

STCA "Season Opener # 1"

Shore Track Coaches Association Member Schools ONLY!!!

Sunday December 19th 2021

Start Time: 9:00AM

Location: Bennett Indoor Complex

On-Line-Entry Due: Noon on December 17th (MAX of 12 boys & 12 Girls teams)

Email Meet Director for password. MEET will close when max is reached

Order of Events:(Girls first in all track events))			For your use only
400M: Varsity- will start in lanes (Max of 3 entries per gender per school) 400M: JV will run in alleys with 9-12 runners per heat. Relays: 4 x 800: 1 Varsity team + 2 JV teams allowed 4 x 200: 1 Varsity team + unlimited JV teams			
Event 1:	Varsity 400M (In lanes) (Max 3 per gender)	Final on Time	
Event 2	JV 400M (Alleys-unlimited)	Final on Time	
Event 3:	1600M (Unlimited)	Final on Time	
Event 4:	55HH	Trials (Top 16 to final)	
Event 5:	55M	Trials (Top 16 to final)	
Event 6:	4 x 800 (Girls) (1 varsity + 2 JV teams)	Final on Time (3 heats MAX)	
Event 7:	55HH Final	2 section final (Boy's 1 st)	
Event 8:	55M Final	2 section final (Boy's 1 st)	
Event 9:	4 x 800 (Boys) (1 varsity + 2 JV teams)	Final on time (3 heats MAX)	
Event 10	4 x 200 Relay (1 varsity +Unlimited JV)	Final on time	

Field Events

High Jump: Boys followed by Girls
Boys opening at 5' & Girls opening at 4'
(**Then 4" for next height followed by 2" increments after)
** subject to change depending on # of entries

Pole Vault: 2 pits MAY be used
Girls opening at 6' & Boys opening at 8'
(**Then 1' for next height followed by 6" increments after)
** subject to change depending on # of entries

Shot Put: Boys followed by Girls
Seeded flight throws 1st
 Each competitor will get 4 throws if number permit.....NO Finals

HJ area may be used as a 2nd throwing area if needed after the completion of the HJ events.

Seeding will be based on the Times/Marks submitted ON-LINE prior to the deadline.
Please use accurate and verifiable times/marks.

Medals to the top 6 in each individual event & top 3 relays - NO Team Scoring

Meets will be governed by the Rules of the NJSIAA.

Food, Drink, Radios and/or Amplified Music Components are PROHIBITED inside the Toms River Field House.

Only 1/8" PYRAMID Spikes will be permitted

**In Case of Inclement Weather, call the Meet Director or check: www.shorecoaches.com for information about cancelations and/or delays*

STCA "Season Opener # 1"

Shore Track Coaches Association Member Schools **ONLY!!!**

Sunday December 21st 2021

Start Time: 9:00AM

ON-LINE-Entry Due: NOON on December 17th (MAX of 12 boys & 12 Girls teams)

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

Coach: _____ Coach's Phone: _____

Coach's Email: _____

Boy's entry \$400 _____

Girls Entry \$400 _____

Total = \$ _____

Checks Payable To: The Shore Track Coaches Association (STCA)

Questions about entry:

Contact:

Pete Toscano

Meet Director

Cell: 732-887-3487

OR email:

Mail CHECK to:

Jim Schlentz

32 Cannon Rd

Freehold, NJ 07728

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