

Skyland Conference
Track & Field Championships
May 6th, 2025
Hillsborough High School – 2:00pm

SCORING:

- The **Top Six Athletes Overall** in each event will be awarded medals.
- This Meet will be used to decide each of our Three Division Champions.
- **There will be an overall team champion.**
- Flights, Heats, and Finals will be mixed between divisions. The computer will glean the top six from each division at the conclusion of event and calculate team scores from the results.
 - The exception to this will be the 100 Meter Dash and the 100/110 Hurdles
 - Preliminaries will be seeded and separated by division, and they will determine division scoring.
 - Finals will only determine the top 6 individuals.

As per conference alignment on 6/7/2024, divisions are as follows.

DIVISIONS:

BOYS

Delaware	Raritan	Valley
Hillsborough	Montgomery	Bound Brook
Hunterdon Central	North Hunterdon	Delaware Valley
Bridgewater	Somerville	Manville
Franklin	Warren Hills	Belvidere
Phillipsburg	Voorhees	South Hunterdon
Watchung Hills	Bernards	Gill St. Bernards
Ridge	Pingry	Immaculata
		College Achieve*

GIRLS

Delaware	Raritan	Valley
Hillsborough	Montgomery	Bound Brook
Hunterdon Central	North Hunterdon	Delaware Valley
Bridgewater	Somerville	Manville
Franklin	Warren Hills	Belvidere
Phillipsburg	Voorhees	South Hunterdon
Watchung Hills	Bernards	Gill St. Bernards
Ridge	Pingry	Immaculata
	Mt. St. Mary	College Achieve*

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ENTRIES:

- Each School is allowed 3 competitors per event.
- Coaches should only enter three competitors per event on MileSplit ○ <https://nj.milesplit.com/meets/673341-skyland-conference-championships-2025> ○ Substitutions can be made upon arrival at the truck
- Emergency Substitutions can be made up to the “Last Call” of the event.
- ENTRIES CLOSE ON MAY 5th @ 8:00PM

ORDER OF RUNNING EVENTS

Girls Events Go First on Even Years, Boys on Odd Years

BOYS FIRST, then GIRLS

400 Meter Intermediate Hurdles

1600 Meters (Seeded)

100 Meter Dash Trials

100/110 Meter Hurdle Trials

- *The prelims for the 100 Dash & 100/110 Hurdles will be seeded by division and those results will be used for scoring the Divisional Team Standings.*
- *Top 9 Fastest Overall times in the 100 Dash & 100/110 Hurdles will go to the finals*

1600 Meters (Unseeded)

100 Meter Dash Final – 9 in Finals

- *These times will have no bearing on the divisional scoring; will factor to overall championship*

400 Meters

100/110 Meter Hurdle Final- First – 9 in Finals

- *These times will have no bearing on the divisional scoring; will factor to overall championship ● The gender order will be swapped so we do not have to adjust hurdles twice*

800 Meters

200 Meters

3200 Meters

1600 Meter Relay

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All Races are FINAL ON TIME unless noted otherwise.
Seeded heats will run last unless noted otherwise

COACHES: Please inform your athletes to report to their events promptly when called. As always, the track events take precedence over the field events. Athletes MUST inform the officials if they need to be excused from a field event to run.

JUMPING EVENTS

Pole Vault / Girls at 2:00 – **Open at 7'6"**

Pole Vault / Boys at 2:00 – **Open at 9'6"**

Bar will move up 1 foot after opening height and 6 inches thereafter.

Pole vault may be adjusted based on officials being available to do both.

Girls High Jump at 3:00 – **Open at 4'4"**

Boys High Jump at 3:00 – **Open at 5'4"**

LJ and Triple Jump will OPEN PIT

Please have athletes report by **1:15 PM to the sites.**

Boys & Girls Long Jump – ●

Warm Ups: 1:30 – 2:00

- Open Pit: 2:00 – 3:45
- Finals: 3:45 – 4:15

Boys & Girls Triple Jump – ●

Warm Ups: 4:15 – 4:45

- Open Pit: 4:45 – 6:30
- Finals: 6:30 – 7:00

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Boys Minimum for Measurement LJ=16' – TJ=32'

Girls Minimum for Measurement LJ=12' – TJ=26'

Top 7 Move to Finals for Both Events

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Concerning the Long and Triple Jumps

As per the rule (6.9.9.f), if the competitor “fails to attempt the purposeful action of completing the requirements of the athletic challenge (jump/trial) of the event within 1 minute (or prescribed time limit) after the competitor’s name is called” the attempt will be recorded as a foul.

We will have four officials per pit. We will start with the 1-minute rule per jump and re-evaluate that time halfway through the event. It can either be extended or reduced based on how many total attempts are left in the competition.

Please Note: **The finals start time may be moved up if the event progresses quicker than normal.**

The minimum measures for the long jump and triple jump will be adhered to once the event begins.

The minimum measures for the long jump, triple jump, high jump and pole vault can be adjusted by the meet director if deemed necessary.

****NO RUNBACKS...once an official has shown up to the pit, runbacks are not allowed****

Hillsborough High School – 2:00pm

Throwing Events Rotation

GIRLS (Minimum Measurements – Shot Put 27’ – Discus 70’ – Javelin – 75’)

Each Thrower will get 1 Measurement

BOYS (Minimum Measurements – Shot Put 39’ – Discus 100’ – Javelin – 105’)

Each Thrower will get 1 Measurement

In order to avoid having Throwing Finals going on at the same time, we will stagger the start:

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Girls and Boys SHOT PUT will start at 2:00 pm

Girls and Boys DISCUS will start at 2:45 pm

Girls and Boys JAVELIN will start at 3:30 pm

NO GROUPS --- All Flights will be set up from low seed to high seed.

3 Throws Trials - 3 Finals - Top 7 Moves to Finals - All Ties Move to Finals

Throwers should report to each of the events they are throwing in to check in and see what flight they are in.

Throwers need to manage their conflicts with other events as best they can. First and foremost, they should politely communicate with the officials if they need to get throws in early or be bumped to a later flight.

The minimum measurements for the shot put, discus and javelin can be adjusted by the meet director if deemed necessary.

Coaches – Please note that the above throwing schedule is subject to change at the meet due to weather conditions and the safety of the throwing areas.