

48TH Annual SJTCA Track & Field Carnival

Thursday, April 30th at Delsea High School

Saturday, May 2nd at Egg Harbor Twp High School

Entries due Monday, April 20, 2015

To: Boys Spring Track Coaches

From: Ed Colona, Meet Director

Welcome to the 48th Annual Track & Field Relay Carnival sponsored by the South Jersey Track Coaches Association at Delsea High School on April 30th and Egg Harbor Twp High School on May 2nd. Our hope is that we can work together to provide your athletes with the finest possible meet of the season. Please feel free to contact me with any questions or concerns regarding the meet.

ecolona@comcast.net

Home # (609)386-5463

Cell # (609)381-8615

General Procedures

1. Any protests **must** be made to the MEET REFEREE and not to any other official.
2. Competitor rosters must be submitted to tomahawktiming@yahoo.com by **APRIL 20, 2015** Rosters may be checked at sjtrack.org and TomahawkTiming.com.
3. Any freshmen who participates in a FRESHMAN ONLY event **IS NOT** eligible to participate in any Varsity or Sub-Varsity event. **According to the NJSIAA Rules, athletes can alternate between Sub-Varsity events and Varsity events AS LONG AS PARTICIPATION RULES ARE NOT VIOLATED (i.e. total of 4 events).**
4. **These meets are now considered two separate meets**
5. Fees: \$15.00 per running relay
\$15.00 per field relay
\$10.00 per individual entry

Make checks payable to:

South Jersey Track Coaches Association

6. Mail entries to:

Ed Colona

118 James Street

Burlington, NJ 08016

7. There will be a \$60.00 fee for any roster that needs to be manually entered.
8. *This is an entry fee, not a participation fee*

RELAY EVENTS

1. The field events will be conducted as relays. Each school may enter two boys in each event. Their combined effort will decide their places in the competition. In the event of a tie in the throwing events, the total of the 2nd best effort for each competitor on the team will determine the winner, and the 3rd best effort if the previous doesn't indicate a winner.
2. If an athlete is entered in more than one event, every effort will be made to avoid his competing in both events simultaneously. However, it is the coach's responsibility to ascertain when his/her athletes are to compete and to get them to report promptly.
3. Starting Height for the Pole Vault will be 10' 0" in the relay event. If one competitor "no heights" then the team is out of the competition.
4. Starting Heights for the High Jump: FRESHMEN 4'10"; Sub- Varsity 5'0"; Varsity 5' 4".
5. In the event of a tie in the PV or HJ, the team with the fewest misses at heights last cleared will determine the winner. If this fails to break the tie, the team with the fewer total misses throughout the competition will be given the higher place. If still tied after these criteria the tie shall remain.
6. In the Shot, Discus, Javelin, Long Jump and Triple Jump each contestant will be given three (3) attempts for Varsity and (2) attempts for JV and Frosh. Varsity & Sub-Varsity will use 12 lbs. in shot; Frosh will use 8 lb. shots. All levels will use varsity weights in Discus and Javelin.
7. The 4x1600 Meter Relay, the 400 Int. Hurdle Relay and the Super Sprint Relay are open events for **VARSITY ONLY**
8. The competition on the VARSITY LEVEL will be divided into TWO (2) divisions. The divisions will be based on your grouping from the NJSIAA.

Division I - Group I, II *Non-Publics with enrollment that fits I and II

Division II - Group III & IV *Non-Publics with enrollment that fits III and IV

Freshmen and Sub Varsity levels will compete in ONE division.

9. Because the NJSIAA has ruled that a school may have only one varsity team in each race, we will continue to use the present order of events and offer you a sub-varsity race for your "B" and "C" teams. Remember, an athlete MAY be used in both varsity and sub varsity events.

Individual Events:

1. On Thursday, all events will be individual "open" events. They will not be run in divisions.
2. Schools may enter as many individuals as **meet the qualifying time, distance, or height. Changes adopted by vote of the SJTCA**

110 HH	15.7
400 IH	61.0
100	11.2
200	23.5
400	53.0
800	2:04.0
1600	4:37.0
3200	10:08.0
High Jump	5' 10" (Starting Height will be 5' 8")
Pole Vault	12' 6" (Starting Height will be 12' 0")
Long Jump	20' 0" (No mark under 19'0")
Triple Jump	42' 0" (No mark under 40')
Shot Put	46' 0" (No mark under 43')
Discus	130' 0 (No mark under 120')
Javelin	145' 0" (No mark under 135')

Qualifying marks may come from the 2014-2015 Indoor Season, 2015 Spring season or any dual meets run this year. **Relay splits can NOT be used.**

3. Individuals may compete according to the participation rules
4. Awards to the first five places in each event

SJTCA 48th Annual Relay Carnival – ENTRY FORM

School: _____ Division: _____

Coaches Name _____ Cell Phone _____

E-mail _____

Division I = Groups I, II *Non-Public

Division II = Groups III, IV *Non-Public

Enter the number of teams to be entered in each column. Remember, NJSIAA rules permit only one varsity team per school. There are no restrictions for sub varsity and freshmen.

Saturday, May 2, 2015

Start Time: Frosh – 1pm

Varsity & Sub Varsity: 2:30pm

Running Relays

	Event	Varsity	Sub-Varsity	Frosh
1.	4x1600		XXXX	XXXX
2.	3x400 Int. Hurdles		XXXX	XXXX
3.	Super Sprint Medley		XXXX	XXXX
4.	4x 100			
5.	4x200			
6.	4x400			
7.	4x800			
8.	Sprint medley			
9.	Distance medley			
10.	Shuttle Hurdles			

Total Entries	X \$15.00/ entry	Relay Fee
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Field Event Relays Start Time Frosh 1pm Varsity &SubVarsity 2:30pm

	Event	Varsity	JV	Frosh
1.	Pole Vault Relay		XXXX	XXXX
2.	Shot Put Relay			
3.	Discus Relay			
4.	Javelin Relay			
5.	High Jump Relay			
6.	Long Jump Relay			
7.	Triple Jump Relay			

Total Entries	X\$15.00/entry	Relay fee:
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SJTCA 47th Annual Relay Carnival – ENTRY FORM

School: _____

Entries & Competitors List due April 20, 2015

Individual Events (Schools are not limited as long as standard has been met during the 2014-2015 Indoor Season, 2015 Spring season or any dual meets run this year. **Relay splits can NOT be used.**

Thursday: April 30, 2015 Individual Events

Start Time: Field & Frosh Events 5:00pm, Varsity Running Trials & Finals 6:00pm

	Event	Standard	#Entries
1.	110m HH	15.7	
2.	400m Int. Hurdles	61.0	
3.	100m dash	11.2	
4.	200m dash	23.5	
5.	400m Dash	52.5	
6.	800m Run	2:04.0	
7.	1600m Run	4:37.0	
8.	3200m Run	10:08.0	
9.	Shot Put	46'0"	
10.	Discus	130'0"	
11.	Javelin	145'0"	
12.	High Jump	5'10"	
13.	Pole Vault	12'6"	
14.	Long Jump	20'0"	
15.	Triple Jump	42'0"	
16.	Frosh 400	60.0	
17.	Frosh 1600	5:30.0	
18.	Frosh Shot	31' 0"	
19	Frosh 100	12.0	
Total Entries		X \$10.00/ entry	Ind. Fee:

Total fee Due:

Running Relays	
Field Relays	
Individual Events	
Total Due:	

48th ANNUAL SJTCA TRACK & FIELD CARNIVAL

Delsea Regional High School

ORDER OF EVENTS

Thursday, April 30, 2015

5:00pm Frosh 400 (Final on Time)

Frosh 1600

Frosh 100 (Final on Time)

All Field Events

Varsity 3 throws - top 8 to finals, Frosh 2 throws

Shot- no mark under 42'

Discus- no mark under 120'

Javelin- no mark under 135'

High Jump- 5'8" opening

Pole Vault – 12'0" opening

Long Jump – open pit, time to be determined (3 jumps/3 finals)

Triple Jump- open pit, time to be determined (3 jumps/3 finals)

6:00 pm 110m High Hurdles Trials – Varsity Only

100m Dash Trials – Varsity Only

6:15 pm 400m Intermediate Hurdles

100m Dash

1600m Run

400m Dash

110m High Hurdles

800m Run

200m Dash

3200m Run

48th Annual SJTCA Track & Field Carnival

Saturday, May 2nd

Egg Harbor Twp High School

1 pm: FRESHMEN Track Events: (All events are Finals on Time)

- 1. 4x110m Shuttle Hurdles**
- 2. 4x100m Relay**
- 3. 4x800m Relay**
- 4. 4x200m Relay**
- 5. Distance Medley (1200-400-800-1600)**
- 6. Sprint Medley (400-200-200-800)**
- 7. 4x400m Relay**

Field Events:

- 1. Shot, Discus, Javelin (2 competitors per team)**
- 2. High Jump, Long Jump, Triple Jump (2 competitors per team)**

2:00pm 1. Distance Medley - Junior Varsity (1200-400-800 -1600)

- 2. 4x100m Relay - Junior Varsity**
- 3. 4x400m Relay - Junior Varsity**

OPEN EVENTS

- 4. 4x1600m Relay**
- 5. 3x400m Int. Hurdles Relay (Total time to determine place)**
- 6. Super Sprint Medley Relay (100-100-200-400)**

RELAY EVENTS (Event may be combined but medals will be by division)

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|-------------------------------------|---|
| 7. 4X800m Relay - | Division II – Varsity |
| 8. 4x800m Relay - | Division I - Varsity |
| 9. 4x800m Relay - | Junior Varsity |
| 10. 4x100m Relay - | Division II - Varsity |
| 11. 4x100m Relay - | Division I - Varsity |
| 12. 4x110m Shuttle Hurdles – | Division II – Varsity |
| 13. 4x110m Shuttle Hurdles - | Division I - Varsity |
| 14. 4x110m Shuttle Hurdles - | Junior Varsity |
| 15. DMR – | Division II –Varsity (1200-400-800-1600) |
| 16. DMR - | Division I -Varsity (1200-400-800-1600) |
| 17. Sprint Medley – | Division II -Varsity (200-200-400-800) |
| 18. Sprint Medley - | Division I -Varsity (200-200-400-800) |
| 19. Sprint Medley - | Junior Varsity (400-200-200-800) |
| 20. 4x200m Relay – | Division II – Varsity |
| 21. 4x200m Relay - | Division I - Varsity |
| 22. 4x200m Relay - | Junior Varsity |
| 23. 4x400m Relay - | Division II - Varsity |
| 24. 4x400m Relay - | Division I - Varsity |

2:00PM VARSDITY AND JUNIOR VARSITY FIELD EVENTS

- 1. Shot Put: JV, followed by Division I followed by Division II**
- 2. Discus: Division I followed by Division II then JV**
- 3. Javelin: Division II followed by JV then Division I**
- 4. High Jump: Division I, followed by Division II, then JV**
- 5. Long Jump: Varsity followed by JV**
- 6. Pole Vault: Division II and Division I will vault together**
- 7. Triple Jump: JV followed by Varsity**

*****The long and Triple Jump will be run as open pits**