**2020**

**Date:** Thursday, April 30th

**Start Time:** 4:00PM

**Location:** Howell High School

**\*\*ALL ENTRIES will be done on-line at: *NJmilesplit.com***

On-Line-Entry Deadline: Noon, **April 30th**

**PLEASE NOTE THE FOLLOWING:**

* Seeding will be based on the Times/Marks submitted on-line at JNmilesplit.com

**Remember:** This is a Championship Meet so please use accurate and verifiable times/marks.

* Flagrant mis-seeding of your athletes will result in punitive actions taken by the games committee

**ADDITIONAL NOTES:**

* All races will be a **final on time**.
* In the **Throwing** & **Horizontal** Events:
  + There will be No Separate Finals (3 throws or Jumps per competitor)
  + 2 athletes per event
* In the **Vertical** Jumps:
  + All team members need **not** clear for a team to score.
  + There may be a 6-jump rule depending on the number of competitors.
  + Opening heights: PV-Boys-9’ & Girls- 7’ HJ- Boys-5’2” & Girls- 4’2”
    - Next increment increase will be based on the number of competitors
* **Varsity Events** are limited to one (1) team per event.
* The **JV Events** have unlimited entry.
* Championship plaques will be awarded to the top three (3) teams
  + Awards to the top six (6) teams in each varsity event & top three (3) in each JV event
* Varsity Scoring is 10-8-6-4-2-1 (Ties will not be broken - points will be split. NO scoring in JV events)
* Meet will be governed by the Rules of the NJSIAA.

\*\*In Case of Inclement Weather, an email will be sent from the meet director to the email address of the coach that entered the meet on milesplit.

**2020**

**Order of Events**

*Girls 1st in all Running Events*

*(Fastest heats First– except Varsity 4x400)*

|  |
| --- |
| **Track Events (4:00PM Start)** |
| * 4 x 1600 (May be combined) |
| * 3 x 400IH |
| * JV 4 x 200 |
| * 4 x 200 |
| * 4 x 800 |
| * JV 4 x 800 |
| * Shuttle Hurdle Relay |
| * Sprint Medley (4-2-2-8) |
| * 4 x 100 (In Lanes) |
| * Distance Medley (12-4-8-16) |
| * JV 4 x 400 |
| * 4 x 400 |

|  |
| --- |
| **Field Events** (4:00PM Start)  *(All Events are 2-person Relays )* |
| * SHOT PUT – BOY’S 1st |
| * DISCUS – GIRL’S 1st |
| * JAVELIN-*Open flights for BOTH sexes at 4PM* |
| * LONG JUMP- Open pit – BOY’S 1st |
| * TRIPLE JUMP – Open pit- GIRL’S 1st |
| * POLE VAULT – BOY’S 1st |
| * HIGH JUMP – BOY’S 1st |
| \*Opening heights: PV-Boy’s-9’ & Girl’s-7’  HJ- Boy’s-5’2” & Girl’s-4’2”  Next increment will be based on the number of competitors. |
|  |

**2020**

**Date:** Thursday, April 30th

**Start Time:** 4:00PM

**Location:** Howell High School

* + **ALL ENTRIES** will be done on-line at: ***NJmilesplit.com***
  + ON-Line-Entry Deadline: Noon, **April 30th**
  + When entry is **complete:** PRINT 3 copied of the invoice from NJmilesplit
    - GIVE 2 copies to AD for payment (Mail 1 copy of invoice with payment)
    - Retain 3rd copy for your records
    - Once entry is complete, teams are responsible for the amount on the invoice. This is your ENTRY FEE…not participation fee!
  + **Make Checks Payable To**: The Shore Track Coaches Association (STCA)
  + Entry fee: $25.00 per relay OR Maximum Entry is $500.00 per gender

The $500.00 Maximum Entry fee entitles your team to:

* Full slate of Varsity Events (1 per event)
* Unlimited JV Events

**Mail Checks To:**

Todd Briggs

715 Elton Adelphia Road

Freehold, NJ 07728

732-580-6113

**Direct Questions To:**

Todd Briggs

tbriggs@frhsd.com