



SEC and ECADA

A Partnership Serving Essex County Student Athletes

2021 Outdoor Track & Field Championships

The Essex County Athletic Directors Association and the Essex County Track Coaches Association invites your team to the **2021 Essex County Outdoor Track Individual Championships**. You must be a member of the ECADA and in good standing to enter. Entries must be received by 8pm

1. **Eligibility:**

All schools must be members of the ECADA in good standing to be eligible to enter the **2021 Outdoor Track Individual Championships**. The tournament will be held on **Friday, May 28, 2021 at Schools Stadium, Newark – 2:00 PM**. This shall be a one day competition this year.

The Tournament Director shall oversee any necessary rescheduling.

If there are extreme weather conditions either day, call 201-953-9052 or go to <http://essexcountytrack.bizland.com>.

2. **Entry Fee**

To make things simpler this year in view of the changes and turmoil of the pandemic There will be a \$125/team/gender entry fee. A school's boys and girls teams equals a \$250 total fee.

One gender team equals a \$125 fee.

Please make the check payable to the **Super Essex Conference**.

Mail entry fees to:

****Bruce Essing, 6 Waverly Place, Cranford, New Jersey 07016**

3. **Tournament Director**

John Toner

(Call after 6:00 PM but before 9:00 PM) **Cell: 201-953-9052**

4. **Entry Procedure**

Entry materials must be submitted online, through the Milesplit website, **nj.milesplit.com** by midnight on **Monday, May 25th**.

Reminder: The people you enter in each event can be changed whenever you want until Midnight on Monday, May 25. Your entries, are viewable along with their seeds, at any time, by going back to the meet page and walking through the entry procedure until midnight on May 25th. Each time an athlete improves their performance at a non-dual meet, their seeds will be updated automatically until midnight on May 25th. As always, no

performances from indoors, dual meets or running relays will be used for seeding at this meet. However, Milesplit will factor in individual performances in the 400-meter hurdles and field events at relays for seeding. Unlike the County Relays, and SEC Championship you cannot submit your own seeds for your athletes.

The results of the meet will be available on the worldwide web on Friday at Milesplit.live or on the Milesplit page where you entered this meet. This meet's results, as well as other county meets can be found the next day at <http://essexcountytrack.bizland.com>.

Your athletes' performances will then be eligible to be used as seeds for the sectionals.

Note: Upon submission the coach will receive a confirmation/invoice of the entry. The ECT will subsequently send each entering school's athletic director an invoice as well.

5. **Awards**

Championship and runner-up teams will receive trophies. Individuals who score will be awarded individual medals. **Awards had already arrived for the originally planned two day, large and small school format. Medals were to be awarded to only to the first three finishers (gold, silver, bronze). Hence we shall award medals in this meet to places 1-4.**

6. **Conclusion**

Any questions can be directed to John Toner (201-953-9502) and any Milesplit questions directed to John Schwarz (862-812-5659). **Please call only between 6:00 PM and 9:00 PM.** It is important for you to fully comprehend the procedures and adhere to all the rules and regulations. Please follow the bus parking procedure as instructed.

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See next page for
"Order of Events"



S E C a n d E C A D A

A Partnership Serving Essex County Student Athletes

**2021 Essex County Outdoor Track and Field
Championships**

Friday, May 28 at Newark's Schools Stadium

Sponsored by:

The Essex County Athletic Directors Association

and

The Essex County Track Coaches Association

Order of Running Events

First Call All Events at 1:30 pm

2:00 PM

1. Girls 400 M Intermediate Hurdles Final on Time
2. Boys 400 M Intermediate Hurdles Final on Time
3. Girls 100 M Dash Trials (top 8 to Final on Saturday)
4. Boys 100 M Dash Trials (top 8 to Final on Saturday)
5. Girls 1600 M Run Final on Time
6. Boys 1600 M Run Final on Time
7. Girls 400 M Dash Final on Time
8. Boys 400 M Dash Final on Time

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9. Girls 100 M High Hurdles Trials
10. Boys 110 M High Hurdles Trials
11. Girls 800 M Run Final on Time
12. Boys 110 M High Hurdles Final
13. Girls 100 M High Hurdles Final
14. Boys 800 M Run Final on Time
15. Girls 100 M Dash Finals
16. Boys 100 M Dash Finals
17. Girls 3200 M Run on Final on Time
18. Girls 200 M Dash Final on Time
19. Boys 200 M Dash Final on Time
20. Boys 3200 M Run Final on Time
21. Girls 1600 M Relay Final on Time
22. Boys 1600 M Relay Final on Time

Order of Field Events

1. Boys Triple Jump, followed by Girls
2. Girls Long Jump, followed by Boys
3. Girls Pole Vault, followed by Boys
4. Girls Javelin, followed by Boys
5. Boys Discus, followed by Girls
6. Girls Shot Put, followed by Boys
7. Boys High Jump, followed by Girls

Standards for Essex County Championship

Below are suggested times and distances for competition in the 2019 Essex County Spring Track & Field Individual Championships.

	Boys	Girls
100m	12.0	14.0
200m	24.5	28.0
400m	55.0	65.0
800m	2:15.0	2:35.0
1600m	5:05.0	5:50.0
3200m	11:00.0	13:00.0
HH	17.0	20.0
IH	1:03.0	1:17.0
4 x 400m	3:45.0	4:25.0
Long Jump	18' 0"	14' 0"
Triple Jump	37' 0"	28' 6"
High Jump	Open @ 5' 6"	Open @ 4' 6"
Pole Vault	Open @ 9' 0"	Open @ 7' 0"
Shot Put	37' 0"	25' 0"
Discus	100' 0"	75' 0"
Javelin	115' 0"	70' 0"

Please read this to your athletes before they arrive at the meet



Code of Conduct for Athletes & Coaches

Purpose - Prevention and Education

1. Any coach or athlete found taunting or trash talking on the field or in the stands will be removed from the stadium. Any gesture at the end of a race may cost your athlete victory or place. State rules for sportsmanship and ejection will be imposed.
2. Athletes are expected to practice good sportsmanship. For example, “good job;” “you really ran well today;” “you tried hard, and that’s all that counts.”
3. No Radios or personal music devices will be permitted at the meet.
4. Please use proper receptacles to dispose of your garbage.
5. All Teams - Please police your areas before leaving the meet. We are responsible for clean up. It is extremely important that you cooperate with us in this important matter.

Reminder:

Coaches are responsible for their athletes’ actions.

Entry fees are payable to “Super Essex Conference” and sent to Bruce Essing.

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