

NJSIAA 2020 Winter Track Flash News.

Below is what is new for the 2020 NJSIAA Winter Track Season.

- **Meet of Champions will be held @ Ocean Breeze on Sunday 3/8/20
Boys & Girls on the same day, same time.
10:00am Start Time.**

The events that will be held are the following:

**55 Meter Hurdles, 55 Meter Dash, 400 Meter Dash, 800 Meter Run,
1600 Meter Run, 3200 Meter Run, 4 X 400 Meter Relay
Shot Put, High Jump, & Pole Vault.**

Showcase events will include the following:

Long Jump, Triple Jump, 200 Meter Dash & 4 X 800 Meter Relay

**More information, including the order of events, will be forth coming
once we receive it from the Ocean Breeze Track Personal.**

- **Advancement to the Meet of Champions:
The Top Three place winners from each event from each group & 12
Wildcards from all the groups. (following the spring track model)**
- **For the Meet of Champions, all showcase events, including the 4 X 800
Meter Relay, requires the listing of names on mile split. If there is a
failure to do so, the athletes will not be permitted to compete.**
- **Snaking of the hurdles and dash trials was approved by the committee.**
- **Committee also approved to extend the warm up time 15 minutes for
those athletes passing consecutive heights in the High Jump & Pole
Vault.**
- **High Jump/Pole Vault Opening Heights for the Group Meets and MOC.
Based on the qualification from the Sectional Meets, the MIDPOINT will
Be determined and then the opening height will be one height below the
midpoint. (example: Midpoint PV. 13'0, Opening Height 12' 6")**
- **Regarding the new NFHS relay exchange zone (30 meter zone),
That new exchange zone will go in effect for the spring of 2020.
It will not be used at any NJSIAA State Events.**

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION
1161 Route 130/33, P.O. Box 487, Robbinsville, N.J. 08691-0487
2020 NJSIAA/M-F Athletic
BOYS/GIRLS STATE WINTER TRACK CHAMPIONSHIPS

The NJSIAA extends a most cordial invitation to you and your school to participate in the **2020 State Winter Track Championships**. Attached are the instructions and entry forms for your school.

NOTE: Eligibility requirements for the NJSIAA/M-F Athletic Winter Track Championships

RULE 19. Cross-Country, Winter Track, and Outdoor Track

Section 1. Rules. *The National Federation Track and Field and Cross-Country Rules (2018)*, unless herein modified, shall govern all NJSIAA winter track meets.

Section 2. Start of Practice.

Article 2... **Winter Track** – Monday after Thanksgiving. (**Tryouts/practice may be conducted on November 25th, 26th, and 27th, but these do not count toward the six-day practice rule**)

Section 3. Start of Regular Schedule.

Article 1.... **Thursday before the third Saturday of December (December 19th, 2019)**

Section 4. End of Season (From Rule 2, Section 10) **Winter Track Season ends March 8th, 2020.**

Section 6. Meets Per Day. A competitor shall not compete in more than one meet during the same calendar day.

Section 7. Meets Per Week. A student shall be permitted to participate in a maximum of three (3) meets per week (including scrimmages as provided for in Rule 2, Section 7 [A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until he/she has completed SIX DAYS OF PRACTICE IN THAT SPORT (days of 24 hours, not sessions). Practices during the Summer Recess prior to the official opening of the Sports Season cannot be counted to fulfill this requirement.], and sanctioned and championship invitational meets). During the season, team members who compete in outside meets with the approval of the **2019 NJSIAA** school remain eligible for NJSIAA competition; such meets to be counted as part of the maximum three (3) per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule. (National Federation approved meets are exceptions to this rule.) You may play one four-meet week.

Section 8. Postponed Meets. One (1) postponed meet per week may be worked into the schedule, but under no circumstances may a student compete on three (3) consecutive days.

Section 9. Officials.

Article 1.... It shall be required that at least two (2) NJSIAA registered track officials be used to officiate in any County, Conference, Invitational, Championship or NJSIAA meets involving four (4) or more teams. Whenever possible, all officials in these meets should be registered.

Article 3.... In all dual and triangular Winter Track Meets there shall be at least one (2) NJSIAA registered track officials; one official to supervise Running Events and designated as the Meet Referee and/or Starter and/or Head Finish Judge; the other to supervise the Field Events and designated Head Field Judge.

Section 10 Jewelry. Religious medals and medical alert medallions must be taped to the body. **Watches are not permitted to be worn.**

RULE 20. WINTER TRACK

Sections 1 through 3 Same as Rule 19.

Section 4. End of Season. **March 8th, 2020**

Section 5. Transfers on or after **January 14th, 2020**, are not eligible for post-season play. (See Article IV, Section 4. K.(2). Sections 6 through 10. Same as Rule 19.

Section 11. Number of Contestants.

Article 1... Dual Meet Competition – Each team shall be entitled to at least five (5) entries per event.

NOTE: This will also apply to Rule 21. Outdoor Track.

Article 2... Triangular Competition – Each team shall be entitled to four (4) entries per event.

Article 3... Open, Conference and Championship Meets – Entries determined by sanctioning body or Meet Director.

Section 12. Standard Events – Boys. As follows: 55m, 55m high hurdles (39”), 400m, 800m, 1600m, 3200m, 1600m Relay, Shot Put, High Jump, and Pole Vault. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

Section 13. Standard Events – Girls. As follows: 55m, 55m high hurdles (33”), 400m, 800m, 1600m, 3200m, 1600m Relay, Shot Put, High Jump, and Pole Vault. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

COACHES MUST HAVE A COPY OF THESE INSTRUCTIONS AVAILABLE AT EACH MEET. IF, AFTER READING THIS MATERIAL YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE MEET DIRECTOR.

ATTENTION: PUBLIC AND NON-PUBLIC TEAMS WILL COMPETE IN **DIFFERENT** BRACKET FOR ALL MEETS, EXCEPT THE MEET OF CHAMPIONS. YOU MAY ONLY COMPETE IN THAT GROUP, IF YOU COMPETE IN ANOTHER GROUP YOU ARE DISQUALIFIED FROM THAT EVENT.

The number of public school participants in ALL GROUPS has been equalized by dividing the schools who have indicated through their School Information Update Form that they offer WINTER TRACK into four (4) groups, based on enrollment. **PLEASE CHECK CAREFULLY THE CLASSIFICATION LISTING FOR WINTER TRACK.**

Point of Emphasis

Milesplitnj lists will be used to seed all races in the Sectionals (Public Schools) and Group Meet (Non-Public Schools). The classification of Non-Public Schools will be based on entries received, as is done in cross-country.

Bill Bruno, Tournament Director

Larry White, Executive Director, NJSIAA

ENTRY GUIDELINES

Attention Athletic Directors & Winter Track Coaches

1. There will be no semi-finals in the Group Meet. Advancement from the trials will be based on time only as long as fully-automatic timing is available.
2. ELECTRONIC DEVICES - RADIOS, TAPE RECORDERS, AND OTHER ELECTRONIC COMMUNICATING DEVICES ARE PERMITTED IN **Non-Contestant areas for coaching purposes only**. VIOLATORS MAY BE ASKED TO LEAVE THE VENUE AND THEIR TEAMS MAY BE DISQUALIFIED FROM THE MEET. CONTESTANTS VIOLATING THIS RULE WILL BE DISQUALIFIED.
3. ALL ENTRIES MUST BE **POSTMARKED** BY THE DEADLINE DATES.
 - a. **State Relay Meet - Entry Deadline –Friday, January 3rd, 2020**
 - b. To ensure that your school's rosters are in the Relay Meet Program, rosters MUST be received by January 7th, 2020.
 - c. **State Sectional (Public) & Group Meet (Non-Public) – All Entries Close Jan. 17th, 2020.**
 - d. To ensure that your school's rosters are in the Sectional (Public) or GROUP Meet Program (Non-Public), rosters MUST be received by JANUARY 10th, 2020.
4. ENTRIES POSTMARKED AFTER THE DEADLINE DATE (Jan. 3rd for Relays and Jan 17th, 2020 for Individual Sectional/Group Meet) MAY NOT BE ACCEPTED. If an entry is accepted late, **a fee of \$150.00** per team may be assessed.

MAIL ENTRY FEES AND ENTRY FORMS TO:

Work Phone: (609) 259-2776
Cell Phone: (732) 278-5385

Mr. Bill Bruno
NJSIAA
1161 ROUTE 130/33 NORTH
P.O. BOX 487
ROBBINSVILLE, New Jersey 08691

NOTE: Sending entries by certified mail slows delivery by up to two weeks. Use the self-addressed envelope/postcard to confirm receipt of entries. **(NO FAXES PLEASE!) Entries can be found on milesplitnj.**

ENTRY FEE: Once you figured out your entry fee, enclose the check (or voucher) with the Entry Form. If you have a problem getting the check (or voucher), send the Entry Form in with a note stating fee (or voucher) will come later.

5. SCHOOLS REQUESTING CONFIRMATION THAT ENTRY FORM(S) HAS BEEN RECEIVED AND/OR USING VOUCHERS THAT MUST BE RETURNED, **MUST ENCLOSE A SELF-ADDRESSED ENVELOPE** TO ENABLE THE MEET DIRECTOR TO CONFIRM RECEIPT OF ENTRY AND/OR TO RETURN VOUCHERS.
6. POSTPONEMENTS--In case of inclement weather the day of the meet, **check the NJSIAA website www.njsiaa.org**; then, if necessary, coaches may contact the following individuals listed below between 5:00 A.M. and 7:00 A.M. for morning meets, and 10:00 A.M. to Noon for afternoon meets.

NORTH I & II

Bill Bruno
Cell: (732) 278-5385

CENTRAL-SOUTH

Ed Colona
B.P. (609) 259-2776 - Cell: (609)-386-5463

The success of our Winter Track Program is dependent upon the complete cooperation of our member schools. PLEASE DO YOUR PART. We appreciate your entry in the Winter Track Meets and wish you the best of luck.

Bill Bruno, Tournament Director

Larry White, Executive Director, NJSIAA

2020 NJSIAA/ M-F Athletic Winter Track Tournament GENERAL INSTRUCTIONS FOR ALL MEETS

I. ENTRY GUIDELINES

A. ENTRY FEES - STATE RELAY and STATE INDIVIDUAL GROUP

1. (STATE CHAMPIONSHIP entry fees are covered by the State Group fees.)
2. STATE RELAY CHAMPIONSHIPS - Relay Team -\$22.00 per team, per event-One relay team per School per event.
3. STATE GROUP AND STATE CHAMPIONSHIPS - \$14.00 per contestant, per event.
4. ALL CHECKS MUST HAVE SCHOOL'S NAME ON THEM AND MUST BE MADE PAYABLE TO THE NJSIAA. NO CASH WILL BE ACCEPTED.
5. THE EXECUTIVE COMMITTEE OF THE NJSIAA HAS RULED THAT MEMBER SCHOOLS FAILING TO FORWARD TOURNAMENT FORMS TO THE PROPER ADDRESS WILL BE EXCLUDED FROM TOURNAMENT COMPETITION IN THAT SPORT. ONCE ENTRIES **OR PARTS OF ENTRIES** HAVE BEEN RECEIVED, NO REFUNDS WILL BE MADE FOR ANY ENTRANTS FAILING TO COMPETE, REGARDLESS OF REASON(S).

B. HOW TO ENTER THE MEETS

FOUR components make up an entry:

1. **Entry Forms** - Entry Forms are attached to these regulations.
 - a. General Instructions for both Relay and Group Meets
 - (1) Fill in High School's FORMAL name (for example: Abraham Clark, NOT Roselle)
 - (2) Fill in your official NJSIAA Section and Group from the Winter Track Group Classification List (See www.njsiaa.org Click on SPORTS INFORMATION, then WINTER TRACK, then 2018/2019 and 2019/2020 INDOOR TRACK CLASSIFICATION.)

NOTE: On the NJSIAA website under WINTER TRACK, there is a list of Groups for those schools who have indicated through the on-line NJSIAA Directory School Manger, that they offer winter track. If you are not on that list, **you must call to be placed in the appropriate section and group by the central office.**

- (3) PRINT or TYPE clearly the Head Coach(es)' name(s), and school and **home or cell phone numbers**. These numbers are important. If there is a problem with your entry, the NJSIAA office needs to be able to reach you during hours other than school hours, especially during times when schools are closed for various holidays during the winter season. You may substitute a CELL PHONE for your Home Phone if you wish.
- (4) Fill out the worksheet for EVENTS to figure out the fee you will be charged (\$22 per relay and \$14.00 per individual per event).

Note: ENTRIES FINAL - The TOTAL number of events listed on the ENTRY FORM are final and will not be changed after they have been received by the Meet Director. The coach is not held to the individual events. *For example, the coach of School A signs up for the 4x200, distance medley, and the 4x800 for a TOTAL of three relay events. On the day of the meet, School A may enter ANY THREE relays.* In the Sectional Meet (Public) or Group Meet (Non-Public), the same applies. For the Sectional Meet [Public; Group Meet for Non-Public], the THREE ENTRIES per EVENT per school regulation remains in force at all times.

- (5) Please list full names of assistant coaches and STUDENT Managers. Adults claiming to be managers will not be admitted without paying the appropriate admission fee.

Make sure Entry Forms (**two pages for each meet**) are signed by your athletic director, Principal and Head Coach(es).

Instructions to enter meet using MileSplit's Online Meet Registration System



nj.milesplit.com > [Calendar](#) > [Registration Meet Page](#)

- **Claim Team - [MileSplit Team Pages](#) - [Claim Team / Roster Video Tutorial](#)**
 - If you have already claimed your team while entering the NJSIAA meets you are all set and can continue to editing / managing your rosters after logging in.
 - If you haven't claimed your team in the past go to the TEAMS page, find your team, claim it on the bottom right. *Please provide a school email or another way for the webmaster to quickly verify your coaching connection with the school.*
 - The webmaster will approve your claim within 24 hours if not immediately.
- **Editing Team Rosters - [Claim Team / Roster Video Tutorial](#)**
 - These MileSplit rosters replace your Hytek rosters, it is important to maintain them.
 - Once you have claimed your team and are approved, go to your team page and click on the Team Manager button located under the team name.
 - There you should see a menu to the left, click on Roster. If the menu is one color or hard to see try to change the colors.
 - Please do not "delete" athletes by changing their name to someone else, every athlete has their own career stats profile that never disappears.
 - *If you see misspellings click the name and make the correction.
 - *If you see duplicate athletes report them to rkellert@milesplit.com for merging.
 - *If an athlete does not have a graduation year add it, lets the program know when to push athletes to the alumni page and ranks them correctly by grade in the database.
 - *The XC and TF tags designate the rosters that will be available during online registration. Please make sure that athletes needed for the meet have the correct tags, and they can have both without issue.
 - If you need new athletes not listed click Add Athlete and fill out their basic information.
 - If there are graduated athletes on your roster, give them an appropriate graduation year to move to alumni.
- **Entering a Meet Online - [Meet Entry Video Example Tutorial](#)**
 - You should have already claimed your team and managed your roster.
 - Click the NJ MileSplit site's calendar and find the [NJSIAA State Meet Entry page](#).
 - On the meet page you will see a green 'Register Online Now' button.
 - From there you will enter your school and fill out the needed information.
 - Make sure you CHECK BOX the correct divisions or else no events will show and you'll have to Edit Divisions Entered later on.
 - After entering the divisions you will see all the events where you can enter the athletes.
 - When finished click done editing.
 - You can always go back and edit entries via the green Register Online Now button.

Run into problems or questions? Contact rkellert@milesplit.com with details such as team, meet, etc...

No seeds will be used for performances that take place after 12:00 MIDNIGHT on Monday, Jan 13th, 2020, for the relays; or after 12:00 MIDNIGHT on Monday Feb. 10th, 2020 for Sectionals held between –Feb. 14 – Feb 16th or after 12:00 MIDNIGHT on Monday Feb. 17th for sectionals held on Feb 21st - Feb 23rd or after 12:00 Midnight Monday Feb 24th for the Group Meets beginning on Feb. 28th.

NOTE 1: IF ANY OF THE FOUR PARTS OF THIS PROCESS ARE RECEIVED, THE SCHOOL WILL BE BILLED APPROPRIATELY WHETHER OR NOT THE PROCESS WAS COMPLETED AND/OR THE TEAM AND/OR INDIVIDUALS ACTUALLY PARTICIPATED IN A MEET.

NOTE 2: FAILURE TO COMPLETE THE ENTIRE PROCESS MAY RESULT IN INDIVIDUALS OR TEAMS NOT BEING ALLOWED TO COMPETE.

4. **ATTENTION ATHLETIC DIRECTOR/COACHES**

Schools entering individuals and not presently competing on an interscholastic basis are advised to read carefully the Procedures "Coaches" Appointed to Accompany Teams or Individuals to NJSIAA Championships in the NJSIAA Handbook. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching capacity who is not properly certified and appointed by the Board of Education. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Season Practice. If a substitute coach is used, written authority from the school's Principal must be presented.

II. **ADVANCEMENT REGULATIONS**

To Qualify for the Sectional Meet - (Public Schools) A school may enter three (3) CONTESTANTS IN EACH INDIVIDUAL EVENT. No alternates are permitted in individual events.

All qualifiers (i.e. all medal winners) will be promptly announced at all meets. Contestants must be instructed to pay attention to all announcements. THIS IS THE RESPONSIBILITY OF THE INDIVIDUAL CONTESTANT AND COACHES, NOT THE MEET DIRECTOR'S RESPONSIBILITY.

A. **TO ADVANCE TO THE STATE GROUP CHAMPIONSHIPS**

1. Public Schools - A contestant must qualify in the Sectional Meet by placing in one of the first six (6) places **in the finals only** in an event in his/her Group. All ties for Sixth (6th) Place will advance.
2. Non-Public Schools - Since a Sectional Meet is not conducted for non-public schools, a nonpublic school may enter three (3) contestants in each individual event in the State Group Championship meet. NO ALTERNATES PERMITTED IN INDIVIDUAL EVENTS.

PLEASE NOTE NON-PUBLIC GROUPINGS THAT APPLY ONLY TO INDOOR TRACK.

NO APPEALS WILL BE CONSIDERED PRIOR TO THE MEET FOR ADVANCEMENT TO THE STATE GROUP CHAMPIONSHIP

B. TO ADVANCE TO STATE CHAMPIONSHIPS - PUBLIC AND NON-PUBLIC SCHOOLS - ALL EVENTS

1. Contestants must qualify in the State Group Championships by **placing in one of the first three (3) places in any event in their Group.**
2. **12 WILDCARDS** from all groups in each event from all six groups (Public 1, 2, 3, and 4, Non-Public A and B) will advance to the MOC. (Following the Spring Track Model)
3. **To qualify for the, Long Jump, Triple Jump, 4 x 800m relay & 200 meter Showcase, the top 24 boys and top 24 girls as ranked on Milesplit are invited to participate. The invitation has to be accepted by 12:00 Noon on Tuesday March 3rd 2020.**

NO APPEALS WILL BE CONSIDERED PRIOR TO THE MEET FOR ADVANCEMENT TO THE STATE CHAMPIONSHIPS IN ANY EVENT.

III GENERAL INFORMATION FOR ALL MEETS

NEW SINCE 2019: Meet Management reserves the right to relocate an event to another venue if conditions warrant it.

1. **Before an event gets underway, the event may be delayed until another venue becomes available.**
2. **If an event is underway and the venue becomes unsafe and the health, wellbeing and safety of the student-athlete is at risk, meet management, after consulting with venue officials and coaches, may postpone the event and resume where the event left off at another venue.**

A. **RULES 2019-2020** National Federation Track and Field Rules with NJSIAA options shall govern the running of these meets; unless modified herein. All NJSIAA eligibility rules will be in force.

B. EQUIPMENT

1. Uniforms - National Federation Rule 4, Section 3, Articles 1-2-3-4-5 **WILL BE ENFORCED.**
 - a. Each contestant must be properly attired in the school's issued uniform (i.e., jersey, running trunks, and shoes) during the meet.
 - b. ALL RELAY TEAM MEMBERS MUST WEAR THE SAME COLOR JERSEY, TRUNKS, AND SAME COLOR UNDER GARMENT (for those wearing a visible under garment).
 - c. Field event contestants must be properly attired in school-issued, legal track uniforms.
 - d. Because of automatic timing, every runner must wear the jersey tucked into his/her uniform's shorts.
2. JEWELRY WILL BE PERMITTED. THIS ALSO INCLUDES ANY TYPE OF WRIST BANDS. RELIGIOUS MEDALS/MEDICAL ALERT MEDALS MAY BE WORN IF TAPED TO THE BODY. WATCHES, however are STILL NOT ALLOWED to be worn.
3. Batons - Schools must provide their own batons for all meets. Please refer to National Federation Rule 5-4, Art. 3, concerning baton specifications.
4. Shots - All 12 lb. shot-puts (boys) and 4 k shots (girls) **will be supplied by meet management. They will be soft indoor shots. All warm-ups must be done with these shots.**
5. Shoes
 - a. Pyramid spikes [maximum 1/8" in length] will be permitted.
 - b. Spikes will be checked. Schools found to be using illegal spiked shoes not properly tagged **will be fined \$150.00**, payable to the facility for the damage done by spikes that are too long and/or not the correct style (pyramid spikes only).

- c. **NO SPIKES ARE TO BE WORN IN THE INTERMEDIATE EAST BUILDING ANYWHERE AT ANY TIME**
- d. **NO TAPE ON THE TRACK SURFACE THIS WILL ALSO RESULT IN THE SAME FINE AS ABOVE**

6. Starting Blocks

- a. Starting blocks or other aids, including the use of personnel to support the feet of the contestant, will NOT be permitted.
- b. Starting blocks will be permitted in the FINALS ONLY of the Dash and Hurdles @ the Sectional Meets.
- c. Starting blocks, supplied by meet management, will be permitted in the Group Meet and the Meet of Champions in the trials and finals of 55m Hurdles and 55m, **the 200m Showcase**, the 400m, and 4x400m Relay.

C. **CONTESTANT - ALL MEETS**

1. Each competitor is assigned a new athlete number, at each level of the state meets. **Cards will not** be used for any of the running events. All information for entry into the track events will be provided by the coach through the milesplit entry process. Coaches are strongly encouraged to enter the maximum number allowed in each event. (6 entries in the individual events of which only 3 may participate and 8 entries in the running relays of which only 4 may participate)
2. Special Cards will be used for the field events (High Jump, Pole Vault and Shot Put). Coaches must enter their athletes through the milesplit entry process. Again, coaches are reminded to enter the maximum number of athletes allowed in these events (4 entries in each event of which only 2 may participate)
3. Check in process and Reporting
 - a. Teams must have entered both the milesplit process and submitted their completed state entry form to be listed on the performance list.
 - b. The performance list of events will be generated from the coach's information and located at the clerking table for the running events. The check in for the field events is at each event site. Coaches need to check in each athlete and if needed scratch from those events.
 - c. Once an event is closed, the performance sheet is passed to the timer's table and is re-seeded based on that information. All athletes listed on this sheet are considered to have entered the event, and it becomes one of the four events in which they may participate. Athletes are then called to report for the event.
 - d. The updated event sheet is given to the clerk to assemble the athletes, and give them their heat assignments, lane assignment and hip numbers.
 - e. The line clerk will organize the athletes, check uniforms and guide them to the track
 - f. The field event check in process, has the coach pick up a blank field card and a pre-printed label for each athlete from the official. The coach then must submit the completed card ito the field event official. The coach must sign the Pole Vault card to verify the weight of the vaulter.
 - g. Once an event is closed there will be no changes or additions

D. **ELIMINATION OF EVENTS**

The NJSIAA Track Committee reserves the right to eliminate any event, the running of which is not warranted by a sufficient number of entries.

E. **ELEVATION OF CROSSBARS**

The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided by the coaches and verified by milesplit. However, the opening heights will be no lower than: High Jump (Boys 5' Girls 4') Pole Vault (Boys 9' Girls 7')

The “one remaining” rule and “3 or less” rule is not applicable to the high Jump and pole vault relays. [Contestant cannot ask the bar to be raised to any different height than the designated increments, nor does the contestant receive extra time to complete an attempt]. Otherwise, the event will be contested following the same rules as the individual high jump event: Each contestant stays “alive” until he/she has three (3) consecutive misses. Also note competition for the team ends immediately as soon as one of the team members “No Heights.”

F. **OFFICIALS**

NJSIAA State Relay, State Group, and State Championship Director will adhere to the Executive Committee policy of hiring only NJSIAA-registered track officials for all positions of an officiating nature.

G. **SCORING**

1. Points will be scored according to the 2019-2020 National Federation Track and Field Rules (i.e. 10, 8, 6, 4, 2, 1 for first [1st] through sixth [6th] place respectively).
2. Ties for sixth (6th) place will be scored as a fraction of the one (1) point.

H. **SEEDING**

1. Seeding procedures for the State Relay Championship, the Sectionals, the State Group Championships, and the State Championships (Meet of Champions) have been established by the NJSIAA Track Committee in cooperation with the Meet Director. When an event has been declared closed, there will be no additions or re-seeding. In all meets, the highest seeded sections will run LAST. In field events, the highest seeded performers will perform last.
 - a. All seeds must be from the current season. (Last season times are not acceptable.)
 - b. No outdoor seeds or relay splits will be accepted.
 - c. Seeds must have been done on 200m tracks at the correct distances. No converted times (example: a converted 1,500 meter time is not acceptable for the 1,600 meters; **however, conversions from mile and two miles to 1600 and 3200 will be accepted.**) in meets involving five or more teams of the same gender. [The only exception would be meets with less than five teams that use fully automatic timing.
 - d. ONLY FULLY-AUTOMATIC TIMES WILL BE ACCEPTED
 - e. **The following procedures will be followed for the sectionals (public) and the Non Public Group Meet:**
 - (1) milesplit will continue what they did for the relays for these above mentioned meets.
 - (2) Meet Director will download them as late as possible for each meet, copy them and place them in the coaches' packets as a basis for their seeding.

F. State Relays:

1. Milesplit will be used to create a verification list of running event relays and will be used as a basis of seeding the meets.
2. The performance list of the relay/contestants in the State Relay and Individual Sectional (PUBLIC) or Group (Non-Public) Championships will be displayed at the clerking table the day of each meet. Coaches are to check in each Relay (in Relay Championships) or each contestant which indicates the athlete's best time/height/distance from the current season based on those submitted entries via Milesplit.
3. The relay teams/contestants will check in with the clerk (or field event judge). Heats (or flights in field events) will be determined from the performance list. If no time/distance/height is provided on list, the relay team/contestant will not be seeded. Seeding for final heats will be determined by time from the list and / or trials. Once a contestant checks in, the contestant is considered as having competed whether or not he/she actually does.
4. State Championships (Meet of Champions)
 - a. Seeding for the State Championships will be determined on the basis of the results of the State Group TIMES in the FINALS of running events and the best efforts in the field events, and will constitute the **only** criterion.
 - b. In field events, State Group results will be used to determine flights and order of performances.
 - c. FOR RUNNING EVENTS ONLY, the clerks will give each runner **two hip numbers**, which are to be worn **on the left hip and the left chest**. Please caution athletes to dispose of these hip numbers properly. The adhesive used on these hip numbers makes them next to impossible to remove when they come in contact with wood, concrete, and synthetic floors. Our continued use of the Bennett Center depends on how well our athletes dispose of these numbers.
 - d. State Championships (Meet Of Champions) seeding will be done on time, unless coaches of STATE GROUP WINNERS file for advancement in seeding, based on a VERIFIED, previous performance. This must be done by Noon March 3rd, 2020.

I. COACHES/CONTESTANTS

1. CONTESTANTS WHO APPEAR AT THE STATE RELAY CHAMPIONSHIPS, STATE Sectional Meets, GROUP CHAMPIONSHIPS, OR STATE CHAMPIONSHIPS WITHOUT THEIR COACH (OR CERTIFIED MEMBER OF THE FACULTY) WILL BE DISQUALIFIED. **TEAM MEMBERS WILL NOT BE ADMITTED IN ADVANCE OF THE ARRIVAL OF THE COACH.**
2. PLEASE NOTE THAT THE TIME SCHEDULE IS A TENTATIVE ONE. IF THE MEET SHOULD RUN AHEAD OF SCHEDULE, THEN IT IS THE RESPONSIBILITY OF THE INDIVIDUAL COMPETING TO REPORT WHEN HIS/HER EVENT IS CALLED. ALL COACHES SHOULD ADVISE THEIR CONTESTANTS **TO BE PRESENT AT LEAST ONE (1) HOUR BEFORE THEIR EVENTS ARE SCHEDULED**. PLEASE MAKE SURE YOUR CONTESTANTS ARE ON TIME.

J. COACHES' RESTRICTIONS (Coaches, please note.)

Coaches are not to enter upon the running area, or the field event areas, during the course of the meet; and they are not permitted to communicate with their contestants in these areas. THIS RULE WILL BE ENFORCED, AND MAY RESULT IN THE DISQUALIFICATION OF THE CONTESTANT.

1. A "Coaches Box" will be established near the finish line if possible. To use this box, each coach must wear his/her Coach's Pass (found in your packet) **in such a way that it is clearly visible to security personnel**. These coaches' passes are to be used for identification purposes only. **They are not admission tickets. NO FOOD OR DRINKS ALLOWED IN COACHES BOXES.**
2. A second "Coaches Box" will be established on the infield between the high jump pits and pole. Its only purpose is to allow the coaches to observe their jumpers. Contestants may come over to the box and talk with their coaches, but coaches must remain in the "box." To use this box, each coach **must wear his/her Coach's Pass (found in your packet) in such a way that it is clearly visible to security personnel**. These coaches' passes are to be used for identification purposes only. They are not admission tickets. NO FOOD OR DRINKS ALLOWED IN COACHES BOXES.

K. **FOOD, BEVERAGES, RADIOS, AND VALUABLES**

1. Only water is permitted on the main floors. FOOD and beverage for Toms River venue must be consumed in the area designated.
2. **Only water is ALLOWED IN THE CHECK-IN AREAS.** Please instruct contestants to use trash receptacles - DO NOT LITTER. THE NJSIAA WILL NOT BE RESPONSIBLE FOR STOLEN OR LOST ARTICLES. RADIOS, TAPE RECORDERS, AND OTHER ELECTRONIC COMMUNICATING DEVICES ARE NOT PERMITTED IN any venue. VIOLATORS MAY BE ASKED TO LEAVE THE GYM AND THEIR TEAMS MAY BE DISQUALIFIED FROM THE MEET. CONTESTANTS VIOLATING THIS RULE WILL BE DISQUALIFIED.

IV. **MEET PROCEDURES**

A. **STATE RELAY CHAMPIONSHIP MEET**

1. The Distance Medley and the Sprint Medley will be run in the order as shown in parentheses. In the Distance Medley, and 4x800m Relay, the leadoff leg will be run in boxed alleys ("California start").
2. **Because of the size of these meets, all races 4x400 meters or longer, will be run in alleys. Only the shuttle hurdles and 4x200 will be run in lanes.**
3. Competitions Rule for Shot Put and High Jump Relay
 - a. Shot Put Relay Rule
 - (1) Each team {two (2) contestants} will be allowed three (3) throws (no Finals).
 - (2) Total distance of contestants' best throws will count as Distance recorded for final score for the team. [Both contestants must have a measured throw to be eligible for a place.]
 - b. High Jump/Pole Vault Relay Rule
 - (1) Each member of the team will remain active until he/she accumulates three consecutive misses (i.e. same rules that govern the individual high jump/pole vault. No limits on attempts. No three-total-misses rule.) The combined best height for each contestant counts for the total of the team. Both contestants must clear a height to be eligible for a place. A jumper does not remain active if his/her partner fails to clear a height.

Note: High Jump & Pole Vault **NO TEAM MEMBER** may pass more than two consecutive heights starting @the opening height (ie. start 9 ft. all competitors must enter at or before 10 feet) after both team members have cleared a height they may pass to

a height of their choosing. **Exception** If it can be verified by NJ Runners that in another meet the Athlete has performed above that height they may enter at a higher height

- (2) The Meet Director will determine the opening heights and progression of the crossbar elevation based on the entry information provided by the coaches and verified by milesplit
- (3) Ties will be broken using the same criteria used in the individual event, but by combining the two competitors' misses.
 - (a) First, the number of misses at last heights made. Team with the fewer number of misses is awarded the higher place.
 - (b) If still tied, then the team with the fewer number of misses throughout the competition.
 - (c) If still tied, the tie shall remain.
 - (d) Under no condition will there be a jump-off. (see page 10 III.E Elevation of Cross Bars for additional information)

B. INDIVIDUAL CHAMPIONSHIP MEET

The starting heights apply to the Sectional Meets for Public Schools and to the Group Meets for Non-Public Schools. The starting height in the Group Meets for PUBLIC SCHOOLS will be **no higher than the 12th seed from the Sectional meets.**

C. STATE CHAMPIONSHIP MEET (Meet of Champions)

High Jump starting heights will be **no higher than the 21st seed** of the qualifiers from the group meets. Pole vault starting heights will be **no higher than the 21st seed** of the qualifiers from group meets.

NOTE: The Meet Director reserves the right to adjust starting heights based on athlete's information provided by the coaches

V. AWARDS

A. STATE RELAY CHAMPIONSHIP MEET

- 1. A trophy and twenty (20) certificates to each State Group Relay Team Champion and twenty (20) certificates to each State Group Runner-up
- 2. Medals for the first six (6) places in each event in each Group. (All ties for Sixth [6th] Place will be awarded medals.)

B. STATE INDIVIDUAL CHAMPIONSHIP MEET

SECTIONAL MEETS

- a. Trophies for each Sectional Champion in each Group plus twenty (20) certificates.
- b. Individual Medals for the first SIX (6) Places in each event, in each Section, each Group.

STATE GROUP CHAMPIONSHIP MEET

- a. Trophies for each Group Champion plus twenty (20) certificates.
- b. Individual Medals for the first SIX (6) Places in each event in each Group.

D. State Championships (MOC) —Individual and Relay Medals to the top Eight (8) places in each event

VI. ADMISSIONS

A. Admission to Indoor Meets will be:

	<u>Sectionals</u>	<u>Relays/Group</u>	<u>M of C</u>
Adults	\$5.00	\$5.00	TBD
Students (K-12) & Senior Citizens	\$3.00	\$3.00	TBD

- B. ALL TICKETS WILL BE SOLD AT THE GATE. SCHOOLS MUST INFORM THEIR STUDENTS AND LOCAL NEWS MEDIA OF THE ADMISSION POLICY.
- C. ADMINISTRATIVE AND SUPERVISORY PERSONNEL OF COMPETING SCHOOLS WILL BE ADMITTED BY IDENTIFYING THEMSELVES TO THE GATE PERSONS.
- D. **Programs will no longer be printed, but will be available on-line [njsiaa.org] at least 3 days before the scheduled meets.**

NOTE: ONLY CONTESTANTS WHO HAVE BEEN ENTERED OR HAVE QUALIFIED WILL BE ADMITTED FREE TO ANY MEET.

1. ALL ATHLETES **MUST BE IN UNIFORM** TO BE ADMITTED AS PART OF THE TEAM.
2. The coach MUST inform the gate personnel how many additional coaches/athletes will arrive at a later time, when the entire team does not report.
3. A maximum of two (2) student managers will be admitted free. They must be listed on the appropriate lines on the Entry Form. Adults cannot be managers.
4. Team members will NOT be admitted in advance of the arrival of the coach.
5. Gate personnel will be instructed to admit only those competitors WHO ARE IN UNIFORM.

Non-Public Schools Winter Track Group Meet Classification

The classification procedures for Non-Public Schools will be in effect for the 2020 NJSIAA Group Meet Championships:

1. Boys and girls will be classified separately and equally when possible based upon the entries into the meet.
2. The closing date for entries **for non-publics will be January 3rd, 2020 for the relays**. The team entries received at that point will be divided into Non-Public A and B.
3. Late Entries will be added to the division their enrollment indicates based on the range that was established after the closing date.
4. Team/Individuals may only enter events they are assigned to, by the winter team classifications ie. Group 1, 2, 3, 4, NPA & NPB. If a team participates in a group they are not assigned to the team/individual will be disqualified from that event.

NOTE: THIS MEANS A SCHOOL COULD BE IN A DIFFERENT DIVISION FOR THE RELAYS AND THE GROUP MEETS AND/OR FOR BOYS AND GIRLS IN EITHER OR BOTH.

I. State Relay Championships: Entries Close Jan. 3rd, 2020

Site: Bennett Center in Toms River – Reminder: First events Close 20 minutes before listed start time.

Date	Group	Starting Time
Wednesday, January 15 th , 2020	Group I Boys & Girls	4:00 pm
Thursday, January 16 th , 2020	Non-Public B Boys & Girls	4:00 pm
Friday, January 17 th , 2020	Group II Boys & Girls	4:00pm
Saturday, January 18 th , 2020	Group III Boys & Girls	10:00 am
Sunday, January 19 th , 2020	Groups IV Boys & Girls	10:00 am
Monday, January 20 th , 2020	Non-Public A Boys & Girls	4:00 pm

Tuesday, January 21st, 2020 - snow date

II. Individual State Group Championships

Entries Close Jan. 11th, 2019 (ALL SCHOOLS)

- A. Sectionals (PUBLIC SCHOOLS ONLY) Reminder: First events Close 20 minutes before listed start time.

At Toms River's Bennett Center (Hooper Ave, Toms River)

Date	Group	Starting Time
Friday, February 14 th , 2020	North II Gr 2 and 3 Boys and Girls	4:00 pm
Saturday, February 15 th , 2020	North 1 Gr 2 and 3 Boys and Girls	9:00 am
Saturday, February 15 th , 2020	Central Gr 2 and 3 Boys and Girls	3:30 pm
Sunday, February 16 th , 2020	South Gr 2 and 3 Boys and Girls	9:00 am
Friday, February 21 st , 2020	North II Gr 1 and 4 Boys and Girls	4:00 pm
Saturday, February 22 nd , 2020	North 1 Gr 1 and 4 Boys and Girls	9:00 am
Saturday, February 22 nd , 2020	Central Gr 1 and 4 Boys and Girls	3:30 pm
Sunday, February 23 ^h , 2020	South Gr 1 and 4 Boys and Girls	9:00 am

If inclement weather during 2-14 -2/17: first snow date would be Sunday, February 17th at 4:00 pm – any additional would follow Monday (2/18th), Tuesday (2/19th), Wednesday (2/20th) at 3:45 pm

If inclement weather during 2/21st – 2/24th : first snow day would be Sunday, Feb 24th at 4:00 pm – and additional would follow Monday (2/25th), Tuesday (2/26th), Wednesday (2/27th) at 3:45 pm

State Group Meets (All Schools) - Reminder: First events Close 20 minutes before listed start time.

At Toms River's Bennett Center

Date	Group	Starting Time
Friday, February 28, 2020	Non Public A & B Boys and Girls	4:00 pm
Saturday, February 29, 2020	Groups 1 & 4 Boys and Girls	9:00 am
Saturday, February 29, 2020	Groups 2 & 3 Boys and Girls	2:30 pm

Sunday, February March 1st – Snow Date

- B. Meet of Champions: - First events Close 20 minutes before listed start time. Ocean Breeze!!

Date	Group	Starting Time
Sunday, March 8 th , 2020	Boys & Girls	10:00 am

Postponed dates: TBA via NJSIAA web page – www.njsiaa.org

NO ADMITTANCE TO Bennett Center UNTIL ONE (1) HOUR PRIOR TO THE START OF YOUR MEET.

2020 NJSIAA Relay Meets @ The John Bennett Center

Wednesday, January 15 th , 2020	4:00 P.M.	Group I	Boys & Girls
Thursday, January 16, 2020	4:00 P.M.	Non-Public B	Boys & Girls
Friday, January 17, 2020	4:00 P.M.	Group II	Boys & Girls
Saturday, January 18, 2020	10:00 A.M.	Group III	Boys & Girls
Sunday, January 19 th , 2020	10:00 A.M.	Group IV	Boys & Girls
Monday, January 20 th , 2020	4:00 P.M.	Non-Public A	Boys & Girls

ORDER OF RUNNING EVENTS**

Reminder: First Events close 20 minutes prior to the listed Start Time for the Meet.

Violation of the spike rules will result in disqualification from the meet and \$150 fine, payable to the Bennett Center.

- 1) Boys Distance Medley Relay (1200-400-800-1600)*
Girls Distance Medley Relay (1200-400-800-1600)*
Finals - Time Basis
- 2) Boys High Hurdles Relay (39" 4x55)
Girls High Hurdles Relay (33" 4x51.2m)
Finals - Time Basis
- 3) Boys 800m Relay (4x200m)
Girls 800m Relay (4x200m)
Finals - Time Basis
- 4) Boys 3200m Relay (4x800m)*
Girls 3200 m Relay (4x800m)*
Finals - Time Basis
- 5) Boys Sprint Medley (400m-200m-200m-800m)*
Girls Sprint Medley (400m-200m-200m-800m)*
Finals - Time Basis
- 6) Boys 1600m Relay (4x400m)*
Girls 1600m Relay (4x400m)*
Finals - Time Basis

***All events except 4x200 and shuttle hurdles will be run in alleys.**

****For Non-Publics – Boys B, then A, followed by Girls B then A. IF numbers warrant, in the Distance Medley and 4x800 A and B teams may run together and be scored separately.**

NOTE: PHOTO-TIMER (FinishLynx) IS THE FINAL AUTHORITY ON TIME AND/OR PLACE (when available).

FIELD EVENTS***

Reminder: First Events close 20 minutes prior to the listed Start Time for the Meet.

There will be two shot puts, two pole vaults and two high jumps available which means

1. The Shot will be conducted in the Intermediate School Gym adjacent to the bubble. Boys and girls will throw at the same time.
2. There will be two high jump pits, which means boys and girls will be jumping at the same time.
3. There will be two pole vault pits, which means boys and girls will be jumping at the same time.

***For the non-publics A will follow B

The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided by the coaches and verified by milesplit . However, the opening heights will be no lower than: High Jump (Boys 5' Girls 4') Pole Vault (Boys 9' Girls 7')

*NOTE: TWO COMPETITORS PER EVENT.

ATTENTION: Warm-up time between field event groups will be limited to 30 minutes. This time may be extended only with permission from the Meet Director or Meet Referee.

1/8" pyramid spikes permitted in all events EXCEPT SHOT PUT

ALL ATHLETES **MUST BE IN UNIFORM** TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only those competitors WHO ARE IN UNIFORM.

Coaches and manager tags are for identification purposes only. They are not admission tickets. These tags must be visible when appearing in coaches boxes and clerking areas. Coaches and managers must be listed on the entry forms.

NO TAPE IS ALLOWED ON THE TRACK SURFACE

Sectional Meets

At Toms River's Bennett Center (Hooper Ave, Toms River)

Date	Group	Starting Time
Friday, February 14 th , 2020	North II Gr2 and 3 Boys/Girls	3:45 pm
Saturday, February 15 th , 2020	North I Gr 2 and 3 Boys/Girls	9:00 am
Saturday, February 15 th 2020	Central Gr 2 and 3 Boys/Girls	3:30 pm
Sunday, February 16 th , 2020	South Gr 2 and 3 Boys/Girls	9:00 am
Friday, February 21 st , 2020	North II Gr 1 and 4 Boys/Girls	3:45 pm
Saturday, February 22 nd 2020	North I Gr 1 and 4 Boys/Girls	9:00 am
Saturday, February 22 nd 2002	Central Gr 1 and 4 Boys/Girls	3:30 pm
Sunday, February 23 rd 2020	South Gr 1 and 4 Boys/Girls	9:00 am

ORDER OF RUNNING EVENTS (S= Group 1 or Group 2; L= Group 3 or Group 4

Reminder: First Events close 20 minutes prior to the listed Start Time for the Meet.

Violation of the spike rules will result in disqualification from the meet and \$150 fine, payable to the Bennett Center.

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Group L Boys 400 Meter Dash Final on Time
Group S Boys 400 Meter Dash Final on Time
Group L Girls 400 Meter Dash Final on Time
Group S Girls 400 Meter Dash Final on Time 2. Group L Boys 1600 Meter Run Final on Time
Group S Boys 1600 Meter Run Final on Time 3. Group L Boys 55 Meter High Hurdles# Trials
Group S Boys 55 Meter High Hurdles# Trials
Group L Girls 55 Meter High Hurdles# Trials
Group S Girls 55 Meter High Hurdles# Trials 4. Group L Girls 1600 Meter Run Final on Time
Group S Girls 1600 Meter Run Final on Time 5. Group L Boys 55 Meter High Hurdles Finals
Group S Boys 55 Meter High Hurdles Finals
Group L Girls 55 Meter High Hurdles Finals
Group S Girls 55 Meter High Hurdles Finals 6. Group L Boys 800 Meter Run Final on Time
Group S Boys 800 Meter Run Final on Time | <ol style="list-style-type: none"> 7. Group L Boys 55 Meter Dash# Trials
Group S Boys 55 Meter Dash# Trials
Group L Girls 55 Meter Dash# Trials
Group S Girls 55 Meter Dash# Trials 8. Group L Girls 800 Meter Run Final on Time
Group S Girls 800 Meter Run Final on Time 9. Group L Boys 55 Meter Dash Finals
Group S Boys 55 Meter Dash Finals
Group L Girls 55 Meter Dash Finals
Group S Girls 55 Meter Dash Finals 10. Group L Boys 3200 Meter Run**
Group L Girls 3200 Meter Run** 11. Group L Boys 4x400 Meter Relay***
Group L Girls 4x400 Meter Relay*** 12. Group S Boys 3200 Meter Run**
Group S Girls 3200 Meter Run** 13. Group S Boys 4x400 Meter Relay***
Group S Girls 4x400 Meter Relay*** |
|--|--|

FIELD EVENTS

There will be two shot puts, two pole vaults and two high jumps available. Which means:

1. The Shot will be conducted in the Intermediate School Gym adjacent to the bubble. Boys and girls will throw at the same time.
2. There will be two high jump pits, which means boys and girls will be jumping at the same time.
3. There will be two pole vault pits, which means boys and girls will be vaulting at the same time.

<u>SHOT:</u>	Group L Girls followed by Group S Girls Group S Boys followed by Group L Boys
<u>POLE VAULT:</u>	Group L Girls followed by Group S Girls Group S Boys followed by Group L Boys
<u>HIGH JUMP:</u>	Group S Girls followed by Group L Girls Group L Boys followed by Group S Boys

**If the total entries in the 3200m for two different groups are eighteen (18) or less, the two groups will be combined into one section and separated at the finish for scoring purposes. Likewise, unseeded sections in the 3200 may be combined even when the seeded section is not. If unseeded sections are combined, these sections would run before either seeded section is run.

The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided by the coaches and verified by milesplit, however, the opening heights will be no lower than: High Jump (Boys 5' Girls 4') Pole Vault (Boys 9' Girls 7')

*****400 and 4x400 will be run in 3 alleys (maximum of 9 participants per section. Both events are Finals on time. (Max of 7 in top two seeded sections.**

#Eight (8) fastest times advance to the finals NOTE: PHOTO-TIMER (FinishLynx) IS THE FINAL AUTHORITY FOR TIME AND/OR PLACE (when available). SHOES: 1/8" pyramid spikes permitted except in shot put.

NOTE: Seeding in the Group Meets will be based strictly on performances made in the Sectional Meets.

NO TAPE IS ALLOWED ON THE TRACK SURFACE

State Group Championships

At Bennett Center (Toms River)

Fri., February 28th, 2020 – 3:45 PM – Non-Public A & B, Boys & Girls

Sat., February 29th, 2020– 9:00 AM – Groups 1 & 4, Boys & Girls

Sat., February 29th, 2020 – 3:30 PM – Groups 2 & 3, Boys and Girls

ORDER OF RUNNING EVENTS

Reminder: First Events close 20 minutes prior to the listed Start Time for the Meet.

Violation of the spike rules will result in disqualification from the meet and \$150 fine, payable to the Bennett Center.

[L = NP A, Groups 3 & 4; S = NP B, Groups 1 & 2]

1. Boys 400 Meter Dash***	[L followed by S]	Final on Time
2. Girls 400 Meter Dash***	[L followed by S]	Final on Time
3. Boys 1600 Meter Run	[L followed by S]	Final on Time
4. Boys 55 Meter Hurdles	[L followed by S]	Trials#
Girls 55 Meter Hurdles	[L followed by S]	Trials#
5. Girls 1600 Meter Run	[L followed by S]	Finals on Time
6. Girls 55 Meter Hurdles	[L followed by S]	Finals
Boys 55 Meter Hurdles	[L followed by S]	Finals
7. Boys 800 Meter Run	[L followed by S]	Final on Time
8. Boys 55 Meter Dash	[L followed by S]	Trials#
Girls 55 Meter Dash	[L followed by S]	Trials#
9. Girls 800 Meter Run	[L followed by S]	Final on Time
10. Boys 55 Meter Dash	[L followed by S]	Finals
Girls 55 Meter Dash	[L followed by S]	Finals
11. Boys 3200 Meter Run**	[L followed by S]	Final on Time
Girls 3200 Meter Run**	[L followed by S]	Final on Time
12. Boys 4x400 Meter Relay***	[L followed by S]	Final on Time
Girls 4x400 Meter Relay***	[L followed by S]	Final on Time

#Eight (8) fastest times advance to the finals NOTE: PHOTO-TIMER (FinishLynx) IS THE FINAL AUTHORITY FOR TIME AND/OR PLACE (when available).

**If the total entries in the 3200m for two different groups are eighteen (18) or less, the two groups will be combined into one section and separated at the finish for scoring purposes. Likewise, unseeded sections in the 3200 may be combined even when the seeded section is not. If unseeded sections are combined, these sections would run before either seed section is run.

***The race will be run in lanes in all sections.

Field Events

Reminder: First Events close 20 minutes prior to the listed Start Time for the Meet.

There will be two shot puts, two pole vaults and two high jumps available which means

1. The Shot will be conducted in the Intermediate School Gym adjacent to the bubble.
Boys and girls will throw at the same time.
2. There will be two high jump pits, which means boys and girls will be jumping at the same time.
3. There will be two pole vault pits, which means boys and girls will be vaulting at the same time.

Shot – Boys [L followed by S] Pole Vault – Boys [L followed by S] High Jump – **Boys** [S followed by L]
– Girls [S followed by L] – Girls [S followed by L] – **Girls** [L followed by S]

Note: Starting Heights for Public Schools in High Jump and Pole Vault will be the 12th Place height from the Sectional Performance Lists

The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided the sectional performances .however, the opening heights will be no lower than: High Jump (Boys 5' Girls 4') Pole Vault (Boys 9' Girls 7')

SHOES: 1/8" pyramid spikes permitted except in shot put.

NO TAPE IS ALLOWED ON THE TRACK SURFACE

State Championship – Meet of Champions

Sunday March 8th, 2020

@ Ocean Breeze

Start Time 10:00am

Additional Information plus the order of events will be forth coming.

Stay Tuned!!

2020 NJSIAA Winter Track & Field BOYS/GIRLS INDIVIDUAL Entry Form

(Page 1 of 2)

PLEASE PRINT CLEARLY OR TYPE

School _____ Section _____ Group _____

BOYS Head Coach _____ @ _____ (____)-____ (____)-____
 e-mail address School Phone Home or Cell Phone

GIRLS Head Coach _____ @ _____ (____)-____ (____)-____
 e-mail address School Phone Home or Cell Phone

CERTIFICATE OF INTENT

In the event an individual or relay team from our school should qualify for the **State Championship** by placing 1st, 2nd, or 3rd whose performance falls within the top eighteen (18) of all the qualifiers in that event **in the State Group Championships**, we, the undersigned, do hereby declare that we will compete in the State Championships. Any individual or school withdrawing from the State Championship meet after having qualified will be subject to any penalties as enforced by the Executive Committee and barred from participation in the NJSIAA Spring Track meets for one (1) year; i.e., Sectional, State Group and State Championships, unless extraordinary circumstances caused withdrawal.

ATTENTION: If the opening height in the pole vault and/or high jump in the State Championships is higher than the height at which the contestant qualified in the State Group Meet, then the contestant is NOT required to advance to the State Championship Meet, even though the contestant placed 1st, 2nd, or 3rd. or has a performance within the top eighteen (18) of the qualifiers.

Note: SCHOOLS NOT WILLING OR ABLE TO COMPLY WITH TOURNAMENT REGULATIONS SHOULD NOT ENTER THE TOURNAMENT.

Reminder: Names of contestants are to be sent to Milesplitnj to make sure your rosters are complete. **Roster changes cannot be made the day of the meet.**

Forward entry form and entry fee to: Track, NJSIAA,
 1161 Route 130/33 North, PO Box 487, Robbinsville, NJ 08691.

(Both Public and Non-Public [Check Group]) Entries Close for all schools – Jan. 17th, 2020:

Each School is allowed a maximum of Three (3) entries per event.

Events	BOYS Number Requested MAX 3	GIRLS Number Requested MAX 3
1. 55 Meter High Hurdles		
2. 55 Meter Dash		
3. 400 Meter Dash		
4. 800 Meter Run		
5. 1600 Meter Run		
6. 3200 Meter Run		
7. High Jump		
8. Pole Vault		
9. Shot Put		
Total Individual Entries		
Cost (Total Entries x \$14.00)	\$	\$
Add \$22.00 if entering 4x400 Relay		
Total Due	Boys	Girls

Make checks payable to NJSIAA and forward with both pages of Entry Form.

Please be sure the school's name appears on the check.

**Entry Deadline:
Jan. 17th, 2020 – All Schools**

Mail to: Mr. Bill Bruno NJSIAA
 1161 Route 130 North P.O.
 Box 487
 Robbinsville, NJ 08691

**Roster file must be e-mailed to:
Milesplitnj**

ALL ATHLETES **MUST BE IN UNIFORM** TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only competitors **WHO ARE IN UNIFORM.**

Check Number(s) _____

2020 NJSIAA WINTER TRACK BOYS/GIRLS INDIVIDUAL ENTRY FORM

(Page 2 of 2)

PLEASE PRINT CLEARLY OR TYPE

School _____ NJSIAA Enrollment _____ *Group _____
(Grades 10-12)

***Check Group Classification for Winter Track list.**

PLEASE PRINT CLEARLY OR TYPE

**Please indicate which team the coach is associated with:
M with the Boys Team; **F** with the Girls Team or **B** with both teams.

Assistant Coaches			Student Managers for the Boys Team (3 Max)	
*M/F/B	First Name	Last Name	First Name	Last Name
			1	
			2	
			3	
			Student Managers for the Girls Team (3 Max)	
			1	
			2	
			3	

CERTIFICATE OF INTENT

In the event an individual or relay team from our school should qualify for the State Championship by placing 1st, 2nd, or 3rd in the State Group Championships, we, the undersigned, do hereby declare that we will compete in the State Championships. Any individual or school withdrawing from the State Championship meet after having qualified by placing 1st, 2nd or 3rd will be subject to any penalties as enforced by the Executive Committee and barred from participation in the NJSIAA Winter Track meets for one (1) year; i.e., Sectional, State Group and State Championships, unless extraordinary circumstances caused withdrawal.

Reminder: This form is to be mailed with the Entry Form and Entry Fee.

Declaration of Eligibility

We hereby attest that all contestants who participate in 2020 NJSIAA Indoor Track and Field State Championships meet all NJSIAA eligibility requirements and are permitted to participate in the these events.

2020 NJSIAA BOYS/GIRLS WINTER TRACK RELAY ENTRY FORM

School _____ NJSIAA Enrollment _____ Group _____
 (Grades 10-12)

BOYS Head Coach _____ @ _____ (____)-____-____
 e-mail address School Phone Home or Cell Phone

GIRLS Head Coach _____ @ _____ (____)-____-____
 e-mail address School Phone Home or Cell Phone

ENTRIES FINAL – The **TOTAL** number of events listed on the ENTRY FORM are final and will not be changed after they have been received by the Meet director. The coach is not held to the individual events. For example, the coach of School A signs up for the 4x200, distance medley, and the 4x800 for a **TOTAL** of three relay events. On the day of the meet, School A may enter ANY THREE relays. Each school is permitted **ONE (1)** relay per team

EVENTS	BOYS Check Events	GIRLS Check Events entered
1. High Hurdles Relay (4x55 meters)		
2. 800 meter Relay (4x200 meters)		
3. 1600 meter Relay (4x400 meters)		
4. 3200 meter Relay (4x800 meters)		
5. Sprint Medley Relay (400m- 200m-200m-800m)		
6. Distance Medley Relay (1 200m-400m-800-1 600m)		
7. High Jump Relay (Two Contestants)		
8. Pole Vault Relay (Two Contestants)		
9. Shot Put Relay (Two Contestants)		
Total Entries (Maximum = Nine [9])		
Cost (Total Entries x \$22.00)	\$	\$
Check # (Both fees may be paid on one check)	Boys	Girls

Please make checks payable to NJSIAA and forward with Relay Entry Form.

Rosters must be e-mailed to:

Milesplitnj

Please be sure the school name appears on the check.

Entry Deadline: January 3rd, 2020
 Mail to: Mr. Bill Bruno

c/o NJSIAA
 1161 Route 130/33 North
 P.O. Box 487
 Robbinsville, NJ 08691

ALL ATHLETES MUST BE IN UNIFORM TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only those competitors **WHO ARE IN UNIFORM.**

Assistant Coaches			Student Managers for the Boys Team (3 Max)	
*M/F/B	First	Last Name	First Name	Last Name
			1	
			2	
			3	
			Student Managers for the Girls Team (3 Max)	
			1	
			2	
			3	
			Relay Entry Form continued on next page.	

*Please indicate which team the coach is associated with: **M** with the Boys Team; **F** with the Girls Team or **B** with both teams. **BESIDES FILLING OUT THIS FORM, YOU need to REGISTER YOUR ATHLETES ON NJ.MILESPLIT.COM** Seeds will automatically be added to your entries from the Milesplit database. If this is not done, your athletes will NOT be seeded

School _____ NJSIAA Enrollment _____ Group _____

Declaration of Eligibility

We hereby attest that all contestants who will participate in this tournament meet all NJSIAA eligibility requirements and are permitted to participate in the 2020 NJSIAA State Championships.

ALL ATHLETES MUST BE IN UNIFORM TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only those competitors **WHO ARE IN UNIFORM**.

Partial Entries and Late Fees

A late entry may require an additional \$150.00 fee per team (\$300 if both boys and girls entries are late). A partial entry may require a minimum fee of \$80. (Example: A school e-mails a roster, but does not send in an entry form. The school does not come to meet. The school will be billed a minimum fee of \$80 for a partial entry.)

Please check and complete the items that apply

____ **Both Boys and Girls** rosters in one file were e-mailed to nj.milesplit.com on _____ (Date)

____ **Boys** roster e-mailed in a separate file to nj.milesplit.com on _____ (Date)

____ **GIRLS** roster e-mailed in a separate file to nj.milesplit.com on _____ (Date)

____ **Both Boys and Girls** entries were entered into the meet online using nj.milesplit.com on _____ (Date)

____ **Boys entries were entered into the meet online using nj.milesplit.com on _____ (Date)**

____ **GIRLS entries were entered into the meet on line using nj.milesplit.com on _____ (Date)**

STAMPED SIGNATURES ARE NOT ACCEPTABLE.

Signature of Athletic Director

Signature of Principal

Signature of Head Boys Coach

Signature of Head Girls Coach

NJSIAA SPORTSMANSHIP MESSAGE: 2020

The National Federation of High School Associations requires all sports officials to enforce the sportsmanship rules for coaches and contestants. Acts meant to demean opposing players, teams, spectators and officials are not in the highest ideals of interscholastic sport and will not be tolerated. Let this contest reflect mutual respect.

School: _____ Date: _____

I hereby certify to the Referee and/or Meet Director that my contestants are legally equipped and in compliance with all uniform regulations (including the jewelry regulations) as per National Federation of High School Athletic Associations and the New Jersey State Interscholastic Athletic Association. Also, I have given all members of my team instructions in the area of sportsmanship and expected behavior at these meets. **They have been made aware that any verbal, written, or physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion shall not be tolerated and could subject the violator to ejection and may result in penalties being assessed against the team.**

I am aware that continued problems in these areas may lead to disciplinary action against me under the sportsmanship rules.

(Two signatures are required only if the head coach of the Boys Team and the head coach of the Girls Team are different people.)

BOYS Head Coach's signature: _____

GIRLS Head Coach's signature: _____

This form is valid for as long as your school is active in the NJSIAA /M-F Athletic Track and Field Championship Tournament (Relay Championships - Sectionals – Group Meet – State Championships)

The form must be returned with your entry form in order to participate in the tournament.

Only 1 form is necessary per school.

Boys/GIRLS Relay Meet Check-off/Confirmation Form

Entries must be postmarked by January 3rd, 2020

School _____ Group _____

Use this list to make sure that you have completed all the steps necessary to enter the **BOYS and/or GIRLS** NJSIAA/M-F Athletic **Relay** Championships.

Check what you have completed and are enclosing in this mailing:

- ___1. Page One of the BOYS and GIRLS RELAY Entry Form (worksheet with total entries and fees filled out)
- ___2. Page Two of the BOYS and GIRLS RELAY Entry Form (signatures of principal and athletic director verifying athletes' eligibility.)
- ___3. Sportsmanship form (*Needs to be sent only once during the winter season*)
- ___4. Check here if **two** sets of the above are enclosed (Boys and Girls done on separate Relay Entry Forms)
- ___5. Check(s) made payable to NJSIAA for entry fee(s) due: Check Number(s) _____
 Amount: \$ _____
- This check(s) covers (check all that apply) ___Boys relays ___Girls Relays
 ___Boys Individual Entries ___Girls Individual Entries
- ___6. **A self-addressed envelope is enclosed because** (check all that apply)
 ___ Voucher needs to be signed and returned
 ___ Please sign and return this form to act as confirmation that the entry form has been received.

Please check and complete the items that apply

- ___ **Both Boys and Girls** rosters in one file were e-mailed to nj.milesplit.com on _____ (Date)
- ___ **Boys** roster e-mailed in a separate file to nj.milesplit.com on _____ (Date)
- ___ **GIRLS** roster e-mailed in a separate file to nj.milesplit.com on _____ (Date)
- ___ **Boys entries were entered into the meet online using nj.milesplit.com on _____ (Date)**
- ___ **GIRLS entries were entered into the meet on line using nj.milesplit.com on _____ (Date)**

For NJSIAA USE

Entry information Received on _____

Circled items still needed: Pg 1 Boys Relay Form// Pg 2 Boys Relay Form//Boys Relay Entry Fee //

Pg 1 Girls Relay Form// Pg 2 Girls Relay Form//Girls Relay Entry Fee //
 Sportsmanship Form

Signed _____
 Tournament Director

Boys/GIRLS Individual Championship Check-off/Confirmation Form

School _____ Group _____

(Entries must be postmarked by Jan 17th, 2020)

Use this list to make sure that you have completed all the steps necessary to enter the **BOYS and/or GIRLS** NJSIAA/Star-Ledger **Individual Group** Championships

Check what you have completed and are enclosing in this mailing:

- ____ 1. Page One of the BOYS and GIRLS Individual Entry Form (worksheet with total entries and fees filled out)
- ____ 2. Page Two of the BOYS and GIRLS Individual Entry Form (signatures of principal and athletic director verifying athletes' eligibility.)
- ____ 3. Sportsmanship form (*Needs to be sent only once during the winter season*)
- ____ 4. Check here if two sets of the above are enclosed (Boys and Girls done on separate entry forms)
- ____ 5. Check(s) made payable to NJSIAA for entry fee(s) due: Check Number(s) _____

Amount: \$ _____

This check(s) covers (check all that apply)

- ____ Boys relays
- ____ Girls Relays
- ____ Boys Individual Entries
- ____ Girls Individual Entries

- ____ 6. **A self-addressed envelope is enclosed because** (check all that apply)
 - ____ Voucher needs to be signed and returned
 - ____ Please sign and return this form to act as confirmation that the entry form has been received.

Please check and complete the items that apply

____ **Both Boys and Girls** rosters in one file were e-mailed to nj.milesplit.com on _____ (Date)

____ **Boys** roster e-mailed in a separate file to nj.milesplit.com on _____ (Date)

____ **GIRLS** roster e-mailed in a separate file to nj.milesplit.com on _____ (Date)

____ **Boys entries were entered into the meet online using nj.milesplit.com on** _____ (Date)

____ **GIRLS entries were entered into the meet on line using nj.milesplit.com on** _____ (Date)

For NJSIAA USE

Entry information Received on _____

Circled items still needed: Pg 1 Boys Ind Form// Pg 2 Boys Ind Form// Boys Ind Entry Fee //

 Pg 1 Girls Ind Form// Pg 2 Girls Ind Form// Girls Ind Entry Fee //

 Sportsmanship form

Signed _____

NJSIAA Winter Track & Field

Additional Points of Interest.

1) The following relay events will be run in Alleys at the State Relay Championships:

- 4 x 400 and Sprint Medley – The alley assignments will be the following:

Seeds 1, 2, 3, will be in the alley that consists of lanes 3 and 4

Seeds 4, 5, 6, will be in the alley that consists of lanes 5 and 6

Seeds 7, 8, 9, will be in the alley that consists of lanes 1 and 2

2) The following individual event lane assignments will be the following for the Sections and Groups.

- 55 Meter Dash and 55 Meter Hurdles:

Lane assignments will be: 4 – 5, 3 – 6, 2 - 7, 1 – 8

- Open 400 Meter and 4 X 400 Relay for the Last TWO HEATS:

7 Entries: Seeds 1, 2 (lanes 3 & 4) Seeds 3, 4 (lanes 5 & 6) Seeds 5,6,7 (lanes 1 & 2)

All races prior to the last TWO HEATS will be:

Alleys Seeds 1 and 2 will be in lanes 3 – 4 (Alley)

Seed 3 and 4 will be in lanes 5 -6 (Alley)

Seeds 5 and 6 will be in lanes 1 – 2 (Alley)

3) In the following events: 4 X 800, DMR, Open 1600 Meter Run, and the Open 3200 Meter Run the Following rule will be implemented:

“When the next to last runner completes his/her race the LAST RUNNER, if he/she has more than one lap still to complete, will be removed from the track

4) Starting Blocks: For the Sectionals and Groups will be provided by the Bennett Complex.

5) 2019-2020 School Code assignments for Hy-Tek Rosters for Cross-Country and Track (Indoor and Outdoor)

No.	School	No.	School	No.	School
441	Absegami	435	Clearview Regional, Mullica Hill	419	Haddon Township, Westmont
700	Academy Charter	133	Cliffside Park	4110	Haddonfield Memorial
521	Academy of St. Elizabeth, Conv. Sta.**	142	Clifton	345	Hamilton East (Steinert)
511	Academy of Holy Angels, Dem**	428	Collingswood	334	Hamilton North (Nottingham)
321	Allentown	331	Colonia	335	Hamilton West, Trenton
211	Arts, Newark	313	Colts Neck	4214	Hammonton
322	Asbury Park	244	Columbia, Maplewood	2211	Hanover Park, East Hanover
442	Atlantic City	231	Cranford	124	Harrison
421	Audubon	3122	CREATE Charter	116	Hasbrouck Heights
4231	Barnegat	113	Cresskill	125	Hawthorne
241	Barringer, Newark	436	Cumberland Regional, Seabrook	525	Hawthorne Christian Academy
141	Bayonne	217	Dayton Regional, Jonathan	137	High Point Regional, Sussex
111	Becton Regional, Henry P.	324	Delaware Valley Regional	315	Highland Park
242	Belleville	513	Delbarton, Morristown*	449	Highland Regional
212	Belvidere	429	Delran	336	Hightstown
530	Benedictine Academy	437	Delsea Regional, Franklinville	346	Hillsborough, Belle Mead
150	Bergen Arts & Science Acad.	514	DePaul Diocesan, Wayne	2212	Hillside
512	Bergen Catholic, Oradell*	4210	Deptford Township	138	Hoboken
131	Bergen Co V/T, Hackensack	143	Dickinson, William L., Jersey City	326	Holmdel
132	Bergenfield	703	Doane Academy	616	Holy Cross, Delran
311	Bernards, Bernardsville	515	Don Bosco Prep, Ramsey	518	Holy Family Academy**
611	Bishop Ahr, Edison	226	Dover	617	Holy Spirit, Absecon
612	Bishop Eustace Prep, Pennsauken	121	Dumont	126	Hopatcong
243	Bloomfield	314	Dunellen	327	Hopewell Valley Central
112	Bogota	523	Dwight Englewood	347	Howell, Farmingdale
213	Boonton	342	East Brunswick	519	Hudson Catholic, Jersey City*
411	Bordentown Regional	232	East Orange	118	Hudson Co. High Tech, N. Bergen
312	Bound Brook	245	East Side, Newark	117	Hudson Co. Prep., Jersey City
214	Brearley, David, Kenilworth	524	Eastern Christian	316	Hudson Regional, Henry Highlands
431	Brick Memorial	447	Eastern, Voorhees	348	Hunterdon Central, Flemington
443	Brick Township	144	Eastside, Paterson	5110	Immaculata, Somerville
422	Bridgeton	343	Edison	526	Immaculate Conception, Lodi**
341	Bridgewater-Raritan	438	Egg Harbor Township	527	Immaculate Conception, Montclair
423	Buena Regional	246	Elizabeth	5111	Immaculate Heart Academy**
413	Burlington City	123	Elmwood Park Memorial	127	Indian Hills, Oakland
424	BCIT – Medford	114	Emerson Jr.-Sr., Emerson	247	Irvington
425	BCIT – Westampton	218	Essex County V/T, Bloomfield	2340	Jackson Liberty
414	Burlington Township	227	Essex County V/T, Market St., Newark	4410	Jackson Memorial
215	Butler	228	Essex County V/T, N. 13 th St., Newark	2213	Jefferson Township, Oak Ridge
221	Caldwell, James	240	Essex County V/T, West Caldwell	2214	Johnson Regional, Arthur L. Clark
5262	Calvary Christian	332	Ewing, Trenton	317	Keansburg
432	Camden	145	Fair Lawn	148	Kearny
420	Camden Academy Charter	146	Ferris, Jersey City	702	Kearny Christian
613	Camden Catholic, Cherry Hill	417	Florence Township Memorial	328	Kennedy Memorial, John F. Iselin
426	Camden Co. V/T, Pennsauken	135	Fort Lee	149	Kennedy, John F., Paterson
433	Camden Co. V/T, Sicklerville	333	Franklin, Somerset	528	Kent Place**
415	Cape May County V/T	325	Freehold Borough	318	Keyport
629	Cardinal McCarrick, South Amboy	344	Freehold Township	4215	Kingsway Regional, Swedesboro
323	Carteret	136	Garfield	2110	Kinnelon
430	Cedar Creek	4211	Gateway Regional	128	Kittatinny Regional, Newton
215	Cedar Grove	5230	Gill Saint Bernard	550	Koinonia Academy
434	Central Regional, Bayville	418	Glassboro	439	Lacey Township, Lanoka Harbor
222	Central, Newark	219	Glen Ridge	5227	Lacordaire
223	Chatham	115	Glen Rock Senior	139	Lakeland Regional, Wanaque
444	Cherokee, Marlton	615	Gloucester Catholic	4310	Lakewood
445	Cherry Hill East	4212	Gloucester City Jr.-Sr.	337	Lawrence, Lawrenceville
446	Cherry Hill West	4150	GCIT	451	LEAP Academy Charter
614	Christian Brothers Academy, Lincroft*	229	Governor Livingston Regional	1310	Lenape Valley Regional, Stanhope
427	Cinnaminson	147	Hackensack	4411	Lenape, Medford
224	Clark, Abraham, Roselle	2210	Hackettstown	119	Leonia
416	Clayton	4213	Haddon Heights	1410	Lincoln, Jersey City

No.	School	No.	School	No.	School
248	Linden	1112	New Milford	3317	Princeton
4131	Lindenwold	2113	New Providence	5118	Queen of Peace Regional
249	Livingston	4198	Newark Collegiate Charter	2216	Rahway
129	Lodi	5213	Newark Academy	1316	Ramapo, Franklin Lakes
338	Long Branch	704	Newark Vocational	1216	Ramsey
4311	Lower Cape May Regional	1213	Newton	4415	Rancocas Valley Regional
1210	Lyndhurst	1113	North Arlington	2414	Randolph
2111	Madison	1412	North Bergen	5139	Ranney
1211	Mahwah	3314	North Brunswick Township	3213	Raritan, Hazlet
4312	Mainland Regional, Linwood	3315	North Hunterdon, Annandale	6111	Red Bank Catholic
349	Manalapan, Englishtown	3212	North Plainfield	3318	Red Bank Catholic
329	Manasquan	2121	North Star Academy	3214	Ridge, Basking Ridge
1212	Manchester Regional, Haledon	2114	North Warren Regional, Blairstown	1116	Ridgefield Memorial
4216	Manchester Township	4218	Northern Burlington Regional	1217	Ridgefield Park Jr.-Sr.
319	Manville	1311	Northern Highlands Regional, Aindl.	1416	Ridgewood
4111	Maple Shade	1312	Northern Valley Regional Demarest	1218	River Dell Regional, Oradell
529	Marist, Bayonne	1313	Northern Valley Regional Old Tappan	4118	Riverside
3410	Marlboro	619	Notre Dame, Lawrenceville	3230	Robbinsville
6620	Marylawn of the Oranges	238	Nutley	5119	Roselle Catholic
5210	Mary Help of Christians Academy**	5214	Oak Knoll, Summit**	2115	Roselle Park
339	Matawan Regional, Aberdeen	4314	Oakcrest, Mays Landing	2415	Roxbury, Succasunna
621	Mater Dei, New Monmouth	4315	Ocean City	3215	Rumson Fair Haven Regional
1110	McNair Academic, Jersey City	3316	Ocean Township, Oakhurst	5130	Rutgers Prep
1411	Memorial, WNY	631	Och, Golda Academy	1219	Rutherford
3110	Metuchen	3412	Old Bridge	625	Sacred Heart, Vineland
4313	Middle Twp., Cape May Court House	239	Orange	1117	Saddle Brook
3111	Middlesex	5215	Oratory Prep, Summit*	6234	Saddle River Day
3150	Middlesex County Academy	624	Our Lady of Mercy Academy**	5219	Saint Anthony, Jersey City
3210	Middlesex County V/T, E. Brunswick	4413	Overbrook Senior, Pine Hill	626	Saint Augustine Prep, Richland*
3112	Middlesex County V/T, Perth Amboy	1114	Palisades Park Jr.-Sr.	5121	Saint Dominic Academy, Jersey City**
3113	Middlesex County V/T, Piscataway	4112	Palmyra	6112	Saint John Vianney, Holmdel
3114	Middlesex County V/T, Woodbridge	1413	Paramus	5122	Saint Joseph Regional, Montvale*
3411	Middletown North	5115	Paramus Catholic	628	Saint Joseph, Hammonton
3310	Middletown South	1115	Park Ridge	6113	Saint Joseph, Metuchen
1111	Midland Park	2310	Parsippany	5221	Saint Mary o/t Assumption, Elizabeth
233	Millburn	2311	Parsippany Hills, Parsippany	5222	Saint Mary's, Jersey City
4412	Millville Senior	1214	Pascades Hills, Montvale	5223	Saint Mary's, Rutherford
3311	Monmouth Regional, Tinton Falls	1314	Pascack Valley, Hillsdale	5224	Saint Patrick's, Elizabeth
3312	Monroe Township, Jamesburg	1414	Passaic	5123	Saint Peter's Prep, Jersey City
2410	Montclair	1415	Passaic County V/T, Wayne	6211	Saint Rose, Belmar
5211	Montclair Kimberley Academy, Mont.	1315	Passaic Valley Regional, L. Falls	701	Saint Vincent Academy
3115	Montgomery, Skillman	4190	Paterson Charter Sci & Tec	4119	Salem
234	Montville	6110	Paul VI, Haddonfield	4120	Salem County V/T
4217	Moorestown	4113	Paulsboro	3415	Sayreville War Memorial
623	Moorestown Friends	4316	Pemberton Township	4221	Schalick, Arthur P., Elmer
5212	Morris Catholic, Denville	4114	Penns Grove, Carney's Point	5220	Schechter, Solomon – West Orange
120	Morris County V/T	4414	Pennsauken	2116	Science Park, Newark
235	Morris Hills, Rockaway	4115	Pennsville	2312	Scotch Plains-Fanwood
2411	Morris Knolls, Rockaway	2215	Pequannock Twp., Pompton Pls.	1118	Secaucus
236	Morristown	3413	Perth Amboy	4240	Seneca
5229	Morristown-Beard	2412	Phillipsburg	5120	Seton Hall Prep, West Orange*
122	Morrow, Dwight-Englewood	4317	Pinelands Regional, Tuckerton	2314	Shabazz, Malcolm X, Newark
5112	Mother Seton Regional, Clark**	5116	Pingry School, Martinsville	4416	Shawnee, Medford
5113	Mount St. Dominic Academy**	3414	Piscataway	3116	Shore Reginal, West Long Branch
5114	Mount St. Mary Academy	4116	Pitman	1317	Snyder, Jersey City
2112	Mountain Lakes	2413	Plainfield	3117	Somerset County V/T
618	Monsignor Donovan, Toms River	4219	Pleasantville	3216	Somerville
237	Mount Olive, Flanders	4117	Point Pleasant Beach	3118	South Amboy
3313	Neptune	4220	Point Pleasant Borough	3416	South Brunswick, Monmouth Junction
3211	New Brunswick	1215	Pompton Lakes	3119	So. Hunterdon Regional, Lmbtvl.
4130	New Egypt	5117	Pope John XXIII, Sparta	3217	South Plainfield

No.	School	No.	School	No.	School
3120	South River	5124	Union Catholic Regional, Scotch Plains	4319	West Deptford Twp, Westville
4417	Southern Regional, Manahawkin	1418	Union City	2219	West Essex, North Caldwell
1318	Sparta	230	University Academy Charter	1421	West Milford Township
3121	Spotswood	2118	University, Newark	2316	West Morris Central, Chester
4222	Sterling, Somerdale	1419	Vernon Township	2220	West Morris Mendham
3417	Stevens, J.P. Edison	2119	Verona	2417	West Orange
2217	Summit	5225	Villa Walsh Academy, Morristown**	2221	West Side, Newark
1220	Sussex County V/T, Sparta	4421	Vineland	3330	West Windsor-Plainsboro North
1417	Teaneck	705	Visions Academy	3420	West Windsor-Plainsboro South
2117	Technology, Newark	3218	Voorhees, Glen Gardner		
1319	Tenafly	1119	Waldwick		
4323	Timber Creek	3319	Wall		
4418	Toms River East	1120	Wallington		
4419	Toms River North	1221	Wallkill Valley Regional, Hamburg		
4318	Toms River South	5131	Wardlaw-Hartridge		
622	Trenton Catholic Academy	2315	Warren Hills Regional		
3418	Trenton Central	4422	Washington Township, Sewell		
5249	Timothy Christian	3320	Watchung Hills Regional, Warren		
5250	Trinity Christian	1320	Wayne Hills, Wayne		
5260	Trinity Hall	1420	Wayne Valley, Wayne		
4420	Triton Regional, Runnemede	1121	Weehawken		
2416	Union	2218	Weequahic, Newark		