,

Coe-Brown Track and Field Staff and Athletic Department

# The 16<sup>th</sup> Annual Black Bear Invitational

## Order of Events

**RUNNING EVENTS** – girls followed by boys, unless combined. Rolling schedule beginning at 9:30am.

### **9:30 AM**

3200	Finals	
110m HH Seeded	Trials	
100m HH Seeded	Trials	
110m HH Unseeded	Trials	
100m HH Unseeded	Trials	
100m Seeded	Trials	boys then girls
100m Unseeded	Trials	boys then girls
1600m	Unseeded	fast to slow heats
Middle School Mile		

**Beginning 15 minutes after completion of above schedule of events**

100m HH	Finals	
110m HH	Finals	
100m	Finals	
1600m	Seeded	
4x100m	Finals	fast to slow heats
400m	Finals	fast to slow heats
300 IH	Finals	fast to slow heats
800m	Finals	fast to slow heats
200m	Finals	fast to slow heats
4x800m	Finals	fast to slow heats
4x400m	Finals	fast to slow heats

**FIELD EVENTS** – Rolling schedule beginning at 9:00am.

### **9:00 AM**

Boys Javelin  
Girls Shot Put

Girls Triple Jump  
Boys Long Jump  
Boys High Jump  
Girls Pole Vault

### **Immediately following 9:00 AM events**

Girls Javelin  
Boys Shot Put  
Boys Discus  
Boys Triple Jump  
Girls Long Jump  
Girls High Jump  
Boys Pole Vault

### **9:30 AM**

Girls Discus

**\*\*Schedule of events is subject to change pending entry numbers.\*\***

**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 Shot Put, 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)  
Girls Discus

**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 48 entries (23.59)	Top 48 entries
300m Hurdles	Top 36 entries (61.56)	Top 36 entries (60.74)
100m	Top 60 entries (14.79)	Top 60 entries (12.72)
200m	Top 42 entries (29.50)	Top 42 entries (25.64)
400m	Top 30 entries (66.75)	Top 30 entries (56.84)
800m	Top 55 entries (2:56.64)	Top 55 entries (2:26.24)
1600m	Top 55 entries (6:42.65)	Top 55 entries (5:22.84)
3200m	Top 25 entries (12:50.50)	Top 25 entries (10:50.0)
Shot Put	Top 48 entries (23'3")	Top 48 entries (32'1.5")
Discus	Top 48 entries (62'2.5")	Top 48 entries (65'9")
Javelin	Top 30 entries (80'0")	Top 30 entries (115'10")
High Jump	4'6" (opening height)	5'6" (opening height)
Triple Jump	Top 36 entries (27'4")	Top 36 entries (28'0")
Long Jump	Top 30 entries (13'10")	Top 30 entries (16'11.25")
Pole Vault	7'0" (opening height)	9'0" (opening height)

- 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 and Highs will be placed in the 'Seeded 100' and 'Seeded Highs'. Only athletes in this event can qualify for finals.

- High Jump will open at **4'6"** and **5'6"** for girls and boys, respectively. Pole Vault will open at **7'0"** and **9'0"** for girls and boys respectively. The girls will move from 7'0" to 8'0", and then 6" increments

-4x400s will be run with a waterfall start. 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