



# Monmouth County Track & Field Championships

Sponsored by:  
Shore Track Coaches Association

## 2023 MEET INFORMATION

Day 1: Wednesday, May 10th

➤ Start Time: 4pm

Day 2: Friday, May 12th

➤ Start Time: 4pm

Location: Howell High School

**On-Line Entry Deadline: Noon May 10th**

\*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 3 athletes per event, per gender +PLUS any additional athlete who has achieved the attached standards MAY also be entered as long as the first 3 have met the entry standard.

- Only one (1) Varsity 4 x 800, 4 x 400 & 4 x 100 team per school, per gender.
- Maximum spike size ¼"
- You must supply your own blocks & batons.
- Plaques will be awarded to the top 3 (three) boys & girls teams.
- 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](http://Njmilesplit.com) for information about cancellations and/or delays\*\***

**\*\*Note: Day 1 rain date- Thursday, May 11th at 4:00PM Day 2 rain date- Saturday, May 13th at 10am**



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## 2023 ORDER OF EVENTS

*Girls 1<sup>st</sup> in all Running Events*

*(Fastest heats FIRST – except 4x400)*

### DAY 1

#### TRACK EVENTS

- 400m IH – FINAL ON TIME
- 100m Dash – Trials (Top 8 Advance)
- 1600m GIRLS – FINAL ON TIME
- 100m Dash – Finals
- 1600m BOYS – FINAL ON TIME
- 400m Dash – FINAL ON TIME
- 4 x 800 Relay

#### FIELD EVENTS

- Triple Jump – Girls
  - (Open flights – Top 8 to Final)
- Long Jump – Boys
  - (Open flights- top 8 to final)
- Pole Vault – Girls
  - (Opening height – 7' )
- High Jump – Boys
  - (Opening height – 5'04")
- Shot Put – Girls (Top 8 to final)
- Discus – Boys (Top 8 to final)
- Javelin – Girls (Top 8 to final)

### DAY 2

#### TRACK EVENTS

- High Hurdles – Trials (Top 8 Advance)
- 800m GIRLS – FINAL ON TIME
- High Hurdles – Finals
- 800m BOYS – FINAL ON TIME
- 4 x 100M Relay – Final on Time
- 3200m GIRLS – FINAL ON TIME
- 200m Dash – FINAL ON TIME
- 3200m BOYS – FINAL ON TIME
- 4x400m – SEEDED HEAT LAST

#### FIELD EVENTS

- Triple Jump – Boys
  - (Open flights- top 8 to final)
- Long Jump – Girls
  - (Open flights – Top 8 to Final)
- Long Jump – Girls
  - (Open flights-top 8 to final)
- Pole Vault – Boys
  - (Opening height – 9' )
- High Jump – Girls
  - (Opening height – 4'04")
- Shot Put – Boys (Top 8 to final)
- Discus – Girls (Top 8 to final)
- Javelin – Boys (Top 8 to final)

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

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## 2023 MEET ENTRY & PAYMENT

**DO NOT Print Invoice from MileSplit- FILL OUT THIS FORM**

Day 1: Wednesday, May 10th 4pm

Location: Howell High School

Day 2: Friday, May 12th 4pm

School \_\_\_\_\_

Coach \_\_\_\_\_ Coach's Phone \_\_\_\_\_

Coach's Email \_\_\_\_\_

Number of Individual Boys Entries \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_

ONE BOYS Relay Team x \$30 = \$ \_\_\_\_\_

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

ONE GIRLS Relay Team x \$30 = \$ \_\_\_\_\_

MAX BOYS ENTRY \$600.00 = \$ \_\_\_\_\_

MAX GIRLS ENTRY \$600.00 = \$ \_\_\_\_\_

**TOTAL** = \$ \_\_\_\_\_

- **Entry Deadline:** Noon, May 10th, 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!

### **ENTRY STANDARDS 2023**

Each school is allowed 3 athletes per event, per gender +PLUS any additional athlete who has achieved the attached standards listed below may also be entered **AS LONG AS** the first 3 have met the entry standard.

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

**Direct Questions to:**

Pete Toscano-Meet Director

Raritan HS

E-Mail: ptoscano@hazlet.org

**Mail ALL checks to:**

Jim Schlentz

32 Cannon Road

Freehold, NJ 07728

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## 2023 MEET STANDARDS

Each school is allowed 3 athletes per event, per gender +PLUS any additional athlete who has achieved the attached standards listed below may also be entered **AS LONG AS** the first 3 have met the entry standard in either indoor OR outdoor track in 2023.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100	12.3	14.5
200	24.8	29.5
400	58	1:09.00
800	2:13	2:50
1600	4:55	6:10
3200	11:20	14:00
110/100H	20	20
400IH	1:10	1:20
HJ	5'6"	4'4"
PV	9'	7'
LJ	17'6"	13'6"
TJ	36'	28'
Shot	36'	26'
Disc	95'	70'
Jav	100'	60'