

The College of New Jersey High School Open

Thank you for selecting our meet this year, and we hope your athletes have a successful day!

Final Coaches Instructions

1. Buses drop off C Street by the baseball field (see map for directions)
2. Team tents can set up in grass area along backstretch fencing of the track facility; no team tents in the bleachers
3. All heats and flights are finalized. There is no switching names or additions allowed on meet day. You can email us scratches all day Friday or let the clerk know of scratches on meet day
4. We only accepted 11 boys and 11 girls for the javelin. The cut offs were around 140' and 90'
5. Steeplechase was also limited to 15 entries of each gender
6. ¼" or less pyramid spikes only on the track and javelin runways. No needle or Christmas spikes or cleats on the all-weather surfaces.
7. Clerk tent for all relays and oval events is outside the fence by the first turn of the facility
8. Clerk tent for 110/100H and 100m races will be by the far turn and steeple water area
9. Athletes check in, pick up hip numbers, and receive lane / heat assignments at the clerk
10. Field events check in at the event. All field events are inside of the track
11. ***Switch in order for some throws: Girls disc is first, Boys shot is first**
12. Boys javelin will start at 9:30 am (warm ups prior to 9:30 am). Girls javelin will throw immediately after the conclusion of the boys flight.
13. No finals for field events. 3 throws for all throwing events and 3 jumps for TJ and LJ.
14. Girls HJ will begin at the conclusion of the girls javelin (approximately 10:40am)
15. Long and triple jump are open pits (3 jumps). See schedule for times. Encourage your athletes to get jumps in early so a rush does not occur at end of the set time
16. Concessions (pizza, hot dogs, snacks, drinks, pretzels, soup) are sold behind the bleachers
17. Medals are given out at the press box on top of the bleachers
 - Medals to top 6 for all varsity events, top 3 for all JV relays

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Order of Events

All track events begin at 10 am (Boys first for all track events)

Approximate schedule (<i>will move ahead of schedule if possible, this is just a guide</i>) All races are final on time	
Tentative Times	Event
10:00 am	400 meter hurdle – Varsity
10:40 am	2000 meter steeplechase – Varsity
11:00 am	Distance Medley relay - Varsity
11:30 am	4 x 100 meter relay – Varsity
11:55 am	4 x 100 meter relay – JV
12:20 pm	1 mile - Varsity
1:40 pm	Boys 110 meter hurdle – Varsity
2:00 pm	Girls 100 meter hurdle – Varsity
2:20 pm	100 meter - Varsity
3:30 pm	4 x 800 meter relay – Varsity
4:00 pm	4 x 800 meter relay – JV
4:30 pm	4 x 400 meter relay – Varsity
5:05 pm	Mixed 4 x 400 meter relay – Varsity
5:15 pm	4 x 400 meter relay – JV
5:45 pm	Thrower Relay (4 x 100 meter)

Meet management will move the schedule ahead whenever possible. Please pay attention to event calls. Athletes must report to the clerking area by the final call!

Boys javelin will start by 9:30am. Warm ups will start prior.

Javelin (boys)	All weather runway
Javelin (girls)	Warm ups as soon as boys flight finishes

PV, LJ, TJ, Shot, Disc field events will begin at 10am

HJ will begin at conclusion of girls javelin

Boys LJ and TJ are runway next to track, girls are closest to infield

Pole Vault	Girls (first) 7', 7' 6", 8', ... etc. Boys (after girls) 9', 9' 6", 10', ... etc.
Long Jump	Girls and boys open pit warm ups until 10:45 am Open pit 10:45 am - 1:30 pm
Triple Jump	Girls and boys open pit warm ups until 2:30pm Open pit 2:30pm - 4:30pm (girls boards 24', 27', 29', 32' boys boards 29', 32', 39', 42')
Shot	Boys first (followed by girls)
Discus	Girls first (followed by boys)

High Jump	Girls (first) 4' 4", 4' 6", 4' 8", ... etc. Boys (after girls) 5' 4", 5' 6", 5' 8", ... etc.
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