

2023

**MORRIS COUNTY
WINTER TRACK
RELAY CHAMPIONSHIPS**

JANUARY 3, 2023

SPONSORED BY:

MORRIS COUNTY ATHLETIC DIRECTORS ASSOCIATION

MORRIS COUNTY RELAY CHAMPIONSHIPS

ORDER OF EVENTS:

Varsity Heats will run slowest to fastest seeds
Seeded sections will run last

Start time:

4:30

G - SHUTTLE	Final		
B - SHUTTLE	Final		
G - DISTANCE MEDLEY	Final (1200 – 400 – 800 – 1600)		
B - DISTANCE MEDLEY	Final (1200 – 400 – 800 – 1600)		
G - 800m. RELAY	Final (Heats of 4, Lanes 2-5)		
B - 800m. RELAY	Final (Heats of 4, Lanes 2-5)		
JV-G - 800m. RELAY	Final		
JV-B - 800m. RELAY	Final	HIGH JUMP RELAYS	4:30 pm
G - 3200m RELAY	Final	GIRLS (4'0" – 4'3" – 4' 6" – 4'8" + 2 ")	
B - 3200m RELAY	Final	BOYS (5'0" – 5'3" – 5'6" – 5'8" + 2")	
JV-G - 3200m RELAY	Final	POLE VAULT RELAY	4:30pm
JV-B-3200m RELAY	Final	BOYS (8'0" – 9'0" – 10'0" + 6")	
G - SPRINT MEDLEY	Final (400 – 200 – 200 – 800)	GIRLS (7'0" – 7'6" – 8'0" + 6")	
B - SPRINT MEDLEY	Final (400 – 200 – 200 – 800)		
JV-G - 1600m RELAY	Final		
JV-B - 1600m RELAY	Final		
G - 1600m RELAY	Final		
B- 1600m RELAY	Final		
		Shot Put (Circle #1)	4:30pm
		Boys	
		Shot Put (Circle #2)	4:30pm
		Girls	
		JV Boys (Circle #1)	
		JV Girls (Circle #2)	

NOTE: TIMES ARE APPROXIMATE, WE WILL PROBABLY RUN AHEAD OF SCHEDULE.

MORRIS COUNTY WINTER TRACK RELAY CHAMPIONS

BOYS

1975	Morris Catholic	31pts.
1976	Delbarton	27pts
1977	Morris Hills	32pts.
1978	Morris Hills	31pts.
1979	Morristown	26pts.
1980	Morristown	27pts.
1981	Morristown	29pts.
1982	Morristown	34pts.
1983	Morristown	39pts.
1984	Morris Hills	40pts.
1985	Morristown	37pts.
1986	Morristown	38 ½ pts.
1987	Morristown	48pts.
1988	Morristown	35 ½ pts.
1989	Morristown	55pts.
1990	Morristown	80pts.
1991	Morristown	62pts.
1992	Whippany Park	42pts.
1993	Whippany Park	50pts.
1994	Randolph	60pts.
1995	Randolph	58pts.
1996	Morristown	58pts.
1997	Randolph	63pts.
1998	Randolph	74pts.
1999	Randolph	58pts.
2000	Morris Hills	52pts.
2001	Morristown	47pts.
2002	Morristown	52pts.
2003	Morristown	72pts.
2004	Randolph	52pts.
2005	Randolph	66pts.
2006	Morris Hills	62pts.
2007	Randolph	62pts.
2008	Morris Hills	60pts.
2009	Randolph	52pts.
2010	Randolph	61 pts.
2011	Randolph	49 pts.
2012	Randolph	58 pts.
2013	Delbarton	50pts.
2014	Delbarton	48pts.
2015	Delbarton	60pts.
2016	Randolph	59pts.
2017	Randolph	49pts.
2018	Delbarton	53pts.
2019	Chatham	37pts.
2020	Morris Hills	46 pts
2021	NOT CONTESTED	
2022	Delbarton	44 pts

GIRLS

1981	Morris Hills	21pts.
1982	Randolph	26pts.
1983	Morris Hills	39pts.
1984	Randolph	42pts.
1985	Morristown	37pts.
1986	Morristown	39pts.
1987	Morris Hills	34pts.
1988	Randolph	31 pts.
1989	Randolph	50pts.
1990	Mount Olive	58pts.
1991	Randolph	68pts.
1992	Randolph	62pts.
1993	Morris Catholic	54pts.
1994	Morris Catholic	59pts.
1995	Randolph	60pts.
1996	Randolph	58pts.
1997	Mount Olive	62pts.
1998	Roxbury	70pts.
1999	Roxbury	74pts.
2000	Roxbury	56pts.
2001	Roxbury	57pts.
2002	Randolph	48pts.
2003	Randolph	59pts.
2004	Randolph	50pts.
2005	Morris Knolls	40pts.
2006	Morris Knolls	67pts.
2007	Randolph	54pts.
2008	Randolph	50pts.
2009	Randolph	62pts.
2010	Randolph	52 pts.
2011	Randolph	74 pts.
2012	Morris Knolls	43 pts.
2013	Mendham	42pts.
2014	Mount Olive	47pts.
2015	Roxbury	40pts.
2016	Whippany Park	46pts
2017	Randolph	60pts.
2018	Randolph	70pts.
2019	Randolph	60 pts
2020	Randolph	60 pts
2021	NOT CONTESTED.	
2022	Chatham, Roxbury	60 pts

VARSITY MEET RELAY RECORDS

B-Shuttle Hurdles		Morris Hills	1977	30.60
G-Shuttle Hurdles (4 x 51.5 m)		Randolph	2016	32.36
B-800m Relay		Parsippany	2003	1:34.15
G-800m Relay		Mount Olive	2014	1:49.13
B-1600m Relay		Morris Hills	2016	3:33.52
*(B-Mile Relay	Morristown	1986 3:32.7)		
G-1600m Relay		Morris Knolls	2006	4:07.63
B-3200m Relay		Mendham	2019	8:15.78
G-3200m Relay		Roxbury	2006	9:40.55
B-Distance Medley		Mendham	2019	10:38.65
G-Distance Medley		Roxbury	2006	12:16.28
B-Sprint Medley		Morris Hills	2012	3:42.18
*(B-Sprint Medley	Morristown	1982 3:42.2 y)		
G-Sprint Medley		Morris Knolls	2006	4:19.71
B-Shot Put Relay		Morristown	2010	111-8 ³ / ₄
G-Shot Put Relay		Whippany Park	2016	82-5
B-High Jump Relay		Mendham	2000	12-10 ¹ / ₄
G-High Jump Relay		Morris Hills	1987	10-9
B - Pole Vault Relay		Randolph	1995	26-0
G - Pole Vault Relay		Hanover Park	2008	19-6

*YD. Mark is as good as or better than the Metric Mark

FRESHMEN BOYS RECORDS

800m Relay		Randolph	2002	1:42.22
Distance Medley		Randolph	1997	9:00.10
*(Distance Medley (1 7/8)	Morristown	1995 8:48.6)		
1600m Relay		Randolph	2007	3:55.63

JV BOYS RECORDS

800 m relay		Mount Olive	2020	1:39.81
1600m Relay		Randolph	2020	3:48.87
3200m Relay		Morris Hills	2017	8:51.70
Shot Put Relay		Madison	1983	82-5

JV GIRLS RECORDS

800m Relay		Mount Olive	2011	1:57.19
1600m Relay		Madison	2006	4:32.46
3200m Relay		Mendham	2019	10:28.96
Shot Put		Jefferson	2013	56-2