



Union County
Middle School Track Championships
Tuesday, May 19, 2026 - 4:00 pm
Williams Field, Elizabeth

Meet Information

- NJSIAA & National Federation rules will apply.
- Only 4 Athletes per event per gender; only 1 Relay per school per gender.
- Register - the athletes must be registered on nj.milesplit.com in the event they are competing in as well as their time or mark.
 - o Please register your athletes (nj.milesplit.com) by **Friday, May 15th**.
- Shot Puts - Girls 6 lbs. & Boys 4 Kg.
 - o Officials will weigh the Shots at the meet.
 - o Each athlete will get 2 throws.
 - o The top 6 athletes will qualify for the final and receive 2 more throws.
- Long Jump
 - o Each athlete will get 2 jumps.
 - o The top 6 athletes will qualify for the final and receive 2 more jumps.
- Running events will be final on time except for the 100 meters.
 - o 100 Meters - top 6 fastest times will qualify to the finals.
 - o Please bring batons for the relay.
- The top 6 places will score. Scoring: 10, 8, 6, 4, 2, 1.
- **Awards:**
 - o Trophy to the Team Champion (Boys & Girls)
 - o Medals to the Top 3 in each event.

Any questions, please email me (diasjo@epsnj.org) or call my cell (908-510-1765).



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ORDER OF EVENTS

Note: Field events will start first at 4:00. Running events will start at 4:30.

Field Events (4:00 pm start)

1. Shot Put - Boys (4 kg.) followed by girls (6 lbs.)
 - a. Two throws for each athlete.
 - b. Top 6 to the Finals (2 more throws).
2. Long Jump - Girls followed by boys.
 - a. Two jumps for each athlete.
 - b. Top 6 to the Finals (2 more jumps).

Running Events (4:30 pm start)

3. 100 Meters - Trials (Girls/Boys - 6 fastest to Finals)
4. 1600 Meters - Girls
5. 100 Meters - Finals (Girls/Boys)
6. 1600 Meters - Boys
7. 400 Meters - Girls/Boys
8. 800 Meters - Girls
9. 200 Meters - Girls/Boys
10. 800 Meters - Boys
11. 4 x 100 Meters - Girls/Boys