



5TH Annual Union County
Middle School Track Championships
Wednesday, May 19, 2022 - 4:00 pm
Williams Field, Elizabeth

Meet Information

- NJSIAA & National Federation rules will apply.
- Only 4 Athletes per event per gender; only 1 Relay per school per gender.
- Seeding - please fill out the roster below for each event.
 - Make sure you have both first and last names on the roster sheet. I'm trying to get the track computer guy to come to our meet and he will post the results to njrunners.com.
 - Please fill out the seed time for each athlete. I will make a card for each athlete.
 - I can make the heats in advance to help make the meet go faster and smoothly.
 - Please email the roster (diasjo@epsnj.org) to me by **Monday, May 16th**.
- Shot Puts - Girls 6 lbs. & Boys 4 Kg.
 - Officials will weigh the Shots at the meet.
- Running and field events will be going on at the same time. Please notify the official when an athlete has to run.
 - We will try to coordinate with the Field Officials to have any athlete running the 100 Meters in the second flight of the Long Jump and Shot Put.
 - Please bring batons for the relay.
- Top 6 places will score. Scoring: 10, 8, 6, 4, 2, 1.
- **Awards:**
 - Trophy to the Team Champion (Boys & Girls)
 - Medals to the Top 3 in each event.

Any questions, please email me (diasjo@epsnj.org) or call my cell (908-510-1765).



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ORDER OF EVENTS

Note: Running and Field events will be going on at the same time.

1. Shot Put - Boys follow by girls. (Top 6 to the Finals)
2. Long Jump - Girls follow by boys. (Top 6 to the Finals)
3. 100 Meters - Trials (Girls/Boys)
4. 100 Meters - Semis (Girls/Boys)
5. 1600 Meters - Girls
6. 100 Meters - Finals (Girls/Boys)
7. 1600 Meters - Boys
8. 400 Meters - Girls/Boys
9. 200 Meters - Girls/Boys
10. 800 Meters - Girls/Boys
11. 4 x 100 Meters - Girls/Boys