

**MORRIS COUNTY
ATHLETIC DIRECTORS' ASSOCIATION**

2022

(even year)

**BOYS – GIRLS
SPRING TRACK CHAMPIONSHIPS**

Tuesday, May 17 and Wed., May 18

Rain Dates --- 5/19, 5/20, 5/21

Starting Time: 4:30

Boonton High School

Entry Information and Requirements

ENTRY FEES

FOR THE **2022** MORRIS COUNTY SPRING TRACK CHAMPIONSHIPS

Entries must be submitted by each head coach on Mile Split NO LATER THAN 11:59 P.M. ON Sat., **MAY 14.** IF YOU DO YOUR ENTRY EARLIER, PLEASE DO YOUR INVOICE EARLIER. DO NOT WAIT! After completing your entry, print out an “invoice” for your school. The Mile Split program will allow you to do this. If you have any questions on this process Brendan Donegan 201-230-0682. The only issue will be that the invoice you obtain from Mile Split will not separate the cost for your boys’ team and girls’ team. If your school has separate head coaches for boys and girls, the coaches will have to compare notes --- if your A.D. or Business Office needs that info to cut their checks.

IN ANY CASE, ALL HEAD COACHES SHOULD SUBMIT A COMPLETED INVOICE BY TUESDAY, MAY 12 TO WHEREVER YOUR ATHLETIC DIRECTOR HAS INSTRUCTED YOU TO DO SO (TO THE ATHLETIC DIRECTOR, TO YOUR BUSINESS OFFICE, ETC.).

An Open Note to all County A.D.s and Spring Track Coaches
Concerning
The 2022 Morris County Championships

1. This year the Morris County Spring Track Championships will once again be held at Boonton High School. Please make sure that your athletes, coaches, parents and bus drivers are aware of the site. Spectators will be able to park at the high school or the middle school which is directly across the street. Directions to Boonton High School have been included with the entry material you are receiving.
2. Please convey to your bus drivers that when they drop off your team(s) at Boonton High School, they will receive instructions concerning the parking of their vehicles if they intend to wait there for your team(s) until the end of the Meet. They will not be parking their buses at the high school. There will be a different site for that purpose located a short distance from the school.
3. Each of us responsible for organizing this Meet must receive some very important items from you so that we can do our best for you and your athletes:

A. Entry to the Meet must be made on the Mile Split Website



Access to Mile Split will close on SAT., 5/14/22 at 11:59 PM

VOUCHER & PAYMENTS:

PAYABLE TO:

MORRIS COUNTY SECONDARY SCHOOLS ATHLETIC DIRECTORS
ASSOC. (MCSSADA)

SEND ALL CERTIFICATES OF INSURANCE & ENTRY FEES: NOT REQUIRED

SEND ALL VOUCHERS and Payments to:

Dave Huguen, Meet Director
Boonton High School
306 Lanthrop Ave .
Boonton , New Jersey 07005

4. **If you have any questions concerning the online entry via NJMilesplit or any other aspect of the entry, please contact Brendan Donegan 201-230-0682**

MORRIS COUNTY ATHLETIC DIRECTORS' ASSOCIATION

Spring Track 2022

Morris County Boys - Girls Championships

1. **DATE:** Tuesday & Wednesday May 17 and 18, 2022
2. **PLACE:** Boonton High School
3. **TIME:** 4:30pm

4. **RAIN DATES:** Thursday – 5/19, Friday – 5/20, Saturday – 5/21

5. **FEE:** \$10.00/athlete/event
\$20.00/relay

6. **MINIMUM ENTRY:** \$50.00/team/school (boys + girls = \$100.00/school)

7. **ENTRIES FEES:** Payable to Morris County Athletic Directors Association (MCADA)

8. **Remit Entry Fees to:** Dave Hughen, Meet Director
Boonton High School
306 Lanthrop Ave .
Boonton , New Jersey 07005

9. **ENTRIES:** **INDIVIDUAL EVENTS: Unlimited**
4 x 400 RELAY- 1 ENTRY
NO "B" TEAMS ARE PERMITTED

10. **Online Entry Portal** NJ.Milesplit.com

11. **Entry Deadline** Saturday, MAY 14 @11:59 pm

12. **Entry QUESTIONS** **Brendan Donegan,**
Online entry management
Cell: 201-230 -0682

13. **STARTING HEIGHTS:** Boys High Jump 5-6, Girls High Jump 4-6
Pole Vault to be determined.

14. **LJ/TJ/PV/ JAV :** NFHS Rule 6-2-6 has been amended to prohibit athletes from running backwards or in the opposite direction (non-legal direction) during warm-ups on horizontal jumps, pole vault and javelin runways.

15. **SMALL SCHOOLS** Small schools Champion will be selected using a common scoring system. The highest scoring Division II team will receive a plaque.

16. **DIVISIONS:** **DIVISION I: Group III & IV Schools and Non Public A Schools**
DIVISION II: Group I, II, & Non Public B Schools.

PLEASE NOTE:

NO SCHOOL WILL HAVE TO SEND A
CERTIFICATE OF INSURANCE FOR
THIS MEET!

THE MORRIS COUNTY AD'S WILL BE
COVERING THE INSURANCE ON THIS
MEET.

2022

(even years)

MORRIS COUNTY SPRING TRACK CHAMPIONSHIPS

EVENTS WILL FOLLOW NJSIAA CHAMPIONSHIPS

BOYS EVEN YEARS/ GIRLS ODD YEAR

DAY 1

FIELD EVENTS

4:30 pm Start

1. G-Long Jump (Open Pit until 6:30pm. Finals to follow)
2. G-Javelin (Top 24, Top 8 to Finals, Seeds 25+)
3. G-Shot Put (Top 24, Top 8 to Finals, Seeds 25+)
4. B-Discus (Top 24, Top 8 to Finals, Seeds 25+)
5. B-High Jump
6. G-Pole Vault
7. B-Triple Jump (Open Pit until 6:30pm. Finals to follow)

NFHS Rule 6-2-6 has been amended to prohibit athletes from running backwards or in the opposite direction (non-legal direction) during warm-ups on horizontal jumps, pole vault and javelin runways .

RUNNING EVENTS:

4:30 pm Start

Seeded Sections RUN LAST in ALL EVENTS

B 400m Hurdles		Final
G 400m Hurdles		Final
B 100m	Trials (X Heat Winner + n fastest = 24 to Semis)	
G 100m	Trials (X Heat Winner + n fastest = 24 to Semis)	
B 1600 m (Unseeded Heats)		Final
G 1600 m (Unseeded Heats)		Final
G 100m	(3 Sections, 24 qualifiers)	Semis
B 100m	(3 Sections, 24 qualifiers)	Semis
B 1600m (2 Seeded Heats)		Final
B 100m		Final
G 100m		Final
G 1600m (2 Seeded Heats)		Final
B 400m		Final
G 400m		Final

2022

(even years)

MORRIS COUNTY SPRING TRACK CHAMPIONSHIPS

EVENTS WILL FOLLOW NJSIAA CHAMPIONSHIPS

BOYS EVEN YEARS/ GIRLS ODD YEAR

DAY 2

FIELD EVENTS

4:30 pm Start

1. B-Long Jump Open Pit until 6:30pm Finals to follow
2. B - Shot Put (Top 24, Top 8 to Finals, Seeds 25+)
3. G - Discus (Top 24, Top 8 to Finals, Seeds 25+)
4. B-Javelin (Top 24, Top 8 to Finals, Seeds 25+)
5. B-Pole Vault
6. G-Triple Jump (Open Pit until 6:30pm. Finals to follow)
7. G-High Jump

NFHS Rule 6-2-6 has been amended to prohibit athletes from running backwards or in the opposite direction (non-legal direction) during warm-ups on horizontal jumps, pole vault and javelin runways .

RUNNING EVENTS:

4:30pm

Seeded Sections will RUN LAST in ALL EVENT

B 110m Hurdles	Trials (X Trial winners + n fastest = 24 to Semis)
G 100m Hurdles	Trials (X Trial winners + n fastest = 24 to Semis)
G 800m (Unseeded Heats)	Final
B 800m (Unseeded Heats)	Final
G 100m Hurdles (3 Heats)	Semis (Semi Top 2 + next 2 fastest = 8 to Finals)
B 110m Hurdles (3 Heats)	Semis (Semi Top 2 + next 2 fastest = 8 to Finals)
B 800m (Top 2 Seeded Heats)	Final
G 800m (Top 2 Seeded Heats)	Final
B 110m Hurdles	Final
G 100m Hurdles	Final
G 3200 (Unseeded Heats)	Final
B 3200 (Unseeded Heats)	Final
G 200m	Semis (8 fastest to Final)
B 200m	Semis (8 fastest to Final)
B-3200m (1 Seeded Heat Only)	Final
B 200m	Final
G 200m	Final
G 3200m (1 Seeded Heat Only)	Final
B 4 x 400m	Final
G 4 x 400m	Final

HIGH JUMP

Coaches & Athletes:

Any competitor **leaving** the High Jump event to compete in **another event** must first check in with the High Jump official.

When all the remaining **excused** competitors have exhausted their trials at that height, the official will inform the announcer that excused competitors have **FIVE MINUTES** until the bar is raised to the next height.

If the **excused competitors** fail to return within the five (5) minute period, they must take their remaining trials at the **HIGHER HEIGHT**.

LONG JUMP, TRIPLE JUMP, POLE VAULT, JAVELIN

RUN BACKS WILL NOT BE PERMITTED ON THE RUNWAY TO DETERMINE A COMPETITOR'S APPROACH. ALL APPROACH DETERMINATIONS MUST BE IN THE DIRECTION OF THE PIT/FOUL LINE

NFHS Rule 6-2-6 has been amended to prohibit athletes from running backwards or in the opposite direction (non-legal direction) during warm-ups on horizontal jumps, pole vault and javelin runways.

DIRECTIONS TO

BOONTON HIGH SCHOOL
306 Lathrop Ave., Boonton, NJ
973-335-9700 X 222

*All athletics at high school unless listed below

From 287 North:

Take Exit 44 (Main St./Boonton). Make a sharp left at end of ramp onto Lathrop Avenue. Pass Boonton HS and several homes on the left. Turn left into entrance to high school parking lot behind the school.

Bus:

From 287 North take exit 45 / Wootton St. At end of ramp continue to the first stop sign and turn right onto Wootton St. Go to T-stop and turn right onto Lathrop Ave. Pass John Hill School on your left and take your first right into the parking lot in the back of Boonton High School .

From 287 South: (Bus & Cars)

Take Myrtle Ave. exit. Turn left at end of ramp onto Myrtle Ave. At 2nd traffic light turn left onto Wootton street. Continue on until the road T-stops onto Lathrop Avenue. Turn right. Pass John Hill School on your left. Take next right into entrance to Boonton HS parking lot behind the school.

From 46 East :

Take the exit for Passaic, Fairfield and Lincoln Park. Take a Left and go over Rt. 46. Go to the stop sign and turn left onto Two Bridges Rd. Go to stop sign. Bear Left onto Pine Brook Rd. Go about 1 mile up the hill and turn left onto West Pine Brook Rd. Go about 1 mile passing a Convalescent Home on the left. Take the 2nd Deer Run entrance to the Golf Course.

From 46 West:

Take the exit for Passaic, Fairfield and Lincoln Park. Bear right at the end of the ramp onto Passaic Avenue. Go to the stop sign and turn left onto Two Bridges Rd. Go to stop sign. Bear Left onto Pine Brook Rd. Go about 1 mile up the hill and turn left onto West Pine Brook Rd. Go about 1 mile passing a Convalescent Home on the left. Take the 2nd Deer Run entrance to the Golf Course.