



Super Essex Conference 13th Annual Indoor Individuals Track and Field Championships 2022-2023

The Super Essex Conference would like to invite you and your team to participate in the **13th Annual Super Essex Conference Indoor Track and Field Championships**. The meet will be held at **Ocean Breeze Track & Field Athletic Complex** on **Friday, December 23, 2022**. **All running events, the Shot Put, Pole Vault and the High Jump will be contested at Ocean Breeze.**

Enclosed you will find all pertinent meet information, a code of conduct for athletes and coaches and Statements of Sportsmanship.

Entry into the 2022 Super Essex Conference Boys & Girls Cross Indoor Track & Field Championships must be submitted online through the Milesplit website, nj.milesplit.com no later than noon on Friday, December 16, 2022.

A few updates and important reminders.

- We are happy to announce that we have resurfaced the track with Mondo Super X 720 and expect it to be faster than ever!
- Due to the resurfacing, we will be enforcing the following rules:
 - **ONLY** ¼" pyramid spikes make be worn for all events.
 - **ONLY** water will be permitted on the infield, this includes other beverages and food.
 - **ONLY** white athletic tape will be permitted to be used for marks in the jumping events. Duct tape, markers, or chalk is not permitted. Anyone found using anything other than white athletic tape will be disqualified from the event.

For the Super Essex Conference,

*Bruce Essing,
Tournaments Administrator
SEC/ECADA*

1. **Eligibility:**

All schools must be members of the **SEC** in good standing to be eligible to enter the **2022-2023 Indoor Track and Field Championship**. The meet will be held at the **Ocean Breeze Track & Field Athletic Complex**, 625 Father Capodanno Blvd, Staten Island, NY, 10305. All events shall be competed at Ocean Breeze.

**Warm-up 8:00 am, competition begins for both genders at 9:00 am.
Please note scoring rules.**

2. **Entry Procedure**

Your entry must be submitted online through the Milesplit website, nj.milesplit.com no later than noon on **Friday, December 16, 2022**.

As an SEC sponsored event there is no entry fee for this championship.

** Your team roster must be must be completed online, through the Milesplit website, nj.milesplit.com by noon on **Friday, December 16, 2022**. Please edit your roster to contain only athletes currently on your team. Just entering your roster on your team does not enter your athletes in the SEC meets You must enter your athletes on the meet page after you complete your team roster page.

3. **Limited Entries**

There will be a maximum of three entries per individual event and one 1600m Relay per school.

4. **Awards**

The teams finishing first will be awarded championship plaques. Medals will be awarded to top six (6) finishers in the individual events and the top three (3) teams in the 1600m Relay in each division.

5. **Scoring**

The scoring will be done by the 10-8-6-4-2-1 system. NJSIAA rules and regulations apply to athletes and team participation. **Starting blocks are permitted only in the dash and hurdle finals. Only pyramid spikes 1/4 inch or less will be allowed. No needle spikes and No Christmas tree type spikes of any size permitted.**

6. **Meet Director**

John Tonerio
(201) 953-9052.

Any questions call John Tonerio before 9:00 P.M.

7. **Trainer's Services**

A trainer will be present to assist in immediate care and first aid. They are also available for taping. For those in need of taping; we ask that you bring your own tape to be used. You provide the supplies; we provide the service.

8. **Divisions**

There will be **two** Divisions in both the Girls and Boys Meet. The **Liberty Division** will consist of Group I and Group II Schools and Non Public B. The **American Division** will consist of all Group III and Group IV schools and Non Public A. Please check with your Athletic Director regarding your school's grouping or go to NJSIAA.org for your Winter Track classification. Please indicate American (Groups 3 & 4, NP A) or Liberty (Groups 1 & 2, NP B) Division on the **entry form**.

9. **Order of Events**

Both the American Division Schools (Groups III and IV, Non Public A) and Liberty Division Schools (Groups I and II, Non Public B) will begin running events at 9:00 AM. Teams will not be admitted into the facility before 8:00 AM.

ORDER OF EVENTS

All Running Events, Shot Put and High Jump will be contested at the Ocean Breeze Indoor Track & Field Complex. American Boys followed by Liberty Boys followed by American Girls and then Liberty Girls. Except in hurdle final.

On the Infield -9:00 AM

55 Meter Hurdles Trials, All Divisions

55 Meter Hurdles Finals,

All Divisions 55 Meter Dash Trials,

All Divisions 55 Meter Dash Finals,

On the Oval -9:00 AM

16000m. Run Final

400m Run Final

Novice Sprint Medley Final

800m. Run Final

200m Dash Final

Novice Distance Medley Final (Boys and Girls will be a combined event)

3200m. Run Final

4x400m Relay Final

COACHES, PLEASE NOTE / THERE WILL BE NO DELAYS WHATSOEVER IN THE ORDER OF THE RUNNING EVENTS.

Field Event Order -9:00 AM

Shot Put- Girls American followed by Girls Liberty (**Left Circle**)
Boys American and then Boys Liberty (**Right Circle**)

***Pole Vault-** Event will start with Girls (both groups together) and the **Boys Competition** will begin (both groups together) as the bar is raised and reaches the Boys' opening height, unless the Meet Director / Meet Referee decide to use two different pits. In that case, the Girls' and Boys' vault will take place simultaneously. **Please note: As in the past, 5 or more schools must compete in each division (by gender) in order for the points to count.**

* **High Jump-** Event will take place on the infield after the completion of the hurdles and the dashes. Boys American followed by the Boys Liberty - Girls American then Girls Liberty. Two separate pits will be used for the Boys and Girls.

* **The opening heights for the Pole Vault and High Jump in all groups will be determined at the meet, by the meet director/ and or the Meet Referee based on the seeds.**

10. **Admission**

There will be no admission charge for spectators this meet.

Sportsmanship Statement on next page



SUPER ESSEX CONFERENCE SPORTSMANSHIP STATEMENT

(To be read to your team prior to the start of the meet. Retain a copy for that purpose.)

Congratulations, shortly, you will compete in the **Super Essex Conference 13th Annual Boys and Girls Indoor Track and Field Championship**. We hope that you are aware of the honor of competing in a Conference Championship.

Along with the honor of competing in the conference championship, there is a responsibility that each and every student athlete, coach, administrator and spectator has; the duty to honor the traditions of the sport and to treat the other participants with respect. As a member of a team you are expected to conduct yourself in a matter that will bring respect to you, your teammates, coaches, parents, school and community. May no act of yours bring shame to the important things we have mentioned.

Sportsmanship is about attitude and behavior. Always keep in mind that as a student athlete your actions and behaviors are being observed by everyone around you. Unsportsmanlike conduct has a very damaging effect on your team's reputation. With this in mind the **SEC** requests that all participants:

1. Demonstrate respect at all times for coaches, opponents and event officials.
2. Avoid offensive gestures or language.
3. Display modesty in victory and graciousness in defeat.
4. Accept officials' decisions and abide by them.
5. Demonstrate a helping hand to other competitors as fellow athletes.
6. Show respect for public property and equipment.

As a competitor and student of the sport, compete with the highest forms and standards of sportsmanship, respect and discipline no matter the outcome. Participation in this championship meet is one of the most exciting experiences of a young person's life. Keep it positive.

The **SEC** wishes all of you the best during the championship meet. We hope that your experience in our championships will be an enjoyable and rewarding one.

Good Luck,

The Super Essex Conference



CODE OF CONDUCT FOR ATHLETES & COACHES

Purpose: Prevention and Education

- Any coach or athlete found taunting or trash-talking at the meet will be removed from the arena.
- Any gesture at the end of the race may cost the athlete/team the victory or place.
- State rules for unsportsmanlike conduct and ejection will be enforced.
- Coaches are responsible for the actions of their athletes.
- Educate your athletes as to what is accepted as good sportsmanship.

Some Examples:

- “Nice Race”**
- “Good Job”**
- “You really ran well today”**
- “You tried hard, and that’s all that counts”**

*Athletes are not allowed to hang out or dress in the rest rooms. Athletes must arrive dressed for competition.

**The playing of amplified music is not permitted in the complex. Coaches are expected to confiscate these items before they enter the facility.

NOTE: This notice is to be read to all members of the team at practice prior to the meet and repeated on the bus prior to departing for the meet. Please remind all coaches and athletes that we are guests of the Ocean Breeze Complex. Please clean your area of trash and debris prior to leaving the facility.

*Food and refreshments will be sold at The Ocean Breeze’s concession stands.

**Starting blocks only for dash and hurdle FINALS. Only pyramid spikes 1/4 inch or less will be allowed.

No needle spikes or Christmas tree type spikes of any size permitted.

Good Luck