

UNION COUNTY INTERSCHOLASTIC ATHLETIC CONFERENCE

2022 Boys & Girls Indoor Track & Field Relay Championship

Saturday, January 8, 2022 – 9:00 am

Jersey City Armory

Meet Information:

- NJSIAA & NFHS Rules to apply
- 1 Varsity relay per school
- Unlimited novice entry
- Entrance to the Armory at 8:00 am.
- All events start at 9:00 am
- Entries and rosters must be submitted on milesplitnj by Friday, January 7.
- Temperature checks required for everyone entering the Armory.
- Masked required when not participating in an event.

Scoring: 10 – 8 – 6 – 4 – 2 – 1

Awards: Trophy to Team Champion
Plaque to second place Team
Medals to top 3 in each event

Admission: All entrants must be masked. Temperature check taken before entry.
Adults - \$5
Students/Seniors - \$3

Entry Fees: \$25 per relay \$100 minimum per gender
Make checks payable to: UCIAC
Mail checks to: Joe Pisauro
 610 Sherman Ave.
 Roselle Park, NJ 07204

Bus Parking/Drop off: Jersey City Police have informed us that buses are not to park on Jersey City Streets. Drop off can occur at the armory and buses can park by Ferris HS near the TPKE

Athletes are not allowed food or drinks on the Armory floor or the spectator areas. Water only. Please try to keep your area free of debris. Your cooperation is appreciated.

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Order of Events: Field Events & Running Events start at 9:00 am. Seeded heat will run last!

1. Varsity Shot Put (3 person relay) - Seeded Heat Last- 3 throws. Boys/Girls
2. Varsity High Jump (2 person) - Starting Heights- Girls 4' followed by Boys 5'
 - a. The first 2 increments are 3" then 2". (Example: 4' 4' 3" 4' 6" 4' 8")
3. Varsity Distance Medley - (1200, 400, 800, 1600) Final on time. Girls/Boys
4. Varsity Shuttle Hurdle Relay - Final on time. Girls/Boys
5. Varsity 4 X 200 Meter Relay - Final on time. Girls/Boys
6. Varsity 4 X 800 Meter Relay - final on time. Girls/Boys
7. Novice 4 X 200 Meter Relay - Final on time. Girls/Boys
8. Varsity Sprint Medley Relay - (400, 200, 200, 800) Final on time. Girls/Boys
 - a. Depending on time will determine if the race will start in lanes or California start.
9. Novice 4 x 800 Meter Relay - Final on time. Girls/Boys
10. Varsity 4 X 400 Meter Relay - Final on time. Girls/Boys