

Shore Conference Outdoor Track & Field Championships

Sponsored by the: Shore Conference of High Schools @ Neptune High School
 Saturday, May 22, 2021, 9:00am start (Rain Date: Sunday, May 23, 2021)

****Online Milesplit and Paper Entries Due: Thursday, May 20, 2021 at 8:00pm****

Running Events

Order of Events:

(Boys first in all track events followed by Girls)

All running events will feature seeded section first **except** the 4x400m Relay where the seeded section will be featured last.

Max Three Entries Per Event

Event 1:	100m Dash	Trials-8 Fastest to Final
Event 2:	400m Hurdles	Final on time
Event 3:	100m Dash	Trials-8 Fastest to Final
Event 4:	1600m Run	Final on time Girls Cut Time—6:00 Boys Cut Time—5:00
Event 5:	100m Hurdles	Trials-8 Fastest to Final
Event 6:	110m Hurdles	Trials-8 Fastest to Final
Event 7:	400m Dash	Final on time
Event 8:	110m Hurdles	Final
Event 9:	100m Hurdles	Final
Event 10:	800m Run	Final on time
Event 11:	200m Dash	Final on time
Event 12:	3200m Run	Final on time Girls Cut Time—13:00 Boys Cut Time—11:00
Event 13:	4x400m Relay	Final on time

Field Events

High Jump: Girls followed by Boys

Girls opening at 4'8" and Boys opening at 5'8" (2" increments)
9:00am Start

Pole Vault: Boys followed by the Girls.

Girls opening at 8'0" & Boys opening at 10'6" (6" increments)
9:00am Start

Triple Jump: Girls followed by Boys

Open Pit—Top 8 to Finals
 Two hours to complete trials followed by finals.
Minimum Distance: Girls—28'0"; Boys—36'0"
Girls 9:00am-12:00pm; Boys 12:00pm-3:00pm

Long Jump: Boys followed by Girls

Open Pit—Top 8 to Finals
 Two hours to complete trials followed by finals.
Minimum Distance: Girls—14'0"; Boys—18'0"
Boys 9:00am-12:00pm; Girls 12:00pm-3:00pm

Shot Put: Girls followed by Boys

Trials with top 8 going to Finals, three additional throws in the Finals. Best flight will throw last.
Minimum Distances: Girls—30'0"; Boys—40'0"
9:00am Start

Discus: Boys followed by Girls

Trials with top 8 going to Finals, three additional throws in the Finals. Best flight will throw last.
Minimum Distances: Girls—75'0"; Boys—110'0"
9:00am Start

Javelin: Boys and Girls at the same time.

Two throwing areas starting at the same time. Trials with top 8 going to Finals, three additional throws in the Finals. Best flight will throw last.
Minimum Distances: Girls—80'0"; Boys—115'0"
9:00am Start

- For the 2021 only, we will allow for hand timed bests from this year (winter and spring). You will be allowed to enter up to six individuals, but only three can compete in any one event (same as States). Please note that a paper entry must be submitted so that we can accurately account for your entry.
- **There will be no day of changes or additions to your entry.**



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School: _____ Team: **Boys or Girls or Both (Circle One)**

Coach: _____ Coach's Phone: _____

Coach's Email: _____

Boys Entry	Boys Running # _____	Boys Jumps # _____	Boys Throws # _____	Total Number of Boys Entries # _____
Girls Entry	Girls Running # _____	Girls Jumps # _____	Girls Throws # _____	Total Number of Girls Entries # _____

Individual Entries _____ x \$10 + Relay Entries _____ x \$12 = Total Entry \$ _____

Checks Payable To: **Shore Conference**

Email Paper Entries to:

Rick Arnao
 rarnao@neptune.k12.nj.us
 Cell (732) 299-6575

Mail Checks to:

Joe Montano
 Red Bank Catholic High School
 112 Broad St.
 Red Bank, NJ 07701
 Office: (732) 747-1211

Online entries are due at nj.milesplit.com no later than 8:00 pm, Thursday, May 20, 2021.

1. Only spikes ¼ inch or less will be allowed. Anyone found wearing longer spikes risks disqualification from the meet.
2. Minimum distances have been established in the Shot, Discus and Javelin. Athletes will have their first throws marked and then those unable to attain these qualifying distances will not be marked.
3. Cut time have been established in the 1600m and 3200m.
4. Teams should supply their own starting blocks.
5. Medals to the first six place winners in all events, including the relay, with team plaques awarded to the top Boys and Girls teams in the Shore Conference. Team scoring is 10-8-6-4-2-1 for first through sixth places.

