



SEC and ECADC

A Partnership Serving Essex County Student Athletes

2023 Outdoor Track & Field Championships

The Essex County Athletic Directors Commission invites your team to the **2023 Essex County Outdoor Track Individual Championships**. You must be a member of the ECADC and in good-standing and have your entry form submitted no later than noon on **Monday, May 15**.

1. **Eligibility:**

All schools must be members of the ECADC in good standing to be eligible to enter the **2023 Outdoor Track Individual Championships**. The tournament will be held on the following dates:

Thursday, May 18 at Schools Stadium, Newark – 4:00 PM

Friday, May 19 at Schools Stadium, Newark – 4:00 PM

The Tournament Director shall oversee any necessary rescheduling.

If there are extreme weather conditions either day, call 201-953-9052 after 12 Noon or go to <http://essexcountytrack.bizland.com>.

2. **Entry Fee**

The entry fees are \$12.00 per individual for running events (maximum of 3 entries per event) and \$28.00 per relay (maximum one team) with an \$84.00 Minimum. An invoice shall be returned to your school's athletic director after submission of online entry.

Please make the check payable to the **Super Essex Conference**.

Mail entry fees to:

****Bruce Essing, 6 Waverly Place, Cranford, New Jersey 07016**

3. **Tournament Director**

John Toner

(Call after 6:00 PM but before 9:00 PM) **Cell: 201-953-9052**

4. **Entry Procedure**

Entry materials must be submitted online, through the Milesplit website, **nj.milesplit.com** by noon on **Tuesday, May 16th**.

Reminder: The people you enter in each event can be changed whenever you want until noon on Tuesday, May 16. Your entries, are viewable along with their seeds, at any time, by going back to the meet page and walking through the entry procedure until noon on May 16th. Each time an athlete improves their performance at a non-dual meet, their seeds will be updated automatically until noon on May 16th. As always, no

performances from indoors, dual meets or running relays will be used for seeding at this meet. However, Milesplit will factor in individual performances in the 400-meter hurdles and field events at relays for seeding. Unlike the County Relays, and SEC Championship you cannot submit your own seeds for your athletes.

The results of the meet will be available on the worldwide web by Saturday evening following the meet. If our wireless is also working at we will do results live at milesplit.live. Your athletes' performances will then be eligible to be used as seeds for the sectionals, etc.

Note: Upon submission the coach will receive a confirmation/invoice of the entry. There will be no fees showing on that invoice. The ECT will subsequently send each entering school athletic director an invoice copy.

5. **Awards**

Championship and runner-up teams will receive trophies. Individuals who score will be awarded individual medals.

6. **Conclusion**

Any questions can be directed to John Toner (201-953-9502) and any Milesplit questions directed to John Schwarz (862-812-5659). **Please call only between 6:00 PM and 9:00 PM.** It is important for you to fully comprehend the procedures and adhere to all the rules and regulations. Please follow the bus parking procedure as instructed.

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See next page for
“Order of Events”



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2023 Essex County Spring Track Individual Championships

Thursday – 5/18 at 4:00 PM **Schools Stadium, Newark

Order of Running Events

1. Girls 400 M Intermediate Hurdles Final on Time
2. Boys 400 M Intermediate Hurdles Final on Time
3. Girls 100 M Dash Trials (top 8 to the Final on Time)
4. Boys 100 M Dash Trials (top 8 to Final on Time)
5. Girls 1600 M Run Final on Time
6. Girls 100 M Dash Final
7. Boys 100 M dash Final
8. Boys 1600 M Run Final on Time
9. Girls 400 M Dash Final on Time
10. Boys 400 M Dash Final on Time

Order of Field Events

1. Boys Triple Jump then Girls Triple Jump
2. Girls Pole Vault
3. Girls Javelin
4. Boys Discus
5. Girls Shot Put
6. Boys High Jump

Friday – 5/20 at 4:00 PMSchools Stadium, Newark**

Order of Running Events

1. Girls 110 M High Hurdles Trials (top 8 to the Final on Time)
2. Boys 100 M High Hurdles Trials (top 8 to the Final on Time)
3. Girls 800 M Run Final on Time
4. Boys 110 M High Hurdles Final
5. Girls 100 M High Hurdles Final
6. Boys 800 M Run Final on Time
7. Girls 200 M Dash Final
8. Boys 200 M Dash Final
9. Girls 3200 M Run on Final on Time
10. Boys 3200 M Run Final on Time
11. Girls 1600 M Relay Final on Time
12. Boys 1600 M Relay Final on Time

Order of Field Events

1. Boys Long Jump then Girls Long Jump
2. Girls Triple Jump followed by the Boys Triple Jump
3. Boys Pole Vault
4. Boys Javelin
5. Girls Discus
6. Boys Shot Put
7. Girls High Jump

Standards for
Essex County Championship

Below are suggested times and distances for competition in the 2023 Essex County Spring Track & Field Individual Championships.

	Boys	Girls
100m	12.0	14.0
200m	24.5	28.0
400m	55.0	65.0
800m	2:15.0	2:35.0
1600m	5:05.0	5:50.0
3200m	11:00.0	13:00.0
HH	17.0	20.0
IH	1:03.0	1:17.0
4 x 400m	3:45.0	4:25.0
Long Jump	18' 0"	14' 0"
Triple Jump	37' 0"	28' 6"
High Jump	Open @ 5' 6"	Open @ 4' 6"
Pole Vault	Open @ 9' 0"	Open @ 7' 0"
Shot Put	37' 0"	25' 0"
Discus	100' 0"	75' 0"
Javelin	115' 0"	70' 0"

NOTE: If you need to communicate regarding seed issues contact John Toner, he is the meet director.

John Schwarz cannot help you with these issues.

Please read this to your athletes before they arrive at the meet



Code of Conduct for Athletes & Coaches

Purpose - Prevention and Education

1. Any coach or athlete found taunting or trash talking on the field or in the stands will be removed from the stadium. Any gesture at the end of a race may cost your athlete victory or place. State rules for sportsmanship and ejection will be imposed.
2. Athletes are expected to practice good sportsmanship. For example, “good job;” “you really ran well today;” “you tried hard, and that’s all that counts.”
3. No Radios or personal music devices will be permitted at the meet.
4. Please use proper receptacles to dispose of your garbage.
5. All Teams - Please police your areas before leaving the meet. We are responsible for clean up. It is extremely important that you cooperate with us in this important matter.

Reminder:

Coaches are responsible for their athletes’ actions.

Entry fees are payable to “Super Essex Conference” and sent to Bruce Essing.

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