



## SEC and ECADA

### A Partnership Serving Essex County Student Athletes

#### **2026 SUPER ESSEX CONFERENCE 16<sup>th</sup> Annual Spring Individual Track and Field Championships**

The Super Essex Conference would like to invite you and your team to participate in the **16<sup>th</sup> Annual Super Essex Conference Spring Track and Field Championships**. The meet will be held **Friday, May 1** at **Montclair** for the **Colonial and Independence Divisions**, and **Saturday, May 2** at **Montclair** for the **American and Liberty Divisions**

Entry into the 2026 Super Essex Conference Boys & Girls Spring Track & Field Championships must be submitted online through the Milesplit website, [nj.milesplit.com](https://nj.milesplit.com) no later than noon on **Tuesday, April 28th**.

Additional copies of this entry information for coaches "*to print for their use only*" can be obtained on the meet website at [nj.milesplit.com](https://nj.milesplit.com)

**Meet Director:  
John Tonerio  
Any questions call John Tonerio before 9:00 P.M.  
(201) 953-9052.**

Please adhere to all meet guidelines and deadlines. They will be strictly enforced. Good luck and good skill to you and your team throughout the spring season.

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**Super Essex Conference**  
**16<sup>th</sup> Annual Spring Boys and Girls Track Championships**

1. **Eligibility:**

All schools must be members of the SEC in good standing to be eligible to enter the **2026 Spring Track and Field Championships**. There are **no entry fees** for this meet.

2. **Entry Procedure**

Your entry must be submitted online through the NJ Milesplit website, <http://nj.milesplit.com> by noon on **Tuesday, April 28th**.

Entries will be posted on the website. There will be a maximum of three entries per individual event and one 1600m. Relay per school.

3. **Awards**

The boys and girls team that finishes in first place in each division (American, Liberty, Colonial and Independence) will be awarded a championship plaque. Medals will be awarded to the first SIX (6) finishers in each individual event and the first three (3) teams in the 1600m Relay.

4. **Scoring**

The scoring will be done by the 10-8-6-4-2-1 system. NJSIAA rules and regulations apply to athletes and team participation. **Only pyramid spikes 1/4 inch or less will be allowed. No needle or tree type spikes of any size are permitted.**

5. **Trainer's Services**

A trainer will be present to assist in immediate care and first aid. They are also available for taping. For those in need of taping; we ask that you bring your own tape to be used.

**You provide the supplies; we provide the service.**

**PLEASE NOTE:** Additional copies of this entry information for coaches "*to print for their use only*" can be obtained from the website of the Essex County Track Coaches Association. (<http://essexcountytrack.bizland.com>).

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**SUPER ESSEX CONFERENCE**  
**TRACK & FIELD CHAMPIONSHIP MEET**  
**ORDER OF EVENTS**

**FRIDAY, MAY 1, 2026 @ Montclair**

**Colonial and Independence Divisions**

**All Events will begin at 2:30PM**

**Throwing Events - 2:30, Jumping Events – 2:30, Running Events - 2:30**

**Running Events (Independence followed by Colonial) – 2:30 Start.**

400m IH (Colonial Boys then Independence Boys, followed by Colonial Girls then Independence Girls)

100 Trials (B/G)

1600 Boys

100 Finals (B/G)

1600 Girls

400 (B/G)

100m/110m High hurdle trials (B/G)

800 (Boys)

100m/110m High Hurdle final (Boys-Girls)

800 (Girls)

200 (B/G)

3200 (B/G)

Relays (B/G)

**Field Events**

**Throwing Events – 2:30 Start**

Javelin: Colonial Boys then Independence Boys, Colonial Girls then Independence Girls)

Shot Put: Independence Girls, Independence Boys, Colonial Girls, Colonial Boys.

Discus: Colonial Girls, Colonial Boys, Independence Girls, Independence Boys.

**Jumping Events – 2:30 Start**

Long Jump: Girls followed by Boys

75 Minute Open Pit – Combined Colonial and Independence

Followed by Colonial Finals then Independence Finals

Triple Jump- Boys followed by Girls

75 Minute Open Pit – Combined Colonial and Independence

Followed by Colonial Finals then Independence Finals

High Jump: Boys (Combined Colonial and Independence) – Opening height 5' 2"

Girls (Combined Colonial and Independence ) – Opening Height 4' 2"

The bar will go up in 2" increments

Pole Vault: Boys Combined Divisions followed by Girls Combined Divisions

Opening height determined by officials at the event

Heights increasing by 2" to 8'6" and then 6" thereafter.

**SUPER ESSEX CONFERENCE**  
**TRACK & FIELD CHAMPIONSHIP MEET**  
**ORDER OF EVENTS**

**SATURDAY, MAY 2, 2026 @ Montclair**  
**Facility opens at 7:30am**  
**American and Liberty Divisions**

**All Events will begin at 9:00AM**

**All field events-9:00 AM, Running events- 9:00 AM**

**Running Events Liberty followed by American– 9:00 Start**

400m IH American then Liberty Boys, followed by American then Liberty Girls.)

100 Trials (B/G)

1600 Boys

100 Finals (B/G)

1600 Girls

400 (B/G)

100m/110m High hurdle trials (B/G)

800 (Boys)

100m/110m High Hurdle final (Boys- Girls)

800 (Girls)

200 (B/G)

3200 (B/G)

Relays (B/G)

**Field Events – 9:00 Start**

Javelin: Boys Liberty, Girls Liberty, Boys American, Girls American

Shot Put: Girls American, Boys American, Girls Liberty, Boys Liberty

Discus: Girls Liberty, Boys Liberty, Girls American, Boys American

Long Jump: Boys followed by Girls

75 Minute Open Pit – Combined American and Liberty

Followed by Liberty Finals then American Finals

Triple Jump- Girls followed by Boys

75 Minute Open Pit – Combined American and Liberty

Followed by Liberty Finals then American Finals

High Jump: Boys Combined - Opening height 5'2"

Girls Combined – Opening height 4'2"

Then 2" increments thereafter.

Pole Vault: Boys Combined Divisions followed by Girls Combined Divisions

Opening height determined by officials at the event

Heights increasing by 2" to 8'6" and then 6" thereafter.

## **CODE OF CONDUCT FOR ATHLETES & COACHES**

### **Purpose: Prevention and Education**

- Any coach or athlete found taunting or trash-talking at the meet will be removed from the arena.
- Any gesture at the end of the race may cost the athlete/team the victory or place.
- State rules for unsportsmanlike conduct and ejection will be enforced.
- Coaches are responsible for the actions of their athletes.
- Educate your athletes as to what is accepted as good sportsmanship.

### ***Some Examples:***

**“Nice Race”**

**“Good Job”**

**“You really ran well today”**

**“You tried hard, and that’s all that counts”**

\*Athletes are not allowed to hang out or dress in the rest rooms. Athletes must arrive dressed for competition.

\*Food, personal electronic devices are not allowed in the facility. Coaches are expected to confiscate these items before entry into the facility.

**NOTE:** This notice is to be read to all members of the team at practice prior to the meet and repeated on the bus prior to departing for the meet. Please remind all coaches and athletes that we are guests of the hosting schools.

**\*\* Only pyramid spikes 1/4 inch or less will be allowed.**

**No needle spikes or Christmas tree type spikes of any size permitted.**

**Good Luck**