



SEC and ECADA

A Partnership Serving Essex County Student Athletes

2026 Spring Track Relays

The Essex County Athletic Directors Association invites your team to the 45th annual, **2026 Essex County Spring Relay Championships**. You must be a member of the ECADA and in good standing to enter.

Date: Tuesday, April 28, 2026

Place: West Orange High School

Time: Field events begin at 3:30 PM. Running events begin at 4:00 PM.

IMPORTANT: You cannot arrive at West Orange HS prior to 2:30 PM. WO needs to dismiss its' students and staff in order to make room for our arrival. You shall incur a penalty for early arrival.

Events: All events are for boys and girls. All field event relays are for two persons.

Prizes: Team trophy awarded to the first and second place Boys and Girls teams. Individual medals awarded to the first six (6) place finishers in each event.

Scoring and Seeding: Scoring is 10-8-6-4-2-1. Seeding for all events will be done from times on Milesplit.

Entry: Coaches may initiate and bring to the attention of meet management any conflict, discrepancy, error or misinformation stated in the entry information at any time until up to the day entry closure. Issues brought up the day of the meet regarding information stated in the entry will not be reviewed or addressed.

Your entry must be submitted online through the Milesplit website, nj.milesplit.com no later than midnight on **Friday, April 24**.

Spikes: Pyramid spikes no greater than ¼ inch are permitted on track and all jumping areas.

Shotput, Discus and Javelin: Shotput and discus circles are cement, therefore sneakers are appropriate footwear. Javelin is thrown off a grass runway.

Entry Fees: \$35.00 per running event - \$30.00 per field event. Minimum fee: \$96.00.

Entry Limits: Limit of one team per event per school.

Entry Check: Upon submission of entry an invoice shall be emailed to your school's athletic director. Make the check payable to the **Super Essex Conference**, include a copy of the invoice and mail to:

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

Meet Director:

John Tonero phone at Cell: 201-953-9052



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2026 Essex County Spring Track Relay Championship

Order of Field Events

(Beginning at 3:30 PM)

Long Jump – Boys followed by Girls	(LJ & TJ will be run simultaneously)	Three jumps
Triple Jump – Girls followed by Boys		Three jumps
Pole Vault – Girls followed by Boys	Six jump rule. Waived if six or fewer teams enter.	
High Jump – Boys followed by Girls	Six jump rule. Waived if six or fewer teams enter.	
Shot Put – Girls followed by Boys		Three throws
Discus – Boys followed by Girls		Three throws
Javelin – Girls followed by Boys		Three throws

Jumps:

- Boys High Jump – 5'3" and go up by 3" until 6' and then by 2".
- Girls High Jump – 4' and go up by 3" until 5' and then by 2".
- Boys Pole Vault – 8'6" and go up by 6".
- Girls Pole Vault – 7' and go up by 6".
- The six (6) jump rule applies to both the high jump and the pole vault – the six (6) jump rule will be waived if six (6) or fewer teams compete.
- Ties in the jumps will be broken (if possible) by adding the number of misses by both jumpers at their last height cleared.

Coaches we only have access to ONE RUNWAY!

For this Championship Meet: Please only enter your VARSITY JUMPERS

Long Jump – OPEN PIT

Three Jumps 3:30 to approx 5pm THREE JUMPS

Triple Jump – OPEN PIT

Three Jumps approximately 5pm to 6:30pm THREE JUMPS

Order of Running Events

(Beginning at 4:00 PM)

1.	4 x 1600 – Boys	Final
2.	4 x 1600 – Girls	Final
3.	3 x 400 IH – Boys	Final on time
4.	3 x 400 IH – Girls	Final on time
5.	4 x 100 – Boys	Final on time
6.	4 x 100 – Girls	Final on time
7.	4 x 800 – Boys	Final
8.	4 x 800 – Girls	Final
9.	4 x 110 HH – Boys	Final on time
10.	4 x 100 HH – Girls	Final on time

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| 11. | 4 x 400 – Boys | Final on time |
| 12. | 4 x 400 – Girls | Final on time |
| 13. | 4000 Medley – Boys (1200-400-800-1600) | Final |
| 14. | 4000 Medley – Girls (1200-400-800-1600) | Final |
| 15. | 1600 Medley – Boys (200-200-400-800) | Final on time |
| 16. | 1600 Medley – Girls (200-200-400-800) | Final on time |
| 17. | 4 x 200 – Boys | Final on time |
| 18. | 4 x 200 – Girls | Final on time |

Meet Director retains right to revise order of events so as to benefit meet.

1. All buses, including minivans, shall drop off teams in front of the school, not at the field or parking lot, at the entrance to West Orange High School. **You shall not arrive prior to 2:30 PM without incurring a penalty.**
2. **Appropriate Footwear**
Shotput and discus circles are cement, therefore sneakers are appropriate footwear. Javelin is thrown off a grass runway. Pyramid spikes no greater than ¼ inch are permitted on the track and all jumping areas.
3. **Deadlines**
Please adhere to all the tournament deadlines. They will be strictly enforced.
4. **Proper completion of Entry Forms**
Properly complete all required entry forms and adhere to the instructions on each form or the instruction within the aforementioned rules and regulations.
5. **Parking Procedures**
Please read and fully comprehend the bus drop-off and parking procedures. Discuss them with your coaches and have them adhere to the procedures. Any school not in compliance shall incur a penalty.

Good Luck,
John Toner
Meet Director