



Shore Area Girls Frosh-Novice Championships

Sponsored by:
Shore Track Coaches Association

2023 MEET INFORMATION

Tuesday, May 16th – Start Time: 4:00pm

Location: Jackson Liberty High School

On-Line Entry Deadline: Midnight May 15th

ALL ENTRIES will be done online at: **MileSplit NJ**

- ★ Seeding will be based on the times/marks submitted online at: **MileSplit NJ**
- ★ This is a Championship Meet so please use accurate and verifiable times/marks.
- ★ Flagrant mis-seeding of your athletes will result in punitive actions.

ENTRY STANDARDS & INFORMATION for 2023

Each school is allowed UNLIMITED entries EXCEPT for the 4x400m Relay (1 frosh/1 novice)

- Maximum spike size ¼"
- You must supply your own blocks & batons.
- Plaques will be awarded to the top 3 (three) teams in each division.
- Awards will be given to the top 6 (six) finishers in each event.
- Scoring is 10-8-6-4-2-1
- Meet will be governed by the Rules of the NJSIAA.

In Case of Inclement Weather, call the Meet Director or check Njmilesplit.com for information about cancellations and/or delays

**Note: Rain Date- Friday, May 19th at 4PM



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2023 ORDER OF EVENTS

FRESHMAN RUN FIRST IN ALL TRACK EVENTS

Fastest heats FIRST – except 4x400 - 3 Throws/Jumps NO FINALS

Throws- Low Seeds followed by High Seeds

TRACK EVENTS

Starting at 4pm

- 400M IH
- 100M Trials
- 1600M Freshman
- 100M Finals
- 1600M Novice
- 400M
- 110 HH Trials
- 800M
- 110M HH Finals
- 3200M Freshman**
- 200M
- 3200M Novice**
- 4 X 400M

FIELD EVENTS

Starting at 4pm

- SHOT – Frosh First
- DISCUS – Novice First
- JAVELIN – Open Area
- LONG JUMP – Open Pit
- TRIPLE JUMP – Open Pit
- POLE VAULT – Jump Together*
Opening- FROSH – 6'0" NOVICE – 7'0"
- HIGH JUMP – Jump Together*
Opening- FROSH – 4'0" NOVICE – 4'4"

*In the HJ & PV: increment increases will be determined by the number of competitors.

**3200m may be combined based on the number of competitors.

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2023 MEET ENTRY & PAYMENT

DO NOT Print Invoice from MileSplit- FILL OUT THIS FORM

Tuesday, May 16th – Start Time: 4:00pm
Location: Jackson Liberty High School

School _____

Coach _____ Coach's Phone _____

Coach's Email _____

Entries are UNLIMITED except for the 4x400m (1 frosh-1 novice)

Number of Individual Girls Entries _____ x \$10 = \$ _____

Relay Teams x \$30 = \$ _____

OR

MAX ENTRY \$600.00 = \$ _____

TOTAL = \$ _____

- **Entry Deadline:** May 15th, 2023. ALL ENTRIES will be done online at: **MileSplit NJ**
- Teams are responsible for the entry fee based on THIS FORM. **NO MILESPLIT INVOICES**
- This is your **ENTRY FEE**...not participation fee!

Make Checks Payable To: The Shore Track Coaches Association (STCA)

Direct Questions to:

Todd Engle-Meet Director
Jackson Liberty HS
Phone: 732-642-1185
E-Mail: tengle@jacksonsd.org

Mail ALL checks to:

Jim Schlentz
32 Cannon Road
Freehold, NJ 07728

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