

THE LOU MOLINO INVITATIONAL

Dear Coach:

Enclosed is the entry to the third annual "Lou Molino Invitational". This meet has been named after Lou for all the years of service and dedication to Bergen County Cross-Country and Track and Field. The meet will offer events for your entire team. Please read the meet information carefully. **Remember FDU has a NEW MONDO surface.**

See you on the 16th,
Meet Directors

1. Date: **February 16, 2012** Site: **F.D.U.** Field House, Hackensack
Time: **4:30 P.M.** **DOORS OPEN at 4:00 P.M. NO SPIKES!!**
2. The **Distance Medley** will be limited to the top twelve teams. The meet directors will be responsible for making these selections. In the Distance Medley, any team that is not accepted will automatically be placed in the 3200 meter relay. The Distance Medley will be run in the outside 4 lanes, which are the **200 meter lanes**.
3. Entry Fee for the meet is \$7.00 per athlete, per event, and \$20.00 per relay.
4. Entry is due: **February 9, 2012**
5. Order of events:
 1. 55 meter dash (girls first) 55 meter hurdles (boys first)
 2. Distance Medley (Varsity only-top 12 teams) (Last chance to
 3. 3200 meter relay (Varsity only) qualify for Easterns)
 4. 800 meter novice and frosh
 5. 300 meter dash
 6. 1600 meter run (Varsity only)
 7. 800 meter run (Varsity only)
 8. 1600 meter relays

In all events the running order will be:

- Varsity Boys
- Varsity Girls
- Novice Boys
- Novice Girls
- Freshmen Boys
- Freshmen Girls

6. Questions? Call: Brian Rodak in the evening (973) 831-2412
Tom Zaccone during the day (201) 529-8217
Mike Glynn during the day (845) 735-7514