**2016**

**Date:** Thursday, May 5th

**Start Time:** 4:00PM

**Location:** Long Branch High School

**\*\*ALL ENTRIES will be done on-line at: *NJmilesplit.com***

**On-Line-Entry Deadline:** May 3rd

On-line updates will be taken until 48hrs prior to the start of the meet

& additional updates will be taken the day of the meet!

**PLEASE NOTE THE FOLLOWING:**

* Seeding will be based on the Times/Marks submitted on-line at JNmilesplit.com
* NOTE: Additional entries the day of the meet will be accepted by using CARDS
* **Remember:** This is a Championship Meet so please use accurate and verifiable times/marks.
* Flagrant mis-seeding of your athletes will result in punitive actions taken by the games committee.

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**ADDITIONAL NOTES:**

* All races will be a **final on time**.
* In the **Throwing** & **Horizontal** Events:
  + There will be No Separate Finals (3 throws or Jumps per competitor)
  + 2 athletes per event
* In the **Vertical** Jumps:
  + All team members need **not** clear for a team to score.
  + There may be a 6-jump rule depending on the number of competitors.
  + Opening heights: PV-9’ & 7’ HJ- 5’2” & 4’2”
    - Next increment will be based on the number of competitors
* **Varsity Events** are limited to one (1) team per event.
* The **JV Events** have unlimited entry.
* Championship plaques will be awarded to the top three (3) teams
  + Awards to the top six (6) teams in each varsity event & top three (3) in each JV event
* Varsity Scoring is 10-8-6-4-2-1 (Ties will not be broken - points will be split. NO scoring in JV events)
* Meet will be governed by the Rules of the NJSIAA.

\*\*In Case of Inclement Weather, call the Meet Director or check **shorecoaches.com** for information about cancelations and/or delays\*\* RAIN DATE: May 6th

**2016**

**Order of Events**

*Girls 1st in all Running Events*

*(Fastest heats First– except Varsity 4x400)*

|  |
| --- |
| **Track Events (4:00PM Start)** |
| * 4 x 1600 |
| * 3 x 400IH |
| * JV 4 x 200 |
| * 4 x 200 |
| * JV 4 x 800 |
| * 4 x 800 |
| * Shuttle Hurdle Relay |
| * Sprint Medley (4-2-2-8) |
| * 4 x 100 (In Lanes) |
| * Distance Medley (12-4-8-16) |
| * JV 4 x 400 |
| * 4 x 400 |

|  |
| --- |
| **Field Events** (4:00PM Start)  *(All Events are 2-person Relays )* |
| * SHOT PUT – Girl’s First |
| * DISCUS – Boy’s First |
| * JAVELIN –   *Open Pit for both sexes starting @4PM* |
| * LONG JUMP   *Open Pit for both sexes after the TJ* |
| * TRIPLE JUMP -   *Open Pit for both sexes Starting at 4:00PM* |
| * POLE VAULT\*   *Boy’s First- Girls to follow* |
| * HIGH JUMP\*   *Girl’s First- Boys to follow* |
| \*Opening heights: PV-9’ & 7’ HJ- 5’2” & 4’2”  Next increment will be based on the number of competitors. |
|  |

**2016**

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**School:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Team:** Boys *or Girls or Both*

**School Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Coach:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Coach’s Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Coach’s Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(Please print clearly)**

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**Checks Payable To**: The Shore Track Coaches Association (STCA)

# Relay Teams \_\_\_\_\_\_ x $25.00 = \_\_\_\_\_\_\_

Total = \_\_\_\_\_\_\_\_\_\_\_

\*\*\*Maximum Entry is $400.00 per gender

The $400.00 Maximum Entry fee entitles your team to:

* Full slate of Varsity Events (1 per event)
* Unlimited JV Events
* Additional entries may be added the day of the meet using the appropriate cards!

**Mail Checks To:**

Mike Jordan

2310 Inverness Drive

Toms River, NJ 08753

**Mail Paper Entry To:**

Kevin Dee

405 Squankum-Yellowbrook Rd.

Farmingdale, NJ 07727

**School phone:** 732-919-2131

**Home phone:** 732-363-5908

**E-Mail:** [deekevin59@gmail.com](mailto:deekevin59@gmail.com) **Fax:** (732) 919-1964

\*\* RAIN DATE: May 6th