



# Shore Conference Girls B-South Track & Field Championships



## 2025 MEET INFORMATION

**Date:** Wednesday, April 16<sup>th</sup>, 2025

**Time:** Field Events – 3:30 PM & Track Events

**Location:** Lakewood High School Track– 755 Somerset Ave, NJ 08701  
(Track located on Ridge Ave. behind Lakewood Middle School)

Online entry deadline: April 13<sup>th</sup> @ 11:59PM  
Cost per school is \$375.00

- ALL ENTRIES will be done online at: **MileSplit NJ**
- Seeding will be based on schools and the times/marks submitted online.
- Please use accurate and verifiable times/marks.

### Entry Standards & Information for 2025

- Each school is allowed 5 athletes per event.
- Only one 4 x 400 team per school.
- Maximum spike size ¼ inch.
- You must supply your blocks & batons.
- There are no individual awards.
- Scoring is dual meet scoring (team vs team 5-3-1).
- Meet will be governed by the Rules of the NJSIAA.
- Track is 8 lanes – FAT Timing by Shore Track Coaches Association
- Link for Live Results

\*\*In case of inclement weather, athletic departments will be notified.

\*\*Note: Rain Date – April 18<sup>th</sup>, 2025



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## 2025 Order of Events

All events are Final on Time – NO FINALS

Fastest heats are first in all track events.

Seeded flights are first in all field events.

Track Events	Field Events
400m IH	Long Jump – seeded flight (#1 and #2 jumpers) at 3:30PM followed by open pit until 5:00PM
100m	
1600m	Triple Jump – seeded flight (#1 and #2 jumpers) at 5:15PM followed by open pit until 6:45PM
400m	Pole Vault - opening height – 5’
100m HH	High Jump - opening height – 4’8”
800m	Shot Put – seeded flight first, three throws each.
200m	Discus – seeded flight first, three throws each.
3200m	Javelin – open pit at 3:30PM until 6:30PM.
4x400m Relay	

Please direct all questions to:

Athletic Director

Ed Knapp – Lakewood High School

[edwardknapp@lakewoodpiners.org](mailto:edwardknapp@lakewoodpiners.org)

(732) 905-3500 ext. 7414

Please remit payment to:

Lakewood High School

855 Somerset Ave. Lakewood NJ 08701

Re: Athletics B South Meet