

**MORRIS COUNTY  
ATHLETIC DIRECTORS' ASSOCIATION  
2015  
BOYS – GIRLS  
SPRING TRACK CHAMPIONSHIPS**

***Tuesday, May 12 and Wed., May 13***  
***Rain Dates --- 5/14, 5/15, 5/16***

**Boonton High School**

**Entry Information and Requirements**

**An Open Note to all County A.D.s and Spring Track Coaches**  
**Concerning**  
**The 2015 Morris County Championships**

First of all, I would like to thank all of you who over the years have conscientiously and painstakingly made the effort to take care of the many requests and requirements associated with this entry. All of us involved in organizing and directing this meet fully realize that this is only one of many entries that require your time and attention this spring. But know that we truly appreciate all that you do in working with each of us to provide the best venue for your athletes to exhibit their skills at the Morris County Spring Track Championships.

In an effort to have everyone on the same page the following are offered as some important clarifications for this Championship Meet:

1. This year the Morris County Spring Track Championships will once again be held at Boonton High School. Please make sure that your athletes, coaches, parents and bus drivers are aware of the site. Spectators will be able to park at the high school or the middle school which is directly across the street. Directions to Boonton High School have been included with the entry material you are receiving.
2. Please convey to your bus drivers that when they drop off your team(s) at Boonton High School, they will receive instructions concerning the parking of their vehicles if they intend to wait there for your team(s) until the end of the Meet. They will not be parking their buses at the high school. There will be a different site for that purpose located a short distance from the school.
3. Attached you will also find directions concerning the Certificate of Insurance that each school must send TO ME. If I do not receive this Certificate of Insurance from your school, your team(s) will not be competing in this Meet.
4. Each of us responsible for organizing this Meet must receive some very important items from you so that we can do our best for you and your athletes:

A. Entry to the Meet must be made on the Mile Split Website



Access to Mile Split will close on **Friday, 5/8/15 11:59 PM**

Also fax a paper copy of your entry to 973-895-2287 by **Tuesday, May 5, 2015.**

- B. You also need to MAIL or EMAIL a Paper Entry for each of your teams entering the Meet (to John Bauer) by **Tuesday, May 5, 2015.** All **Certificates of Insurance, Vouchers and Entry Checks (made out to the Morris County Athletic Directors' Association) should also be sent to John Bauer. ( 8 Togno Street, Netcong, N.J. 07857) HOME: 973-426-0738 or [bauer.johnr@yahoo.com](mailto:bauer.johnr@yahoo.com) Your Paper entry and Certificate of Insurance must be submitted to him by **May 5.****
5. Please inform your coaches of the SEEDING MEETING for this Meet which will be held on **Monday, May 11, 2014 at The Roxbury Recreation/Health and Community Center, 72 Eyland Ave., Succasunna, N.J. 07876 , at Horseshoe Lake (Entrance to the Senior Center section of the building, where the meeting will be held is on the right side of building near the rear), at 7:30pm.** ALL COACHES OR A REPRESENTATIVE FROM THEIR SCHOOL MUST BE PRESENT AT THE SEEDING MEETING OR YOUR SCHOOL WILL NOT BE PERMITTED TO ENTER THE MEET.
6. If you have any questions concerning the material above or any other aspect of the entry, Please contact, Cliff Back, John Bauer or Len Pietrewicz.

**MORRIS COUNTY ATHLETIC DIRECTORS  
ASSOCIATION  
2015**

**INSURANCE LIABILITY INFORMATION**

Athletic Directors & Coaches:

If your School District will be competing in the 2015 Morris County Spring Track Championship Meet (at Boonton High School), your School must submit **A Certificate of Insurance**, which should read as follows:

**Certificate of Insurance**

**Boonton Board of Education  
434 Lathrop Avenue  
Boonton, NJ 07005**

**Your Certificate should stipulate that you are participating in the 2015 Morris County Spring Track Championships on May 12, 13, 14, 15 or 16 at Boonton High School**

Your school will not be permitted to compete at the Boonton facilities May 12, 13, 14, 15 or 16 until these requirements have been fulfilled.

**Send Certificate of Insurance to:  
John Bauer  
8 Tognio Street  
Netcong NJ 07857**

Please send all documents with your entry or separately, but


**DO NOT SEND THEM TO THE Boonton BOARD OF EDUCATION or  
to Boonton High School**

Your cooperation in this matter will be greatly appreciated.

# MORRIS COUNTY ATHLETIC DIRECTORS' ASSOCIATION

## Spring Track 2015

### Morris County Boys - Girls Championships

1. **DATE:** **Tuesday & Wednesday May 12 and 13, 2015**
2. **PLACE:** **Boonton High School**
3. **TIME:** 4:00pm
  
4. **RAIN DATES:** **Thursday – 5/14, Friday – 5/15, Saturday – 5/16**
  
5. **FEE:** \$10.00/athlete/event  
\$20.00/relay
  
6. **MINIMUM ENTRY:** \$50.00/team/school (boys + girls = \$100.00/school)
  
7. **SEEDING MEETING:** **Monday, May 11, 2015, Roxbury Rec./Health  
Community Center, 72 Eyland Ave, Succasunna,  
N.J., 07876 at Horseshoe Lake (Entrance to the Senior  
Center section of the building, where the meeting will be  
held is on the right side of building near the rear), at  
7:30pm.**  
ALL COACHES OR A REPRESENTATIVE FROM THEIR  
SCHOOL MUST BE PRESENT AT THE SEEDING MEETING OR  
YOUR SCHOOL WILL NOT BE PERMITTED TO ENTER THE  
MEET
  
8. **ENTRIES:** UNLIMITED INDIVIDUAL, NO "B" TEAMS ARE PERMITTED IN  
THE 1600m RELAY.
  
9. **ENTRIES DUE:** **Mail Paper Entry (to John Bauer) by Tuesday 5/5/15**  
Also, Entry to the meet must be made on the Mile Split Website  
  
**Access to Mile Split will close on Friday, 5/8/15 11:59 PM**  
Fax a paper copy of your entry to 973-895-2287 by 5/5/15  
**The Paper Entry, along with all Vouchers, Checks  
and Certificates of Insurance must be mailed to  
John Bauer  
8 Tognò St.  
Netcong, New Jersey 07857  
HOME: 973-426-0738  
[bauer.johnr@yahoo.com](mailto:bauer.johnr@yahoo.com)**
  
10. **SPECIAL QUESTIONS  
OR NEEDS:** Cliff Back, Tournament Director  
**CF:** 973-800-0902
  
11. **INSURANCE:** Please read special section on Insurance.
  
12. **STARTING HEIGHTS:** Boys High Jump **5-6**, Girls High Jump **4-6**
  
13. **SMALL SCHOOLS  
DIVISION:** Small schools Champion will be selected using a common scoring  
system. The highest scoring Division II team will receive a plaque.  
DIVISION I: Group III & IV Schools DIVISION II: Group I, II, &  
Parochial Schools

# 2015 MORRIS COUNTY CHAMPIONSHIPS

**Tuesday**

## FIELD EVENTS

1. G-Long Jump **4:00pm (Open Pit until 6:00pm. Finals to follow)**
2. B-Javelin **4:00pm**
3. G-Shot Put **4:00pm**
4. B-Discus **4:00pm**
5. B-High Jump **4:00pm**
6. G-Pole Vault **4:00pm**
7. B-Triple Jump **4:00pm (Open Pit until 6:00pm. Finals to follow)**

## RUNNING EVENTS:

<b>4:00pm</b>	G-400m Hurdles		Final
	B-400m Hurdles		Final
	G-100m	Trials	
	B-100m	Trials	
	G-100m	Semis	
	B-100m	Semis	
	G-1600m		Final
	G-100m		Final
	B-100m		Final
	B-1600m		Final
	G-400m		Final
	B-400m		Final

**AWARDS WILL BE DISTRIBUTED AT THE CONCLUSION OF EACH EVENT.**

# 2015 MORRIS COUNTY CHAMPIONSHIPS

## Wednesday

### FIELD EVENTS

1. B-Long Jump **4:00pm (Open Pit until 6:00pm) Finals to follow**
2. B-Shot Put **4:00pm**
3. G-Discus **4:00pm**
4. G-High Jump **4:00pm**
5. B-Pole Vault **4:00pm**
6. G-Triple Jump **4:00pm (Open Pit until 6:00pm. Finals to follow)**
7. G-Javelin **4:00pm**

### RUNNING EVENTS:

<b>4:00pm</b>	G-100m Hurdles	Trials	
	B-110m Hurdles	Trials	
	G-100m Hurdles	Semis	
	B-110m Hurdles	Semis	
	G-800m		Final
	B-800m		Final
	G-100m Hurdles		Final
	B-110m Hurdles		Final
	G-200m	Semis	
	B-200m	Semis	
	G-3200m		Final
	G-200m		Final
	B-200m		Final
	B-3200m		Final
G-4 x 400m	(Seeded Sections run last)	Final	
B-4 x 400m	(Seeded Sections run last)	Final	

**AWARDS WILL BE DISTRIBUTED AT THE CONCLUSION OF EACH EVENT.**

# HIGH JUMP

## Coaches & Athletes:

Any competitor **leaving** the High Jump event to compete in **another event** must first check in with the High Jump official.

When all of the remaining **excused** competitors have exhausted their trials at that height, the official will inform the announcer that excused competitors have **FIVE MINUTES** until the bar is raised to the next height.

If the **excused competitors** fail to return within the five minute period, they must take their remaining trials at the **HIGHER HEIGHT**.

**2015 MORRIS COUNTY CHAMPIONSHIPS ENTRY FORM**  
**SCHOOL \_\_\_\_\_ BOYS**

PLEASE ENTER THE NUMBER OF ATHLETES THAT WILL COMPETE IN EACH EVENT  
ENTRY STANDARDS ARE LOCATED NEXT TO EACH EVENT: Boys/Girls

100m	<input type="text"/>	(12.5)	Shot Put	<input type="text"/>	(38')
200m	<input type="text"/>	(25.5)	Discus	<input type="text"/>	(110')
400m	<input type="text"/>	(57.5)	Javelin	<input type="text"/>	(120')
800m	<input type="text"/>	(2:15)	Long Jump	<input type="text"/>	(17'6")
1600m	<input type="text"/>	(5:15)	High Jump	<input type="text"/>	(None)
3200m	<input type="text"/>	(11:15)	Triple Jump	<input type="text"/>	(None)
100m/110m Hurdles	<input type="text"/>	(20.0)	Pole Vault	<input type="text"/>	(None)
400mHurdles	<input type="text"/>	(68.0)	4 x 400m Relay	<input type="text"/>	(None)

NO. OF ENTRIES \_\_\_\_\_ x \$10.00 = \_\_\_\_\_  
 RELAYS \_\_\_\_\_ x \$20.00 = \_\_\_\_\_

**MINIMUM ENTRY \$50.00**

TOTAL COST OF ENTRY

COACH \_\_\_\_\_ HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_  
 E-MAIL (Please Print Neatly) \_\_\_\_\_  
 A.D. \_\_\_\_\_ SCHOOL PHONE \_\_\_\_\_

**MAIL PAPER ENTRIES, VOUCHERS, CHECKS, John Bauer** [bauer.johnr@yahoo.com](mailto:bauer.johnr@yahoo.com)  
**CERTIFICATES OF INSURANCE TO:** **8 Togno St.** **973-426-0738**  
**Netcong, N.J. 07857** **Due Date 5/5/15**

MAKE CHECKS PAYABLE TO MORRIS COUNTY ATHLETIC DIRECTORS ASSOCIATION  
 Entry to the meet must be made on the Mile Split Website



Access to Mile Split will close on Friday, 5/8/15 11:59 P.M.  
 Fax a paper copy of your entry to 973-895-2287 by 5/5/15



**2015 MORRIS COUNTY CHAMPIONSHIPS ENTRY FORM**  
**SCHOOL \_\_\_\_\_ GIRLS**

PLEASE ENTER THE NUMBER OF ATHLETES THAT WILL COMPETE IN EACH EVENT  
ENTRY STANDARDS ARE LOCATED NEXT TO EACH EVENT: Boys/Girls

100m	<input type="text"/>	(14.5)	Shot Put	<input type="text"/>	(27')
200m	<input type="text"/>	(30.0)	Discus	<input type="text"/>	(80')
400m	<input type="text"/>	(68.5)	Javelin	<input type="text"/>	(70')
800m	<input type="text"/>	(2:45)	Long Jump	<input type="text"/>	(13')
1600m	<input type="text"/>	(6:30)	High Jump	<input type="text"/>	(None)
3200m	<input type="text"/>	(14:00)	Triple Jump	<input type="text"/>	(None)
100m/110m Hurdles	<input type="text"/>	(20.0)	Pole Vault	<input type="text"/>	(None)
400mHurdles	<input type="text"/>	(80.0)	4 x 400m Relay	<input type="text"/>	(None)

NO. OF ENTRIES \_\_\_\_\_ x \$10.00 = \_\_\_\_\_  
 RELAYS \_\_\_\_\_ x \$20.00 = \_\_\_\_\_

**MINIMUM ENTRY \$50.00**

TOTAL COST OF ENTRY

COACH \_\_\_\_\_ HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_  
 E-MAIL (Please print neatly) \_\_\_\_\_  
 A.D. \_\_\_\_\_ SCHOOL PHONE \_\_\_\_\_

**MAIL PAPER ENTRIES, VOUCHERS, CHECKS, John Bauer**      **bauer.johnr@yahoo.com**  
**CERTIFICATES OF INSURANCE TO:**      **8 Togno St.**      **973-426-0738**  
    **Netcong, N.J. 07857**      **Due Date 5/5/15**

MAKE CHECKS PAYABLE TO MORRIS COUNTY ATHLETIC DIRECTORS ASSOCIATION  
 Entry to the meet must be made on the Mile Split Website



Access to Mile Split will close on Friday, 5/8/15 11:59 PM  
 Fax a paper copy of your entry to 973-895-2287 by 5/5/15

# MORRIS COUNTY ATHLETIC DIRECTORS ASSOCIATION

## Spring Track 2015

### TRACK & FIELD SEEDING MEETING GUIDELINES

#### SEEDING MEETING DATE:

County Championships      **Monday, May 11, 2015**

#### MEETING WILL BE HELD

Monday, May 11, 2015, Roxbury Rec./Health  
Community Center, 72 Eyland Ave, Succasunna,  
N.J., 07876 at Horseshoe Lake (Entrance to the Senior  
Center section of the building, where the meeting will be  
held is on the right side of building near the rear), at  
7:30pm.

#### MEETING GUIDELINES

(1) **ALL COACHES** or their **REPRESENTATIVES** must attend these meetings or their entry **CANNOT** be accepted. Coaches/Representatives are expected to be present for the entire meeting.

(2) **Entry to the meet must be made on the Mile Split Website**



**Access to Mile Split will close on Friday, 5/8/15 11:59 PM**

**Fax a paper copy of your entry to 973-895-2287 by 5/5/15**

**If you help call Len Pietrewicz, evenings. 973-895-6005**

(3) We will only accept **RUN TIMES**.

(4) We will use these seeds to make a list of the top teams or individuals in each event. Each coach will receive a copy of this list and updates/ corrections will be made at that time.

**THIS SHOULD EXPEDITE THE MEETING AND YOUR ASSISTANCE IS APPRECIATED**

**(5) Paper Entries must be in the hands of John Bauer by: Tuesday, MAY 5**

## SEEDING RULES

- (1) **DECLARATION PERIOD:** 7:30 - 8:00 pm  
If you have over-entered an athlete, you must scratch down to the required number of events before the seeding meeting begins. No additions may be made to your entry. If you leave an athlete over-entered on your entry, the scratch decision will be made by **MEET MANAGEMENT**.

**YOU MUST PAY FOR ALL EVENTS CHECKED.  
PLEASE DO NOT COMBINE CHECKS FROM THE COUNTY RELAYS WITH THE COUNTY  
CHAMPS**

- (2) The 1600m Relay cards will be completed at the seeding meeting. When you enter the meet on Direct Athletics; please list 8 runners for the event.
- (3) We will seed by the order of events.
- (4) We will only accept **RUN TIMES** and **THROWN DISTANCES**.
- (5) Preferred lanes will be as follows:
- |  |                        |
|--|------------------------|
| <u>100m, 100m Hurdles</u>                | 4,5,3,6,2,7,1,8        |
| <u>200m, 400m, 400m Hurdles 1600m R,</u> | 3,4,5,6,2,7,1,8        |
| <u>800m, 1600m, 3200m</u>                | <b>Waterfall Start</b> |
- (6) The number of athletes running in the seeded heats will be determined at the meeting.
- (7) All starting heights will be verified at the meeting, they are listed on the entry form, but can be changed if the need arises.
- (8) Seeded sections will run first in all running events.
- (9) Seeded sections in the Shot Put, Discus, & Long Jump, will throw or jump last, if there is a problem with the weather the order will be reversed. The seeded section in the Javelin will throw first. Seven (7) athletes will advance to the finals in each event

## DIRECTIONS TO

### **BOONTON HIGH SCHOOL**

306 Lathrop Ave., Boonton, NJ

973-335-9700 X 222

\*All athletics at high school unless listed below

#### From 287 North:

Take Exit 44 (Main St./Boonton). Make a sharp left at end of ramp onto Lathrop Avenue. Pass Boonton HS and several homes on the left. Turn left into entrance to high school parking lot behind the school.

#### Bus:

From 287 North take exit 45 / Wootton St. At end of ramp continue to the first stop sign and turn right onto Wootton St. Go to T-stop and turn right onto Lathrop Ave. Pass John Hill School on your left and take your first right into the parking lot in the back of Boonton High School .

#### From 287 South: (Bus & Cars)

Take Myrtle Ave. exit. Turn left at end of ramp onto Myrtle Ave. At 2nd traffic light turn left onto Wootton street. Continue on until the road T-stops onto Lathrop Avenue. Turn right. Pass John Hill School on your left. Take next right into entrance to Boonton HS parking lot behind the school.

#### From 46 East :

Take the exit for Passaic, Fairfield and Lincoln Park. Take a Left and go over Rt. 46. Go to the stop sign and turn left onto Two Bridges Rd. Go to stop sign. Bear Left onto Pine Brook Rd. Go about 1 mile up the hill and turn left onto West Pine Brook Rd. Go about 1 mile passing a Convalescent Home on the left. Take the 2nd Deer Run entrance to the Golf Course.

#### From 46 West:

Take the exit for Passaic, Fairfield and Lincoln Park. Bear right at the end of the ramp onto Passaic Avenue. Go to the stop sign and turn left onto Two Bridges Rd. Go to stop sign. Bear Left onto Pine Brook Rd. Go about 1 mile up the hill and turn left onto West Pine Brook Rd. Go about 1 mile passing a Convalescent Home on the left. Take the 2nd Deer Run entrance to the Golf Course.