

54th Annual Somerset County Relays

*At
Ridge High School*

**Saturday April 18th, 2015
9:30 AM**

Enclosed in this packet are:

- Order of Events
- Regulations and Reminders
- Records
- Seed Cards

Reminders:

1. All weight implements will be checked and weighed at the throwing site
2. Javelins must meet all NFHS specifications (rubber tipped)
3. Make sure all cards for field events are handed to officials before the start of the event regardless of when the athlete may compete. Be sure to fill out PV verification on card.
4. No 6 Jump Rules.
5. Awards (1-3) should be picked up at the press box immediately after the results are announced.
6. ¼ pyramid spikes only!! Please cooperate. Other spikes rip the Mondo surface
7. We have added Fully Automatic Timing. Scores will be announced and posted near the building.
8. We have added the 4x1600 relay.
9. We offer a Novice 4x800 at 9:30 (non-scoring, no awards)

If you have any questions, please e mail: rshello@bernardsboe.com or tmooney@bernardsboe.com

9:30 A.M.

LONG JUMP and TRIPLE JUMP (2 OPEN PITS 9:30 a.m. - 1:00 p.m.) two jumpers
BOYS' & GIRLS' HIGH JUMP (two jumping areas Boys 5'0" and Girls 4'0") two jumpers
SHOT PUT (GIRLS then BOYS) three throwers
DISCUS (GIRLS then BOYS) three throwers
JAVELIN (ALL BOYS then GIRLS) three throwers
POLE VAULT Two PV pits -- OPENING HEIGHT BOYS (9'0") and GIRLS (6'0") two jumpers

RUNNING EVENTS BEGIN AT 9:30!
Novice 4x800 followed by 4x1600 Varsity

Somerset County Track & Field Relays

9:30 A.M.

Long Jump and Triple Jump (2 open pits 9:30-1:00pm)

Boys' and Girls' High Jump (two pits)

Discus (Girls, Boys)

Shot Put (Girls, Boys)

Javelin (Boys, Girls)

Pole Vault (two pits)

Novice 4 x800 (boys, girls) one heat each. non-scoring

RUNNING EVENTS

(slower heats then faster heats)

B -	Novice 4 x 800	1 heat
G -	Novice 4 x 800	1 heat
B - 1.	4 x 1600	1 heat
G - 2.	4 x 1600	1 heat
B - 3.	Intermediate Hurdles	(3 competitors)
G - 4.	Intermediate Hurdles	(3 competitors)
B - 5.	4 x 800	
G - 6.	4 x 800	
B - 7.	4 x 100	
G - 8.	4 x 100	
B - 9.	Sprint Medley Relay (200- 200 - 400 - 800)	
G - 10.	Sprint Medley Relay (200- 200 - 400 - 800)	
B - 11.	Shuttle Hurdles	
G - 12.	Shuttle Hurdles	
B - 13.	4 x 200	
G - 14.	4 x 200	
B - 15.	Distance Medley (1200 - 400 - 800 - 1600)	
G - 16.	Distance Medley (1200 - 400 - 800 - 1600)	
B - 17.	4 x 400	
G - 18.	4 x 400	

Somerset County Relays

PLEASE NOTE THE FOLLOWING REGULATIONS

1. ALL National Federation plus N.J.S.I.A.A. rules will apply.
2. Relay teams must wear **identical** school uniforms. Head Referee only may waive this based on weather.
3. Each school will be responsible for their own starting blocks.
4. ¼" Pyramid spikes only. Spikes will be checked and rules enforced both on the track and in jumps.
5. Only school approved coaches and athletes will be permitted on infield. No spectators in competition areas.
6. 3 x 400 hurdles will be run in seeded heats (There will be 3 runners per team.)
7. All races are finals on time.
8. Scoring 10-8-6-4-2-1
9. Seed cards may be turned in early for all running events at clerk table. Be sure to include school code as well as individual athlete numbers and names on cards

Somerset County Track & Field Relays Records

Boys

Event	School	Time/Distance	Year
3 x 400 Hurdles	Franklin/Ridge	2:53.9	1996/2008
4 x 800	Bernards	7:58.97	
4 x 100	Franklin	42.23	
Sprint Medley	B-R East	3:36.0	
Shuttle Hurdles	Franklin	1:01.5	2008
4 x 200	Franklin	1:29.6	
Distance Medley	Franklin	10:34.7	2007
4 x 400	Franklin	3:24.3	2002
Shot Put	Bernards	143' 10 ½"	
Discus	Hillsborough	421' 8"	1995
Javelin	Hillsborough	515' 1"	
High Jump	Somerville	12' 10"	
Long Jump	Franklin	44'	
Triple Jump	Hillsborough	85' 0"	2007
Pole Vault	B-R East	31' 2"	

Somerset County Track & Field Relays Records

Girls

Event	School	Time/Distance	Year
3 x 400H	Montgomery	3:19.9	2008
4x800	Bernards	9:39.3	2011
4x100	Franklin	47.7	2003
Sprint Medley	Franklin	4:13.13	
Shuttle Hurdles	Hillsborough	1:03.3	2001
4x200	Franklin	1:41.7	2001
Distance Medley	Hillsborough	12:33.9	2011
4x400	Franklin	3:57.6	2001
Shot Put	Hillsborough	11'0.25"	2006
Discus	Hillsborough	312' 4"	2006
Javelin	Bound Brook	303' 10"	
High Jump	Hillsborough	10'6"	2001
Long Jump	Hillsborough	33' 3"	2009
Triple Jump	Hillsborough	73' 1"	2011
Pole Vault	Hillsborough	21' 0"	2011