

2010 NJSIAA/The Star-Ledger/M-F Athletic BOYS/GIRLS STATE WINTER TRACK CHAMPIONSHIPS

The NJSIAA extends a most cordial invitation to you and your school to participate in the 2010 State Winter Track Championships. Attached are the instructions and entry forms for your school.

NOTE: Eligibility requirements for the NJSIAA/The Star-Ledger/M-F Athletic Winter Track Championships

1. Your winter track dual meet schedule must show that seventy percent (70%) of your competition from the opening of your season January 6, 2010 was against New Jersey schools.

NEW PROCEDURE FOR ENTRY

To verify the 70% rule, all varsity dual meet schedules **MUST** be entered by the start of the season, and scores reported to www.njschoolsports.com as soon as possible after each contest. If you don't have dual meets, you need not worry about this requirement.

2. Any player with two (2) or more disqualifications in the current season, prior to the start of an NJSIAA tournament will be ineligible to compete in said tournament.

NOTE: Any athlete transferring into your school on or after January 23, 2010, will not be eligible to participate in any NJSIAA Championship Tournament in any winter sport.

3. **Any varsity team** accumulating three (3) or more player and/or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of a tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.
4. To promote fairness in competition and the health and safety of student athletes, no NJSIAA member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the **Specific Sports Regulations** for the sport including, but not limited to, the start of practice, the start and ending of the sport season and the maximum contests permitted during the regular season. The application of this eligibility standard is non-appealable.

SPECIFIC SPORTS REGULATIONS (found in the *New Jersey State Interscholastic Athletic Association Handbook 2009-2010 Constitution, Bylaws, and Rules & Regulations*)

RULE 19. Cross-Country, Winter Track, and Outdoor Track

Section 1. Rules. *The National Federation Track and Field and Cross-Country Rules*, unless herein modified, shall govern all NJSIAA winter track meets.

Section 2. Start of Practice.

Article 2.... Winter Track – Friday after Thanksgiving.

Section 3. Start of Regular Schedule.

Article 1.... Friday before the third Saturday of December

Section 4. End of Season (From Rule 2, Section 10) Winter Track Season ends February 28, 2010.

Section 6 . Meets Per Day. A competitor shall not compete in more than one meet during the same calendar day.

Section 7. Meets Per Week. A student shall be permitted to participate in a maximum of three (3) meets per week (including scrimmages as provided for in Rule 2, Section 7 [A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until he/she has completed SIX DAYS OF PRACTICE IN THAT SPORT (days of 24 hours, not sessions). Practices during the Summer Recess prior to the official opening of the Sports Season cannot be counted to fulfill this requirement.], and sanctioned and championship invitational meets). During the season, team members who compete in outside meets with the approval of the school remain eligible for NJSIAA competition; such meets to be counted as part of the maximum three (3) per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule. (National Federation approved meets are exceptions to this rule.) You may play one four-meet week.

Section 8. Postponed Meets. One (1) postponed meet per week may be worked into the schedule, but under no circumstances may a student compete on three (3) consecutive days.

Section 9. Officials.

Article 1 It shall be required that at least three (3) NJSIAA registered track officials be used to officiate in any County, Conference, Invitational, Championship or NJSIAA meets involving four (4) or more teams. Whenever possible, all officials in these meets should be registered.

Article 3 In all dual and triangular Winter Track Meets there shall be at least one (2) NJSIAA registered track officials; one official to supervise Running Events and designated as the Meet Referee and/or Starter and/or Head Finish Judge; the other to supervise the Field Events and designated Head Field Judge.

Section 10 Jewelry. No jewelry (including watches) is permitted to be worn during competition. Religious medals and medical alert medallions must be taped to the body.

RULE 20. WINTER TRACK

Sections 1 through 3. Same as Rule 19.

Section 4. End of Season. Last day of February (February 28, 2010)

Section 5. Transfers on or after January 23, 2010, not eligible for post-season play. (See Article IV, Section 4. K.(2).d.)

Sections 6 through 10. Same as Rule 19.

Section 11. Number of Contestants.

Article 1... Dual Meet Competition – Each team shall be entitled to at least five (5) entries per event.

NOTE: This will also apply to Rule 21. Outdoor Track.

Article 2... Triangular Competition – Each team shall be entitled to four (4) entries per event.

Article 3... Open, Conference and Championship Meets – Entries determined by sanctioning body or Meet Director.

Section 12. Standard Events – Boys. As follows: 55m, 55m high hurdles (39”), 400m, 800m, 1600m, 3200m, 1600m Relay, Shot Put, High Jump, and Pole Vault. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

Section 13. Standard Events – Girls. As follows: 55m, 55m high hurdles (33”), 400m, 800m, 1600m, 3200m, 1600m Relay, Shot Put, High Jump, and Pole Vault. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

COACHES MUST HAVE A COPY OF THESE INSTRUCTIONS AVAILABLE AT EACH MEET. IF, AFTER READING THIS MATERIAL YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE MEET DIRECTOR.

ATTENTION: PUBLIC AND NON-PUBLIC TEAMS WILL COMPETE IN **DIFFERENT** BRACKET FOR ALL MEETS, EXCEPT THE MEET OF CHAMPIONS.

The number of public school participants in ALL GROUPS has been equalized by dividing the schools who have indicated through their School Information Update Form that they offer WINTER TRACK into four (4) groups, based on enrollment. **PLEASE CHECK CAREFULLY THE CLASSIFICATION LISTING FOR WINTER TRACK.**

Summary of Changes for the 2010 Season

Changes were made in **seeding for the Relays (see page 11)** and the scheduling of the field events. The Bennett Center will have two venues for each of the three field events: Shot, High Jump, and Pole Vault. The Shot Put will be contested in the nearby Intermediate East gymnasium for all meets except the Meet of Champions.

DATES/TIMES OF WINTER TRACK MEETS – 2010

I. State Relay Championships: Entries Close Jan. 6, 2010

Site: Bennett Center in Toms River

Date	Group	Starting Time
Friday, January 15, 2010	Group III Boys and Girls	4:00 pm
Saturday, January 16, 2010	Non-Public Boys & Girls	9:00 am
Saturday, January 16, 2010	Group II Boys and Girls	3:30 pm
Sunday, January 17, 2010	Group I Boys and Girls	9:00 am
Sunday, January 17, 2010	Group IV Boys and Girls	3:30 pm

Monday, January 18, 2010 - snow date

II. Individual State Group Championships

Entries Close Jan. 20, 2010 (ALL SCHOOLS

A. Sectionals (PUBLIC SCHOOLS ONLY)

At Toms River's Bennett Center (Hooper Ave, Toms River)

Date	Group	Starting Time
Wednesday, Feb. 3, 2010	North 1 & North 2 Group 3 Boys & Girls	3:45 pm
Thursday, February 4, 2010	North 1 & North 2 Group 4 boys and girls	3:45 pm
Friday, February 5, 2010	Central & South Group 4 boys and girls	3:45 pm
Saturday, February 6, 2010	Central & South Group 1 boys and girls	8:30 am
Saturday, February 6, 2010	North 1 & North 2 Group 1 boys and girls	2:00 pm
Saturday, February 6, 2010	North 1 & North 2 Group 2 boys and girls	7:00 pm
Sunday, February 7, 2010	Central & South Group 2 boys and girls	9:00 am
Sunday, February 7, 2010	Central & South Group 3 boys and girls	3:00 pm

Any weekday session postponement will move first to Sunday as an added 3rd session with the sessions being rescheduled to 8:00 am, 1:30 pm, and 7:00 pm

If more sessions are rescheduled, they will be on Monday. If a single session, starting time will be 4:00 pm. If 2 sessions: 1pm and 6 pm.

B. State Group Meets (All Schools)

At Toms River's Bennett Center

Date	Group	Starting Time
Friday, February 12, 2010	Non-Pubic A & B Boys & Girls	4:00 pm
Saturday, February 13, 2010	Groups 2 and 3 Boys and Girls	10:00 am
Sunday, February 14, 2010	Groups 1 and 4 Boys and Girls	10:00 am

Monday, February 15 – Snow Date

C. Meet of Champions:

At Toms River's Bennett Center

Date	Group	Starting Time
Saturday, February 20, 2010	Boys (except pole vault)	10:00 am
Saturday, February 20, 2010	Boys and Girls Pole Vault	11:00 am
Saturday, February 21, 2010	Girls	1:00 pm

Postponed dates: TBA via NJSIAA web page – www.njsiaa.org

NO ADMITTANCE TO Bennett Center UNTIL ONE (1) HOUR PRIOR TO THE START OF YOUR MEET.

ENTRY GUIDELINES

Attention Athletic Directors, Winter Track Coaches

1. There will be no semi-finals in the Group Meet. Advancement from the trials will be based on time only as long as fully-automatic timing is available.
2. ELECTRONIC DEVICES - RADIOS, TAPE RECORDERS, AND OTHER ELECTRONIC COMMUNICATING DEVICES ARE NOT PERMITTED IN ANY VENUE. VIOLATORS MAY BE ASKED TO LEAVE THE VENUE AND THEIR TEAMS MAY BE DISQUALIFIED FROM THE MEET. CONTESTANTS VIOLATING THIS RULE WILL BE DISQUALIFIED.
3. ALL ENTRIES MUST BE **POSTMARKED** BY THE DEADLINE DATES.
 - a. **State Relay Meet - Entry Deadline –Wednesday, January 6, 2010**
 - b. To ensure that your school's rosters are in the Relay Meet Program, rosters MUST be received by January 6, 2010.
 - c. **State Sectional (Public) & Group Meet (Non-Public)– All Entries Close Jan. 20, 2010**
 - d. To ensure that your school's rosters are in the Sectional (Public) or GROUP Meet Program (Non-Public), rosters MUST be received by JANUARY 20 2010.
4. ENTRIES POSTMARKED AFTER THE DEADLINE DATE (Jan. 6 for Relays and Jan 20 for Individual Sectional/Group Meet) MAY NOT BE ACCEPTED. If an entry is accepted late, **a fee of \$150.00** per team may be assessed.

MAIL ENTRY FEES AND ENTRY FORMS TO:

Work Phone: (609) 259-2776
 Home Phone: (609) 267-7314
 Cell Phone: (609) 957-5593

Mr. Don Danser
 NJSIAA
 1161 ROUTE 130 NORTH
 P.O. BOX 487
 ROBBINSVILLE, New Jersey 08691

e-mail: FRAULOTIMING@OPTONLINE.NET (for Hy-Tek Rosters Only)

5. SCHOOLS REQUESTING CONFIRMATION THAT ENTRY FORM(S) HAS BEEN RECEIVED AND/OR USING VOUCHERS THAT MUST BE RETURNED, **MUST ENCLOSE A SELF-ADDRESSED ENVELOPE** TO ENABLE THE MEET DIRECTOR TO CONFIRM RECEIPT OF ENTRY OR TO RETURN VOUCHERS.
- Note: Sending entries by certified mail slows delivery by up to two weeks. Use the self-addressed envelope/postcard to confirm receipt of your entry.
6. THE EXECUTIVE COMMITTEE OF THE NJSIAA HAS RULED THAT MEMBER SCHOOLS FAILING TO FORWARD TOURNAMENT FORMS TO THE PROPER ADDRESS WILL BE EXCLUDED FROM TOURNAMENT COMPETITION IN THAT SPORT.
 7. POSTPONEMENTS--In case of inclement weather the day of the meet, **check the NJSIAA website www.njsiaa.org**; then, if necessary, coaches may contact the following individuals listed below between 5:00 A.M. and 7:00 A.M. for morning meets, and 10:00 A.M. to Noon for afternoon meets.

NORTH I & II

Lou Fraulo
 H.P. (201) 805-2078

CENTRAL-SOUTH

Don Danser
 B.P. (609) 259-2776
 Cell: (609) 947-5593

The success of our Winter Track Program is dependent upon the complete cooperation of our member schools. PLEASE DO YOUR PART. We appreciate your entry in the Winter Track Meets and wish you the best of luck.

Don Danser, Tournament Director

Steven Timko, Executive Director, NJSIAA

2010 NJSIAA/The Star-Ledger/M-F Athletics Winter Track Tournament

GENERAL INSTRUCTIONS FOR ALL MEETS

I. ENTRY GUIDELINES

A. **ENTRY FEES** - STATE RELAY and STATE INDIVIDUAL GROUP

1. (STATE CHAMPIONSHIP entry fees are covered by the State Group fees.)
2. STATE RELAY CHAMPIONSHIPS - Relay Team - \$22.00 per team, per event-One relay team per school per event.
3. STATE GROUP AND STATE CHAMPIONSHIPS - \$14.00 per contestant, per event.
4. ALL CHECKS MUST HAVE SCHOOL'S NAME ON THEM AND MUST BE MADE PAYABLE TO THE NJSIAA. NO CASH WILL BE ACCEPTED.
5. THE EXECUTIVE COMMITTEE OF THE NJSIAA HAS RULED THAT MEMBER SCHOOLS FAILING TO FORWARD TOURNAMENT FORMS TO THE PROPER ADDRESS WILL BE EXCLUDED FROM TOURNAMENT COMPETITION IN THAT SPORT. ONCE ENTRIES **OR PARTS OF ENTRIES** HAVE BEEN RECEIVED, NO REFUNDS WILL BE MADE FOR ANY ENTRANTS FAILING TO COMPETE, REGARDLESS OF REASON(S).

B. HOW TO ENTER THE MEETS

Three components make up an entry:

1. **Entry Forms** - Entry Forms are attached to these regulations.
 - a. General Instructions for both Relay and Group Meets
 - (1) Fill in High School's FORMAL name (for example: Abraham Clark, NOT Roselle)
 - (2) Fill in your official NJSIAA Section and Group from the Winter Track Group Classification List (See www.njsiaa.org Click on SPORTS INFORMATION, then WINTER TRACK, then 2009/2010 INDOOR TRACK CLASSIFICATION.)

NOTE: On the NJSIAA website under WINTER TRACK, there is a list of Groups for those schools who have indicated through the NJSIAA Directory Information Update Form, that they offer winter track. If you are not on that list, you **must call to be placed in the appropriate section and group by the central office.**

- (3) PRINT or TYPE clearly the Head Coach(es)' name(s), and school and home or cell phone numbers. These numbers are important. If there is a problem with your entry, the NJSIAA office needs to be able to reach you during hours other than school hours, especially during times when schools are closed for various holidays during the winter season. You may substitute a CELL PHONE for your Home Phone if you wish.
- (4) Fill out the worksheet for EVENTS to figure out the fee you will be charged (\$22 per relay and \$14.00 per individual per event).

Note: ENTRIES FINAL - The TOTAL number of events listed on the ENTRY FORM are final and will not be changed after they have been received by the Meet Director. The coach is not held to the individual events. *For example, the coach of School A signs up for the 4x200, distance medley, and the 4x800 for a TOTAL of three relay events. On the day of the meet, School A may enter ANY THREE relays.* In the Sectional Meet (Public) or Group Meet (Non-Public), the same applies. For the Sectional Meet [Public; Group Meet for Non-Public], the THREE ENTRIES per EVENT per school regulation remains in force at all times.

- (5) Please list full names of assistant coaches and STUDENT Managers. Adults claiming to be managers will not be admitted without paying the appropriate admission fee.
- (6) Make sure Entry Forms (two pages for each meet) are signed by your athletic director, Principal and Head Coach(es).

b. MAIL **{NO FAXES PLEASE!}** ENTRY FEES AND ENTRY FORMS FOR ALL MEETS TO:

Mr. Don Danser
NJSIAA
1161 ROUTE 130 NORTH
P.O. BOX 487
ROBBINSVILLE, New Jersey 08691

[e-mail: ddanser@njsiaa.org](mailto:ddanser@njsiaa.org)
Work Phone: (609) 259-2776
Cell Phone: (609) 947-5593

[e-mail: FRAULOTIMING@OPTONLINE.NET](mailto:FRAULOTIMING@OPTONLINE.NET) (for rosters ONLY)

NOTE: Sending entries by certified mail slows delivery by up to two weeks. Use the self-addressed, envelope/postcard to confirm receipt of entries.

2. ENTRY FEE

Once you figured out your entry fee, enclose the check (or voucher) with the Entry Form. If you have a problem getting the check (or voucher), send the Entry Form in with a note stating fee (or voucher) will come later.

NOTE: A voucher that needs to be returned **MUST** be accompanied by a self-addressed envelope.

3. Electronic Roster

- a. This step **requires you to e-mail** a Hy-Tek-generated file containing your complete roster. If you are planning to enter **both** the Relays and Group Meet, the roster needs to be sent only **once**. The following are instructions for using Team Manager Lite.
- b. You may download this FREE program from the following website: www.hy-tekLtd.com Make sure it is TEAM MANAGER Lite for track and not the one for swimming.
- c. After downloading the program, you are ready to begin.
- d. The first time you open the program, you will have to add the school. This needs to be done only once. To do this,
 - (1) Click on the TEAMS menu at the top.
 - (2) In the next window click on the ADD menu. This will bring up the TEAM MAINTENANCE window.
 - (3) Click in the TEAM CODE window and type in your school code (3 or 4 numbers). **Codes can be found ATTACHED TO these Tournament Regulations.**
 - (4) .Next choose the TEAM TYPE. Click on the DOWN ARROW button in the TEAM TYPE field. You should be given only 2 choices: "Age Group" and "School." Choose SCHOOL.
 - (5) Next type in the full school name (Example: Rancocas Valley Regional)
 - (6) Next type in a short version like Rancocas Val. This Short version is what is used in the printout of results. **It must be a name all can recognize.** DON'T put mascot names, like Red Devils, or abbreviations like RVRHS.
 - (7) You are now finished with adding school information. Anything else you fill in is optional and not needed by NJSIAA.
 - (8) If you wish, you may add coaches' information. Again, this is not necessary.
- e. Now you are ready to add the athletes. To do so you must get back to the main menu or window. Click on the icon that looks like a hurdle in the upper left corner. A menu appears. Click on CLOSE. This will bring you back to the Main Menu.
 - (1) Now click on ATHLETES
 - (2) In the next window, click on ADD
 - (3) Fill in Last Name, First Name (Middle initial is optional)
 - (4) Click appropriate Male/Female button.
 - (5) Make sure MEMBER OF TEAM field shows your school code. If it is blank or another code is there, click on the DOWN ARROW button in the "Team Member" field. You should now see your school code there. Choose it. (You should have to do this only once, with the first athlete you enter). If no code is there at all, or your correct school code is not one of the choices, you did something wrong when you entered your school earlier. Repeat the instructions for entering your school.
 - (6) Enter the school year (9, 10, 11, 12) of the athlete
 - (7) Any other information is optional. To get a new screen to enter your next athlete, click the OK button.
 - (8) When finished adding your athletes, after clicking OK and getting a new ADD ATHLETE window, click the CANCEL button.
- f. Now you are ready to create your file that you need to send to FRAULOTIMING@OPTONLINE.NET
 - (1) Click on the Hurdle Icon then on the CLOSE button to get back to the main menu
 - (2) Now click on the FILE menu, then the EXPORT button, then the ATHLETES/TEAMS button.
 - (3) This will open the EXPORT ATHLETES window.
 - (4) The first thing you need to do is tell the program where you want to copy the file you are going to need to e-mail. A field labeled EXPORT TO DRIVE defaults to the Drive C and to a folder containing Team Manager Lite. It is recommended

- that you place a disk in drive a: (floppy drive). When it comes time for you to e-mail the file, this is the easiest way to find the file when you want to attach it to your e-mail. Then select Drive A by clicking on the DOWN ARROW in the EXPORT TO DRIVE window and choose Drive A.
- (5) Now you need to choose the appropriate ATHLETES EXPORT FILTERS. Choose BOTH if you are sending both boys and girls rosters in, or choose MALES or FEMALES if you are sending only one of these groups in. (Boys and girls in the same file is recommended!)
 - (6) Make sure your school code appears in the TEAM window. If necessary click on the DOWN ARROW in this field and choose your code.
 - (7) Click OK. You will get a message stating WHERE the file was copied and the name of the file.[The file name will start with your school code, followed by a hyphen (-) followed by "Roster001 .zip" For example, Willingboro's export file name would be: 4321-Roster001.zip. If the last three numbers were 003, it would mean that two earlier files were put in this same place. Usually, you want to send the last or latest file you created to your meet director. That file is always the one with the highest last three numbers.] Click the OK button to close the window and the file will be created ready for you to attach to an e-mail.
- g. You are now ready to send your roster by e-mail. There are many programs (browsers) used to send e-mails so detailed instructions cannot be given here. However, sending the roster file is just one extra step in sending an ordinary e-mail.
- (1) Open your e-mail
 - (2) In the TO box type the following e-mail address:
FRAULOTIMING@OPTONLINE.NET
 - (3) In the SUBJECT box, type in your school NAME and type of roster you are sending:**
EXAMPLE: Franklin High School Boys & Girls Winter Track State Roster
 - (4) All e-mail programs have an ATTACHMENT button. When selected, it opens up a "browser" to let you find the file you want to attach and send with the e-mail. If you copied your Hy-Tek roster file to the floppy disk in drive A, select that drive and highlight the Hy-Tek file, then hit enter. You should now be back to your original e-mail screen with the attached file listed in the heading under ATTACHMENTS.
 - (5) Now just SEND the e-mail. You should be sending the file from an e-mail address Lou Fraulo can use to send you a Reply so you will know he received it.

DO NOT SEND ROSTER FILE USING HOTMAIL

Hotmail adds characters to the roster file making the file incompatible with NJSIAA data base.

- h.. Now you must check to make sure that the file you sent was received and is correct. **REMEMBER, NO ROSTERS CAN BE CHANGED THE DAY OF THE MEET. YOU HAVE UNTIL NOON on JANUARY 8 to make corrections/updates to your relay roster and until NOON on FEBRUARY 3 to make corrections to your sectional meet roster [Non-publics until noon Feb 10, 2010].**
- (1) Give Lou Fraulo 24 hours to post your roster.
 - (2) After 24 hours, go to the following website: WWW.LFRACING.COM
 - (3) Scroll down on the opening screen until you see CLICK HERE FOR RESULTS
 - (4) Click on HERE and on the next screen scroll down and click on "HS Winter Track 2010"
 - (5) On the next screen scroll down to NJSIAA ROSTERS RECEIVED and click on that.
 - (6) It may take a few minutes for all the rosters to appear (they will be in alphabetical order by school). Boys and girls will be in the same place (even if sent in separately). Find your roster and check it carefully
 - (7) What if:
 - (a) Can't find my rosters, and I know I sent them in. *If you sent them in you should have received an e-mail back from Lou. If you did receive a reply and they are not there, check at the top of the roster list on the website to see when the last update to the list was made. If the last update was made after you sent your roster, wait another 24hrs and check again.*

If still not there, e-mail Lou (FRAULOTIMING@OPTONLINE.NET) and tell him about your problem.

- (b) I noticed a spelling error and/or a grade error and/or a sex error (boy listed as girl or vice versa). DO NOT SEND ANOTHER FILE. DO SEND an e-mail to Lou (FRAULOTIMING@OPTONLINE.NET), explaining the error. Be as specific as possible: **Example.** Lou, Coach Smith of Willingboro. I noticed when checking my roster on your website that I misspelled a name. The name "Twanda Bennet" should be Tawanda Bennett. Thanks.
- (c) I left off three names. Just e-mail Lou and ask him to add the names. Make sure they are spelled correctly and that you supply the grade and state whether the additions are boys or girls. Be sure to mention the school. Again DO NOT SEND another complete hy-tek roster, just a plain e-mail with the correction will do!

Note: **Any contestant not listed on the Competitors' List the day of the meet will be unable to compete. There will be no exceptions.**

The Winter Track Committee has empowered the referee, head clerk, and/or Meet Director to correct what he/she feels was an honest clerical error committed by the coach when filling out EVENT CARDS. Instead of the normal penalty of disqualification, any of the above can recommend a correction fee of \$50 be imposed. The coach must agree to this in writing, otherwise the disqualification stands.

*It is the coach's responsibility to make sure rosters are in and are correct.
REMEMBER ROSTERS CAN NOT be updated the day of the meet.*

NOTE 1: IF ANY OF THE THREE PARTS OF THIS PROCESS ARE RECEIVED, THE SCHOOL WILL BE BILLED APPROPRIATELY WHETHER OR NOT THE PROCESS WAS COMPLETED AND/OR THE TEAM AND/OR INDIVIDUALS ACTUALLY PARTICIPATED IN A MEET.

NOTE 2: FAILURE TO COMPLETE THE ENTIRE PROCESS MAY RESULT IN INDIVIDUALS OR TEAM NOT BEING ALLOWED TO COMPETE.

4. **ATTENTION ATHLETIC DIRECTOR/COACHES**

Schools entering individuals and not presently competing on an interscholastic basis are advised to read carefully the Procedures "Coaches" Appointed to Accompany Teams or Individuals to NJSIAA Championships in the NJSIAA Handbook. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching capacity who is not properly certified and appointed by the Board of Education. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Season Practice. If a substitute coach is used, written authority from the school's Principal must be presented.

II. **ADVANCEMENT REGULATIONS**

To Qualify for the Sectional Meet - (Public Schools) A school may enter three (3) CONTESTANTS IN EACH INDIVIDUAL EVENT. No alternates are permitted in individual events.

All qualifiers (i.e. all medal winners) will be promptly announced at all meets. Contestants must be instructed to pay attention to all announcements. THIS IS THE RESPONSIBILITY OF THE INDIVIDUAL CONTESTANT AND COACHES, NOT THE MEET DIRECTOR'S RESPONSIBILITY.

A. TO ADVANCE TO THE STATE GROUP CHAMPIONSHIPS

- 1. **Public Schools** - A contestant must qualify in the Sectional Meet by placing in one of the first six (6) places in an event in his/her Group. All ties for Sixth (6th) Place will advance.
- 2. **Non-Public Schools** - Since a Sectional Meet is not conducted for non-public schools, a non-public school may enter three (3) contestants in each individual event in the State Group Championship meet. NO ALTERNATES PERMITTED IN INDIVIDUAL EVENTS.

PLEASE NOTE NON-PUBLIC GROUPINGS THAT APPLY ONLY TO INDOOR TRACK.

NO APPEALS WILL BE CONSIDERED PRIOR TO THE MEET FOR ADVANCEMENT TO THE STATE GROUP CHAMPIONSHIP

- C. TO ADVANCE TO STATE CHAMPIONSHIPS - PUBLIC AND NON-PUBLIC SCHOOLS - ALL EVENTS
1. Contestants must qualify in the State Group Championships by placing in one of the first six (6) places in any event in their Group. All ties for Sixth (6th) Place will advance.
 2. Six highest performances in each event (all ties will be broken using NFHS rules) will be advanced, taken from non-medal winners from all six groups (Public 1, 2, 3, and 4, Non-Public A and B) combined.

NO APPEALS WILL BE CONSIDERED PRIOR TO THE MEET FOR ADVANCEMENT TO THE STATE CHAMPIONSHIPS IN ANY EVENT.

III GENERAL INFORMATION FOR ALL MEETS

- A. RULES 2009-2010 National Federation Track and Field Rules with NJSIAA options shall govern the running of these meets; unless modified herein. All NJSIAA eligibility rules will be in force.
- B. EQUIPMENT
1. Uniforms - National Federation Rule 4, Section 3, Articles 1-2-3-4-5 **WILL BE ENFORCED.**
 - a. Each contestant must be properly attired in the school's issued uniform (i.e., jersey, running trunks, and shoes) during the meet.
 - b. ALL RELAY TEAM MEMBERS MUST WEAR THE SAME COLOR JERSEY, TRUNKS, AND SAME COLOR UNDER GARMENT (for those wearing an under garment).
 - c. Field event contestants must be properly attired in school-issued, legal track uniforms.
 - d. Because of automatic timing, every runner must wear the jersey tucked into his/her uniform's shorts.
 2. NO JEWELRY [REMINDER: THIS INCLUDES WATCHES] WILL BE PERMITTED. THIS ALSO INCLUDES ANY TYPE OF WRIST BANDS. RELIGIOUS MEDALS/MEDICAL ALERT MEDALS MAY BE WORN IF TAPED TO THE BODY.
 3. Batons - Schools must provide their own batons for all meets. Please refer to National Federation Rule 5-4, Art. 3, concerning baton specifications.
 4. Shots - All 12 lb. shot-puts (boys) and 4 k shots (girls) **will be supplied by meet management. They will be soft indoor shots. All warm-ups must be done with these shots.**
 5. Shoes
 - a. Pyramid spikes [maximum 1/8" in length] will be permitted.
 - b. Spikes will be checked. Athletes found to be using illegal spiked shoes not properly tagged **will be fined \$150.00**, payable to the facility for the damage done by spikes that are too long and/or not the correct style (pyramid spikes only).
 - c. **NO SPIKES ARE TO BE WORN IN THE INTERMEDIATE EAST BUILDING ANYWHERE AT ANY TIME.**
 6. Starting Blocks
 - a. Starting blocks or other aids, including the use of personnel to support the feet of the contestant, will NOT be permitted.
 - b. Starting blocks, supplied by meet management, will be permitted in the Meet of Champions in the trials and finals of 55m Hurdles and 55m, the 400m, and 4x400m Relay.
- C. CONTESTANT NUMBERS - ALL MEETS
1. A different **computer NUMBER WILL BE ASSIGNED to each athlete in the RELAY (Public and Non-Public), SECTIONAL (Public), GROUP MEETS (Public and Non-Public) and State Championships.** Each contestant's computer number must appear on his/her seed card on the entry level [Sectionals- Public; Group Meet - Non-Public]. Cards completed by the coach for each event (individual and relay) will also become the NAME TAG to be worn on the FRONT of each runner. (ANCHOR RUNNER for a relay). **IN THE RELAY CHAMPIONSHIPS,** Relay Cards must also contain **the school code** along with the numbers of the contestants on the relay [4 for running events, 2 for field events] NO ALTERNATES are needed in the RELAY CHAMPIONSHIPS since no event is run with trials and finals, nor continue on to another

meet. However, the 4 x 400m relay in the sectionals (public) and Group Meet (Public and Non-Public) need to list alternates since [for public] the top six (6) teams in each group in each section qualify for the Group Meet and the top six teams in the Group Meet [all schools] qualify for the Meet of Champions. **NOTE: THERE ARE SPECIAL CARDS FOR THE SHOT PUT, POLE VAULT AND HIGH JUMP and RELAY.**

2. *ONLY IF COACHES FILL OUT THE CARDS COMPLETELY AND AS LEGIBLY AS POSSIBLE, using the athlete's computer number, will the Sectional Meets be able to supply full results of all events. FAILURE TO DO SO MAY RESULT IN THE CONTESTANT'S DISQUALIFICATION FROM THE EVENT. [Public Schools will fill out the cards on the Sectional Level, while Non-Public Schools will fill them out at the State Group Meet.]* **NOTE: THERE ARE SPECIAL CARDS FOR THE SHOT PUT, POLE VAULT, HIGH JUMP and RELAY.**
3. All runners must report to the clerk with a properly completed SEED CARD/NAME TAG and a PIN on the front of his/her jersey. After the clerks seed the event, the SEED CARD/NAME TAG will be returned to the runner who **MUST** pin it to the front of his/her jersey using the pre-punched holes in the card. Then the card will be removed from the front of the jersey by an official at the end of the race. Runners should be instructed that their cards must be turned into an official at the end of a race, regardless of a runner's place in that race. In entry-level meets, field events will also need cards. Names and computer numbers must appear on the field event cards along with seeding information. *[Public Schools will fill out the cards on the Sectional Level, while Non-Public Schools will fill them out at the State Group Meet.]* **NOTE: THERE ARE SPECIAL CARDS FOR ALL FIELD EVENTS AND A REQUIRED POLE VAULT CERTIFICATION CARD.**
4. In the **State Group** (Public Schools only) and **State Championship** (public and Non-Public) meets, for the **RUNNING EVENTS ONLY**, the name tags will be found in the information packets coaches must pick up as they enter the facility. These cards must be turned into the clerks by the runner, a teammate, coach or manager. Someone must remain in the clerking area, so that the clerks can give that person the contestant's heat and lane assignment with the appropriate hip number. Coaches are encouraged to report scratches to the clerks' tent as soon as possible. **Field event contestants will TURN THEIR CARDS IN DIRECTLY to their event judges.** **NOTE: THERE ARE SPECIAL CARDS FOR ALL FIELD EVENTS AND A REQUIRED POLE VAULT CERTIFICATION CARD.**

D. ELIMINATION OF EVENTS

The NJSIAA Track Committee reserves the right to eliminate any event, the running of which is not warranted by a sufficient number of entries.

E. ELEVATION OF CROSSBARS

1. The height progression for all the RELAY meets will be:

Boys HJ	5' 0"	5'4"	5'8"	5'10"	6'0"	6'2"	6'4"	6'6"	etc
Girls HJ	4' 0"	4'4"	4'6"	4'8"	4'10"	5'0"	5'2"	5'4"	etc
Boys PV	9' 0"	10'0"	11'0"	11'6"	12'0"	12'6"	13'0"	13'6"	etc
Girls PV	7' 6"	8'6"	9'0"	9'6"	10'0"	10'6"	11'0"	11'6"	etc

The "one remaining" rule and "3 or less" rule is not applicable to the high Jump and pole vault relays. [Contestant can not ask the bar to be raised to any different height than the designated increments, nor does the contestant receive extra time to complete an attempt]. Otherwise, the event will be contested following the same rules as the individual high jump event: Each contestant stays "alive" until he/she has three (3) consecutive misses. Also note competition for the team ends immediately as soon as one of the team members "No Heights."

2. Sectional and Group Meets

When 2 girls or 2 boys groups are high jumping and/or pole vaulting, the two groups will jump concurrently. The starting heights will be based on the group with the lower established height. **Meet management reserves the right to determine how high each elevation will be in both the high jump and pole vault.** On the day of the meet, if meet management thinks the field requires a double increment twice, then it will do so. For example, in a sectional meet N1 and N2 Group 2 boys are high jumping together. The starting height was established at 5-4. The next height will be 5-8. Meet management may then set the next height at 6'0' or 5'10' at its discretion. Once the increment becomes "normal" [2' in the hj and 6" in the pv] it will not be doubled after

2010 NJSIAA/The Star-Ledger Winter Track Tournament Page 11

that. For example, the Group 2 starting height was 5'4", then 5'8", then 5'10. Since the bar was not raised 4" after 5'8, the increments will remain 2" for the rest of the competition.

F. OFFICIALS

NJSIAA State Relay, State Group, and State Championship Director will adhere to the Executive Committee policy of hiring only NJSIAA-registered track officials for all positions of an officiating nature.

G. SCORING

1. Points will be scored according to the National Federation Track and Field Rules (i. e. 10, 8, 6, 4, 2, 1 for first [1st] through sixth [6th] place respectively).
2. Ties for sixth (6th) place will be scored as a fraction of the one (1) point.

H. SEEDING

1. Seeding procedures for the State Relay Championship, the Sectionals, the State Group Championships, and the State Championships (Meet of Champions) have been established by the NJSIAA Track Committee in cooperation with the Meet Director. When an event has been declared closed, there will be no additions or re-seeding. In all meets, the highest seeded sections will run LAST. In field events, the highest seeded performers will perform last.
 - a. All seeds must be from the current season. (Last season times are not acceptable.)
 - b. No outdoor seeds or relay splits will be accepted.
 - c. Seeds must have been done on 200m (or less) tracks at the correct distances. No converted times (example: a converted 1,500 meter time is not acceptable for the 1,600 meters)
 - d. The 55m dash, 55m HH, and 400m dash must be F.A.T. only. No hand times for these events will be accepted. Hand times for 800m and up will be accepted and converted to F.A. T.
 - e. If coaches turn in seed cards early (Early Bird Seeding), and decide to remove an athlete or team **before** the event is actually clerked, those removed will not be charged with having participated in the event(s) from which they were removed.
2. State Relays
 - a. To be considered for the top seeded sections/heats of an event, the coach must submit up to **Noon on Jan. 13, 2010 a seed that matches or is better than the following table:**

Gr Ev	Group I	Group II	Group III	Group IV	Non Public
Girls DM	14:42.0	13:45.0	13:30.0	13:35.0	14:30.0
Girls Hurdles	0:38.0	0:37.0	0:35.0	0:34.0	0:38.0
Girls 4x200	1:57.0	1:55.0	1:54.0	1:52.0	2:00.0
Girls 4x800	11:28.0	10:45.0	10:34.0	10:12.0	11:30.0
Girls SM	4:48.0	4:40.0	4:37.0	4:35.0	4:58.0
Girls 4x400	4:30.0	4:28.0	4:20.0	4:18.0	4:40.0
Boys DM	12:10.0	11:37.0	11:25.0	11:03.0	12:10.0
Boys Hurdles	0:37.0	0:34.0	0:33.0	0:33.	0:37.0
Boys 4x200	1:45.0	1:39.0	1:38.0	1:37.0	1:45.0
Boys 4x800	9:21.0	8:53.0	8:55.0	8:40.0	9:20.0
Boys SM	4:04.0	3:53.0	3:50.0	3:48.0	4:10.0
Boys 4x400	3:49.0	3:40.0	3:40.0	3:38.0	3:55.0

Along with the seed(s), the following information must be submitted

- School Name - Event
- Time accomplished
- Where accomplished
- When accomplished.

- b. The submissions will be via e-mail to FRAULOTIMING@OPTONLINE.NET
- c. This information will be posted on the same website where the rosters are now posted. It would be required only for running relay events.
- d. All others, whose seeding information is received the day of the meet, will be seeded below the worst seed of the posted athletes. **A coach may request that a Pre-seeded relay have his/her team seeded "down" if the coach feels the team cannot achieve the submitted pre-seed for whatever reason.**
- e. No seeding challenges [except in the cases where a coach feels there may have been a clerical error] will be honored.

3. Special SEED CARDS for relay/contestant in the State Relay and Individual Sectional (PUBLIC) or Group (Non-Public) Championships will be enclosed in the envelope that each school will pick up at the gate the day of each meet. Coaches are to complete a SEED CARD for each Relay (in Relay Championships) or each contestant and indicate athlete's best time/height/distance for the current season. Coaches who have "pre-seeded" via following the procedures listed above, will receive completed cards based on the pre-seeding information supplied. You may not make changes to any of the information on the card(s) without approval from the Meet Director or his designee. Copies of posted seeds will be in the packets.
4. The relay teams/contestants will present their SEED CARDS to the clerk (or field event judge) when they check in for their events. Heats (or flights in field events) will be determined from these cards. If no time/distance/height is provided on a SEED CARD, the relay team/contestant will not be seeded. Seeding for final heats will be determined by time from the trials. A new SEED CARD is not needed in races or field events having more than one round (Trials and finals). Once a contestant checks in, the contestant is considered as having competed whether or not he/she actually does.
5. State Championships (Meet of Champions)
 - a. Seeding for the State Championships will be determined on the basis of the results of the State Group TIMES in the FINALS of running events and the best efforts in the field events, and will constitute the **only** criterion.
 - b. In field events, State Group results will be used to determine flights and order of performances.
 - c. FOR RUNNING EVENTS ONLY, the clerks will give each runner **two hip numbers**, which are to be worn **on the left hip and the left chest**. Please caution athletes to dispose of these hip numbers properly. The adhesive used on these hip numbers makes them next to impossible to remove when they come in contact with wood, concrete, and synthetic floors. Our continued use of the Bennett Center depends on how well our athletes dispose of these numbers. Reminder: The runners should report with their contestant numbers **pinned on their backs**.

I. COACHES/CONTESTANTS

1. CONTESTANTS WHO APPEAR AT THE STATE RELAY CHAMPIONSHIPS, STATE Sectional Meets, GROUP CHAMPIONSHIPS, OR STATE CHAMPIONSHIPS WITHOUT THEIR COACH (OR CERTIFIED MEMBER OF THE FACULTY) WILL BE DISQUALIFIED. **TEAM MEMBERS WILL NOT BE ADMITTED IN ADVANCE OF THE ARRIVAL OF THE COACH.**
2. PLEASE NOTE THAT THE TIME SCHEDULE IS A TENTATIVE ONE. IF THE MEET SHOULD RUN AHEAD OF SCHEDULE, THEN IT IS THE RESPONSIBILITY OF THE INDIVIDUAL COMPETING TO REPORT WHEN HIS/HER EVENT IS CALLED. ALL COACHES SHOULD ADVISE THEIR CONTESTANTS TO BE PRESENT AT LEAST ONE (1) HOUR BEFORE THEIR EVENTS ARE SCHEDULED. PLEASE MAKE SURE YOUR CONTESTANTS ARE ON TIME.

J. COACHES' RESTRICTIONS (Coaches, please note.)

Coaches are not to enter upon the running area, or the field event areas, during the course of the meet; and they are not permitted to communicate with their contestants in these areas. THIS RULE WILL BE ENFORCED, AND MAY RESULT IN THE DISQUALIFICATION OF THE CONTESTANT.

1. A "Coaches Box" will be established near the finish line if possible. To use this box, each coach must wear his/her Coach's Pass (found in your packet) **in such a way that it is clearly visible to security** personnel. These coaches' passes are to be used for identification purposes only. **They are not admission tickets.** NO FOOD OR DRINKS ALLOWED IN COACHES BOXES.
2. A second "Coaches Box" will be established on the infield between the high jump pits and pole. Its only purpose is to allow the coaches to observe their jumpers. Contestants may come over to the box and talk with their coaches, but coaches must remain in the "box." To use this box, each coach must wear his/her Coach's Pass (found in your packet) **in such a way that it is clearly visible to security personnel**. These coaches' passes are to be used for identification purposes only. They are not admission tickets. NO FOOD OR DRINKS ALLOWED IN COACHES BOXES.

K. FOOD, BEVERAGES, RADIOS, AND VALUABLES

1. Only water is permitted on the main floors. FOOD and beverage for Toms River venue must be consumed in the area designated.

2. **Only water is ALLOWED IN THE CHECK-IN AREAS.** Please instruct contestants to use trash receptacles - DO NOT LITTER. THE NJSIAA WILL NOT BE RESPONSIBLE FOR STOLEN OR LOST ARTICLES. RADIOS, TAPE RECORDERS, AND OTHER ELECTRONIC COMMUNICATING DEVICES ARE NOT PERMITTED IN any venue. VIOLATORS MAY BE ASKED TO LEAVE THE GYM AND THEIR TEAMS MAY BE DISQUALIFIED FROM THE MEET. CONTESTANTS VIOLATING THIS RULE WILL BE DISQUALIFIED.

L. **ATHLETIC EMERGENCY PROCEDURE**

1. Each school participating in the tournament will provide for the care and treatment of their athletes within the school's policy as in effect during the regular season. The athletic emergency procedure of the host school will be in effect during the tournament which will include the establishment of a line of communication for emergent situations.
2. **ATTENTION: Principals, Athletic Directors, All Coaches and Officials**
RE: Recommended Precautions Against The Transmission of Blood-Borne Pathogens
 - a. All member schools must provide all coaches with the contents of the NJSIAA Infectious Disease Policy. The Infectious Disease Policy provides that:
If an individual gets someone else's blood on his/her skin, protective gloves should be worn to wipe the blood off with a disposable towel using soap and water.
 - b. Note: If any blood gets on an opponent's uniform during competition or a teammate's uniform during practice, it is not necessary to clean the uniform at that point unless the opponent or teammate has an open cut or unskinned area, or the blood is on a part of the uniform which might come in contact with mucous membranes. If the student-athlete does have an open cut or unskinned area or believes the blood might come in contact with mucous membranes, then the uniform should be wiped with soap and water.

M. **SALES/SOLICITATIONS**

1. Only NJSIAA promotional items will be sold at NJSIAA sponsored events. For the 2009/2010 seasons, First Division is the designated vendor.
2. Solicitations, sale of publications/products or similar activities are NOT permitted without prior authorization from the NJSIAA.
3. The New Jersey State Interscholastic Athletic Association is the sponsoring association for all levels of State Tournament/Championships. The NJSIAA reserves all rights in regard to the management of these Tournaments/Championships and the sale and distribution of any items and any audio-visual reproductions. Any sale or distribution of clothing, souvenirs or any other items is strictly prohibited without permission from the NJSIAA.

N. **ALCOHOLIC BEVERAGES/ILLEGAL SUBSTANCES**

1. Players and coaches involved with alcoholic beverages and/or illegal substances before, during or after the game, at the game site or on school property, including chartered busses, shall be suspended from NJSIAA tournament play for one year and be denied any championship rights.
2. This action was taken in support of the fact that such actions concerning alcoholic beverages and illegal substances are in violation of New Jersey State statutes and will be strictly enforced.

O. **APPEALS - WILL NOT BE CONSIDERED FOR ENTRY INTO MEET**

1. There shall be no appeal for advancement from one level of the Championships to another regardless of reason; e.g. from Sectional to the State Group, to the State Group to the State Championship Meet: An entrant must compete to advance.

Note: Failure to be present at the time the event is called due to a transportation problem, misunderstanding of instructions, tournament regulations; or other similar excuses will result in disqualification; also, injury during the meet will not be cause for appeal. Any contestant whose name does not appear on the Competitors' List after time for updating has passed on the day of the meet, may not compete unless the school is willing to pay the Eighty dollar (\$80.00) fee. This fee is mandatory and not appealable.

P. **PROTESTS**

1. All protests the day of the meet go to the referee first. If a coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal (on a form supplied by meet management) shall be made to the Jury of Appeals. This jury will consist of a representative of the press, the Head Umpire, and a starter. Their decision will be final. Reminder: Non-appealable situations:
 - a. Any judgment decision pertaining to violations or alleged violations of the rules
 - b. A decision made by the finish judges or timers that does not involve misapplication of a rule or the terms and conditions of competition
 - c. Whether a start is fair and legal.
2. All protests must be made within thirty (30) minutes of the conclusion of the last race of **the session** involving the protesting school. After this time period, protests based upon an official's judgment, or misapplication or misinterpretation of the playing rules will not be honored as

per NJSIAA Bylaws, Article VII, Section 1.

- Q. **DISQUALIFICATION** - Participation by an ineligible contestant in any meet during the regular season results in forfeiture of all points achieved by the ineligible contestant. If such forfeiture would have caused the contestant's failure to qualify for the Championships, or if an ineligible contestant participates in a meet, said contestant will be disqualified from the Championships immediately and the next finisher will advance; contestants eliminated prior to the last meet will not re-enter the Championship competition. COACHES WILL BE DISQUALIFIED IF THEY ARE UNABLE TO VERIFY TIMES THEY SUBMITTED.

IV. **MEET PROCEDURES**

A. **STATE RELAY CHAMPIONSHIP MEET**

1. The Distance Medley and the Sprint Medley will be run in the order as shown in parentheses. In the Distance Medley, and 4x800m Relay, the leadoff leg will be run in boxed alleys ("California start").
2. In the 4x400m and the Sprint Medley if there are 8 or fewer 4x400 or sprint medley relay teams reporting in a group, that group will run "head to head" in alleys. If 9 or more report, the race will be run in lanes in all sections.
3. **Competitions Rule for Shot Put and High Jump Relay**
 - a. **Shot Put Relay Rule**
 - (1) Each team {two (2) contestants} will be allowed three (3) throws (no Finals).
 - (2) Total distance of contestants' best throws will count as Distance recorded for final score for the team. [Both contestants must have a measured throw to be eligible for a place.]
 - b. **High Jump/Pole Vault Relay Rule**
 - (1) Each member of the team will remain active until he/she accumulates three consecutive misses (i.e. Same rules that govern the individual high jump/pole vault. No limits on attempts. No three-total-misses rule.) The combined best height for each contestant counts for the total of the team. Both contestants must clear a height to be eligible for a place. A jumper does not remain active if his/her partner fails to clear a height.
 - (2) **The starting heights will be:**
 - (a) HJ - **5'0"** for the boys; **4'0"** for the girls;
The bar will be elevated four inches [4"] once for the girls, twice for the boys. Each succeeding elevation, two inches [2"], e.g. 5'0", 5'4", 5'8", 5'10", 6;0" etc. for the boys; 4'0", 4'4", 4'6", 4'8" etc. for the girls.
 - (b) PV - **9'0"** for boys; **7'6"** for girls;
The bar will be elevated twelve inches (12') once for the girls, twice for the boys. Each succeeding elevation, six inches (6"); e.g. 9'0", 10'0", 11'0", 11'6", 12'0" etc. for the boys; 7'6", 8'6"; 9'0", 9'6" etc. for the girls.
 - (3) Ties will be broken using the same criteria used in the individual event, but by combining the two competitors' misses.
 - (a) First, the number of misses at last heights made. Team with the fewer number of misses is awarded the higher place. If still tied then
 - (b) The team with the fewer number of misses throughout the competition.
 - (c) If still tied, the tie shall remain.
 - (d) Under no condition will there be a jump-off. (see page 10 III.E Elevation of Cross Bars for additional information)

B. **INDIVIDUAL CHAMPIONSHIP MEET**

HIGH JUMP/POLE VAULT: The High Jump/Pole Vault will use the following Starting Heights and procedures at entry level (Sectionals for Public Schools, Group Meet for Non-Public Schools) meets:

Group	Girls PV	Boys PV	Girls HJ	Boys HJ	
One	7'6"	9'6"	4'2"	5'2"	For the HIGH JUMP, the first elevation of the bar will be four inches [4"]. Each succeeding elevation will be two inches [2"],
Two	7'6"	10'0"	4'4"	5'4"	
Three	8'0"	10'6"	4'4"	5'4"	For the POLE VAULT, the first elevation of the bar will be twelve inches [12"]. Each succeeding elevation will be six inches [6"],
Four	8'0"	10'6"	4'4"	5'6"	
A	7'6"	10'0"	4'2"	5'4"	
B	7'6"	9'6"	4'0"	5'2"	

Note: These starting heights apply to the Sectional Meets for Public Schools and to the Group Meets for

2010 NJSIAA/The Star-Ledger Winter Track Tournament Page 15

Non-Public Schools. The starting height in the Group Meets for PUBLIC SCHOOLS will be **no higher than the 12th seed from the Sectional meets.**

C. STATE CHAMPIONSHIP MEET (Meet of Champions)

High Jump starting heights will be **no higher than the 18th seed** of the qualifiers from the group meets. The pole vault starting heights will be **no higher than the 12th seed** of the qualifiers from the group meets.

V. AWARDS

A. STATE RELAY CHAMPIONSHIP MEET

1. A trophy and twenty (20) certificates to each State Group Relay Team Champion and twenty (20) certificates to each State Group Runner-up
2. Medals for the first six (6) places in each event in each Group. (All ties for Sixth [6th] Place will be awarded medals.)

B. STATE INDIVIDUAL CHAMPIONSHIP MEET

1. SECTIONAL MEETS
 - a. Trophies for each Sectional Champion in each Group plus twenty (20) certificates.
 - b. Individual Medals for the first SIX (6) Places in each event in each Section and each Group
2. STATE GROUP CHAMPIONSHIP MEET
 - a. Trophies for each Group Champion plus twenty (20) certificates.
 - b. Individual Medals for the first SIX (6) Places in each event in each Group.
 - c. Twenty (20) Runners-up Certificates for the 2nd place team.
3. STATE CHAMPIONSHIPS - Individual Medals for first Six (6) Places in each event.

VI. ADMISSIONS

A.	Admission to Indoor Meets will Be:	<u>Sectionals</u>	<u>Relays/Group/M.of C.</u>
	Adults	\$5.00	\$7.00
	Students (K-12) & Senior Citizens	\$3.00	\$4.00

B. ALL TICKETS WILL BE SOLD AT THE GATE. SCHOOLS MUST INFORM THEIR STUDENTS AND LOCAL NEWS MEDIA OF THE ADMISSION POLICY.

C. ADMINISTRATIVE AND SUPERVISORY PERSONNEL OF COMPETING SCHOOLS WILL BE ADMITTED BY IDENTIFYING THEMSELVES TO THE GATE PERSONS.

NOTE: ONLY CONTESTANTS WHO HAVE BEEN ENTERED OR HAVE QUALIFIED WILL BE ADMITTED FREE TO ANY MEET.

1. ALL ATHLETES **MUST BE IN UNIFORM** TO BE ADMITTED AS PART OF THE TEAM.
2. The coach MUST inform the gate personnel how many additional coaches/athletes will arrive at a later time, when the entire team does not report.
3. A maximum of three (3) student managers will be admitted free. They must be listed on the appropriate lines on the Entry Form. Adults cannot be managers.
4. Team members will NOT be admitted in advance of the arrival of the coach.
5. Gate personnel will be instructed to admit only those competitors WHO ARE IN UNIFORM.

VII. BROADCASTING REGULATIONS

- A. The NJSIAA has granted to *The Star-Ledger* and NJ.com the exclusive rights to create, distribute and license programming in connection with NJSIAA tournaments (and NJSIAA sporting events, to the extent the NJSIAA controls or otherwise has authority to grant such rights with regard to NJSIAA sporting events) in all media currently existing or yet to be developed. This includes, without limitation, network and cable television broadcast, pay-per-view television, radio, web-casting, pod-casting, distribution over wireless telephone networks, optical media including DVD, and print publications. The foregoing shall not be interpreted to restrict NJSIAA member schools from producing print publications (i.e. programs, or similar) for distribution on school property during the regular season NJSIAA sports events, or to restrict the NJSIAA from producing print publications (i.e. programs, or similar) for distribution during post-season NJSIAA tournaments.
- B. Any third party seeking to create, distribute or otherwise exploit programming in connection with the NJSIAA sporting events in any media will be directed to *The Star-Ledger* and NJ.com, as applicable, by the NJSIAA or the applicable member school. *The Star-Ledger* and NJ.com shall have the right to enter into license arrangements with such third parties.
- C. *The Star-Ledger* and NJ.com may create NJSIAA programming for distribution over media outlets owned or controlled by Advance Publications.
- D. Notwithstanding anything herein to the contrary, including but not limited to Sections A and B above, NJSIAA member schools may broadcast regular season (but not playoff, post-season tournament, or championship) athletic contests involving such schools' own teams or athletes, without charging any fee to any viewer or other third party, on such schools' own commercial-free television networks, their own commercial-free websites, or on commercial-free public access television channels (provided that any agreement between an NJSIAA member school and a commercial-free public access television channel does not permit sublicense or other use of the telecast).

2010 Relay Meets

Bennett Center – Toms River, New Jersey

Friday, January 15, 2010	4:00 P.M. – Group III Boys and Girls
Saturday, January 16, 2010	9:00 A.M. – Non-Public Boys and Girls 3:30 P.M. – Group II Boys and Girl
Sunday, January 17, 2010	9:00 A.M. – Group I Boys and Girls 3:30 P.M. – Group IV Boys and Girls

ATTENTION: NO ADMITTANCE UNTIL ONE (1) HOUR PRIOR TO START OF MEET.

ORDER OF RUNNING EVENTS

- | | | |
|----|---|---------------------|
| 1. | Girls Distance Medley Relay (1200-400-800-1600)
Boys Distance Medley Relay (1200-400-800-1600) | Finals - Time Basis |
| 2. | Girls High Hurdles Relay (33" 4 x 51.2m)
Boys High Hurdles Relay (39" 4 x 55m) | Finals - Time Basis |
| 3. | Girls 800m Relay (4 x 200m)
Boys 800m Relay (4 x 200m) | Finals - Time Basis |
| 4. | Girls 3200m Relay (4 x 800m)
Boys 3200 m Relay (4 x 800m) | Finals - Time Basis |
| 5. | Girls Sprint Medley (400m-200m-200m-800m)*
Boys Sprint Medley (400m-200m-200m-800m)* | Finals - Time Basis |
| 6. | Girls 1 600m Relay (4 x 400m)*
Boys 1600m Relay (4 x 400m)* | Finals - Time Basis |

*In the 4x400m and the Sprint Medley if there are 8 or fewer teams reporting in a group, that group will run "head to head" in alleys. If 9 or more report, the race will be run in lanes in all sections.

NOTE: PHOTO-TIMER (FinishLynx) IS THE FINAL AUTHORITY ON TIME AND/OR PLACE (when available).

FIELD EVENTS

There will be two shot puts, two pole vaults and two high jumps available which means

1. The Shot will be conducted in the Intermediate School Gym adjacent to the bubble. Boys and girls will throw at the same time,
2. There will be two high jump pits, which means boys and girls will be jumping at the same time.
3. There will be two pole vault pits, which means boys and girls will be jumping at the same time.

Shot Put Relay*

High Jump Relay* [4' 0" Starting Height Girls
5' 0" Starting Height Boys]

{Note: 2nd height of bar will be 4'4", next 4' 6", 4'8" etc}

{Note: 2nd height of bar will be 5'4", next 5' 8", 5'10", 6'0" etc}

Pole Vault Relay* [9' 0" Starting Height Boys
7' 6" Starting Height Girls]

{Note: 2nd height of bar will be 10'0", next 11'0", 11'6", 12'0" etc}

{Note: 2nd height of bar will be 8'6", next 9'0", 9'6" etc}

*NOTE: TWO COMPETITORS PER EVENT.

ATTENTION: Warm-up time between field event groups will be limited to 30 minutes. This time may be extended only with permission from the Meet Director or Meet Referee.

1/8" pyramid spikes permitted in all events EXCEPT SHOT PUT

ALL ATHLETES **MUST BE IN UNIFORM** TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only those competitors WHO ARE IN UNIFORM.

Coaches and manager tags are for identification purposes only. They are not admission tickets. These tags must be visible when appearing in coaches boxes and clerking areas. Coaches and managers must be listed on the entry forms.

Sectional Meets

At Toms River's Bennett Center (Hooper Ave, Toms River)

Date	Group	Starting Time
Wednesday, Feb. 3, 2010	North 1 & North 2 Group 3 Boys & Girls	3:45 pm
Thursday, February 4, 2010	North 1 & North 2 Group 4 boys and girls	3:45 pm
Friday, February 5, 2010	Central & South Group 4 boys and girls	3:45 pm
Saturday, February 6, 2010	Central & South Group 1 boys and girls	8:30 am
Saturday, February 6, 2010	North 1 & North 2 Group 1 boys and girls	2:00 pm
Saturday, February 6, 2010	North 1 & North 2 Group 2 boys and girls	7:00 pm
Sunday, February 7, 2010	Central & South Group 2 boys and girls	9:00 am
Sunday, February 7, 2010	Central & South Group 3 boys and girls	3:00 pm

ORDER OF RUNNING EVENTS

1.	N1 or C	Girls	400 Meter Dash	Final on Time		N1 or C	Boys	3200 Meter Run**	Final on Time
	N2 or S	Girls	400 Meter Dash	Final on Time		N2 or S	Boys	3200 Meter Run**	Final on Time
	N1 or C	Boys	400 Meter Dash	Final on Time	11.	N1 or C	Girls	4 x 400 Meter Relay***	Final on Time
	N2 or S	Boys	400 Meter Dash	Final on Time		N2 or S	Girls	4 x 400 Meter Relay***	Final on Time
2.	N1 or C	Girls	1600 Meter Run	Final on Time		N1 or C	Boys	4 x 400 Meter Relay***	Final on Time
	N2 or C	Girls	1600 Meter Run	Final on Time		N2 or S	Boys	4 x 400 Meter Relay***	Final on Time
3.	N1 or C	Girls	55 Meter High Hurdles#	Trials	FIELD EVENTS				
	N2 or S	Girls	55 Meter High Hurdles#	Trials	There will be two shot puts, two pole vaults and two high jumps available which means				
	N1 or C	Boys	55 Meter High Hurdles#	Trials	1. The Shot will be conducted in the Intermediate School Gym adjacent to the bubble. Boys and girls will throw at the same time,				
	N2 or S	Boys	55 Meter High Hurdles#	Trials	2. There will be two high jump pits, which means boys and girls will be jumping at the same time.				
4.	N1 or C	Boys	1600 Meter Run	Final on Time	3. There will be two pole vault pits, which means boys and girls will be jumping at the same time.				
	N2 or S	Boys	1600 Meter Run	Final on Time	SHOT: N1 or C Girls followed by N2 or S Girls				
5.	N1 or C	Girls	55 Meter High Hurdles	Finals	N1 or C Boys followed by N2 or S Boys				
	N2 or S	Girls	55 Meter High Hurdles	Finals	When two girls or two boys groups are high jumping and/or pole vaulting, the two groups will jump concurrently .				
	N1 or C	Boys	55 Meter High Hurdles	Finals	Pole Vault: N1 & N2 Girls or C & S Girls				
	N2 or S	Boys	55 Meter High Hurdles	Finals	N1 & N2 Boys or C & S Boys				
6.	N1 or C	Girls	800 Meter Run	Final on Time	High Jump: N1 & N2 Girls or C & S Girls				
	N2 or S	Girls	800 Meter Run	Final on Time	N1 & N2 Boys or C & S Boys				
7.	N1 or C	Girls	55 Meter Dash#	Trials					
	N2 or S	Girls	55 Meter Dash#	Trials					
	N1 or C	Boys	55 Meter Dash#	Trials					
	N2 or S	Boys	55 Meter Dash#	Trials					
8.	N1 or C	Boys	800 Meter Run	Final on Time					
	N2 or S	Boys	800 Meter Run	Final on Time					
9.	N1 or C	Girls	55 Meter Dash	Finals					
	N2 or S	Girls	55 Meter Dash	Finals					
	N1 or C	Boys	55 Meter Dash	Finals					
	N2 or S	Boys	55 Meter Dash	Finals					
10	N1 or C	Girls	3200 Meter Run**	Final on Time					
	N2 or S	Girls	3200 Meter Run**	Final on Time					

HIGH JUMP and POLE VAULT: The High Jump/Pole Vault will use the following Starting Heights and procedures at entry level meets:

Group	Girls PV	Boys PV	Girls HJ	Boys HJ	
One	7'6"	9'6"	4'2"	5'2"	For the HIGH JUMP, the first elevation of the bar will be four inches [4"]. Each succeeding elevation will be two inches [2"], Boys first 2 heights will be 4 ". For the POLE VAULT, the first elevation of the bar will be twelve inches [12"]. Each succeeding elevation will be six inches [6"]. For the boys the first 2 heights will be 12".
Two	7'6"	10'0"	4'4"	5'4"	
Three	8'0"	10'6"	4'4"	5'4"	
Four	8'0"	10'6"	4'4"	5'6"	

**If the total entries in the 3200m for two different groups are eighteen (18) or less, the two groups will be combined into one section and separated at the finish for scoring purposes. Likewise, unseeded sections in the 3200 may be combined even when the seeded section is not. If unseeded sections are combined, these sections would run before either seed section is run.

***If there are 8 or fewer 4x400 relay teams reporting in a group, that group will run "head to head" in alleys. If 9 or more report, the race will be run in lanes in all sections.

#Eight (8) fastest times advance to the finals NOTE: PHOTO-TIMER (FinishLynx) IS THE FINAL AUTHORITY FOR TIME AND/OR PLACE (when available). SHOES: 1/8" pyramid spikes permitted except in shot put.

NOTE: Seeding in the Group Meets will be based strictly on performances made in the Sectional Meets.

State Championships

Saturday, February 21, 2010

10:00 AM – Boys

11:00 AM – Pole Vault

1:00 PM - Girls

NOTE: Seeding in the Meet of Champions will be based strictly on performances made in the Group Meet.

Running Events

- | | |
|------------------------------------|--|
| 1. 400 Meter Dash – Final on Time | 6. 55 Meter High Hurdles – Finals |
| 2. 1600 Meter Run – Final on Time | 7. 55 Meter Dash – Finals |
| 3. 55 Meter High Hurdles – Trials# | 8. 3200 Meter Run – Final on Time |
| 4. 55 Meter Dash – Trials# | 9. 4 x 400 Meter Relay – Final on Time |
| 5. 800 Meter Run – Final on Time | |

#Eight (8) fastest times advance to the finals NOTE: PHOTO-TIMER (FinishLynx) IS THE FINAL AUTHORITY FOR TIME AND/OR PLACE (when available).

FIELD EVENTS

Boys running events, **shot, and high jump** will start at 10:00.

Girls running events, **shot, and high jump** will start at 1:00

Boys and girls Pole Vault will start at 11:00.

The shot put in this meet will be in the Bubble

High Jump

(Starting Height: 18th Place from Group Meet Performance List)

For the HIGH JUMP, the first elevation of the bar will be four inches [4"]. Each succeeding elevation will be two inches [2"],

Pole Vault

(two pits Boys and Girls start at 11:00 am)

(Starting Height: 12th Place from Group Meet Performance List)

For the POLE VAULT, the first elevation of the bar will be twelve inches [12"]. Each succeeding elevation will be six inches [6"],

Shot Put

Will take place inside the Bubble

SHOES: 1/8" pyramid spikes permitted except in shot put.

Coaches and manager tags are for identification purposes only. They are NOT admission tickets. They must be visible when using coaches boxes and when in the clerking area. Coaches and managers must be listed on appropriate lines of the entry form.

2008- School Code assignments for Hy-Tek Rosters for Cross-Country and Track (Indoor and Outdoor)

No.	School
441	Absegami, Absecon
521	Acad. of St. Eliz., Conv. Sta.**
511	Academy o/t Holy Angels, Dem.**
5228	Al-Ghazaly
321	Allentown
211	Arts, Newark
322	Asbury Park
442	Atlantic City
421	Audubon
4231	Barnegat
241	Barringer, Newark
522	Bayley Ellard, Madison
141	Bayonne
111	Becton Reg., Henry P.
242	Belleville
212	Belvidere
530	Benedictine Academy
512	Bergen Catholic, Oradell*
131	Bergen Co V/T, Hackensack
132	Bergenfield
311	Bernards, Bernardsville
611	Bishop Ahr, Edison
612	Bishop Eustace Prep, Pennsauken
243	Bloomfield
112	Bogota
213	Boonton
411	Bordentown Reg.
312	Bound Brook
214	Brearely, David, Kennelworth
431	Brick Memorial
443	Brick Township
422	Bridgeton
341	Bridgewater-Raritan
423	Buena Reg.
413	Burlington City
424	Burlington Co. Inst. Tech, Medford
425	Burlington Co.Inst.Tech,Westampton
414	Burlington Township
215	Butler
221	Caldwell, James,
432	Camden
420	Camden Academy Charter
613	Camden Catholic, Cherry Hill
426	Camden Co V/T, Pennsauken
433	Camden Co V/T, Sicklerville
415	Cape May Co. V/T
629	Cardinal McCarrick, South Amboy
5231	Caritas
323	Carteret
216	Cedar Grove
434	Central Reg., Bayville

No.	School
222	Central, Newark
5240	Chad
223	Chatham
444	Cherokee, Marlton
445	Cherry Hill East
446	Cherry Hill West
614	Christian Bros. Acad., Lincroft*
427	Cinnaminson
224	Clark, Abraham, Roselle
416	Clayton
435	Clearview Reg., Mullica Hill
133	Cliffside Park
142	Clifton
428	Collingswood
331	Colonia
313	Colts Neck
244	Columbia, Maplewood
231	Cranford
3122	CREATE Charter
113	Cresskill
436	Cumberland Reg., Seabrook
217	Dayton Reg., Jonathan
324	Delaware Valley Reg.
513	Delbarton, Morristown*
429	Delran
437	Delsea Reg., Franklinville
514	DePaul Diocesan, Wayne
4210	Deptford Township
143	Dickinson, William L., J.C.
515	Don Bosco Prep, Ramsey*
226	Dover
121	Dumont
314	Dunellen
523	Dwight Englewood
342	East Brunswick
232	East Orange
245	East Side, Newark
524	Eastern Christian
447	Eastern, Voorhees
144	Eastside, Paterson
343	Edison
438	Egg Harbor Twp.
246	Elizabeth
123	Elmwood Park Memorial
114	Emerson Jr.-Sr., Emerson
134	Emerson, Union City
517	Essex Catholic Boys*
218	Essex Co V/T, Bloomfield
227	Essex Co V/T, Market St., Newark
228	Essex Co V/T, N.13th St., Newark
332	Ewing, Trenton

No.	School
145	Fair Lawn
146	Ferris, Jersey City
417	Florence Township Memorial
135	Fort Lee
333	Franklin, Somerset
325	Freehold Borough
344	Freehold Township
136	Garfield
4211	Gateway Reg.
5230	Gill St. Bernard
418	Glassboro
219	Glen Ridge
115	Glen Rock Senior
615	Gloucester Catholic
4212	Gloucester City Jr. - Sr.
4150	Gloucester Co. Institute of Tech.
229	Gov. Livingston Reg., Berk. Hgts.
147	Hackensack
2210	Hackettstown
4213	Haddon Heights
419	Haddon Township, Westmont
4110	Haddonfield Memorial
345	Hamilton East (Steinert)
334	Hamilton North (Nottingham)
335	Hamilton West, Trenton
4214	Hammonton
2211	Hanover Park, East Hanover
124	Harrison
116	Hasbrouck Heights
125	Hawthorne
525	Hawthorne Christian Academy
137	High Point Reg., Sussex
315	Highland Park
449	Highland Reg., Blackwood
336	Hightstown
346	Hillsborough, Belle Mead
2212	Hillside
138	Hoboken
326	Holmdel
616	Holy Cross, Delran
518	Holy Family Academy**
617	Holy Spirit, Absecon
126	Hopatcong
327	Hopewell Valley Central,
347	Howell, Farmingdale
519	Hudson Catholic, Jersey City*
118	Hudson Co. High Tech, North Bergen
117	Hudson Co. Prep., Jersey City
316	Hudson Reg., Henry, Highlands
348	Hunterdon Central, Flemington
5110	Immaculata, Somerville

No.	School
526	Immaculate Conception, Lodi**
527	Immaculate Conception, Montclair
5111	Immaculate Heart Acad**
127	Indian Hills, Oakland
247	Irvington
2340	Jackson Liberty
4410	Jackson Memorial
2213	Jefferson Township, Oak Ridge
2214	Johnson Reg., Arthur L., Clark
317	Keansburg
148	Kearny
328	Kennedy Mem., John F., Iselin
149	Kennedy, John F., Paterson
528	Kent Place**
318	Keyport
4215	Kingsway Reg., Swedesboro
2110	Kinnelon
128	Kittatinny Reg., Newton
439	Lacey Twp, Lanoka Harbor
5227	Lacordaire
139	Lakeland Reg., Wanaque
4310	Lakewood
337	Lawrence, Lawrenceville
1310	Lenape Valley Reg., Stanhope
4411	Lenape, Medford
119	Leonia
1410	Lincoln, Jersey City
248	Linden
4131	Lindenwold
249	Livingston
129	Lodi
338	Long Branch
4311	Lower Cape May Reg.
1210	Lyndhurst
2111	Madison
1211	Mahwah
4312	Mainland Reg., Linwood
349	Manalapan, Englishtown
329	Manasquan
1212	Manchester Reg., Haledon
4216	Manchester Township
319	Manville
4111	Maple Shade
529	Marist, Bayonne
3410	Marlboro
6620	Marylawn of the Oranges
5210	Mary Help of Christians Acad.**
339	Matawan Reg., Aberdeen
621	Mater Dei, New Monmouth
1110	McNair Academic, Jersey City
1411	Memorial, WNY

No.	School
3110	Metuchen
4313	Middle Twp., Cape May Ct. Hse
3111	Middlesex
3210	Middlesex Co V/T, E.Brunswick
3112	Middlesex Co V/T, Perth Amboy
3113	Middlesex Co V/T, Piscataway
3114	Middlesex Co V/T, Woodbridge
3411	Middletown North
3310	Middletown South
1111	Midland Park
233	Millburn
4412	Millville Senior
3311	Monmouth Reg., Tinton Falls
3312	Monroe Township, Jamesburg
2410	Montclair
5211	Montclair Kimberly Acad., Mont.
3115	Montgomery, Skillman
234	Montville
4217	Moorestown
623	Moorestown Friends
5212	Morris Catholic, Denville
120	Morris Co. Vo-Tech
235	Morris Hills, Rockaway
2411	Morris Knolls, Rockaway
236	Morristown
5229	Morristown-Beard
122	Morrow, Dwight - Englewood
5112	Mother Seton Reg., Clark**
5113	Mount St. Dominic Acad.**
5114	Mount St. Mary Acad.**
2112	Mountain Lakes
618	Msgr. Donovan, Toms River
237	Mt. Olive, Flanders
3313	Neptune
3211	New Brunswick
4130	New Egypt
1112	New Milford
2113	New Providence
5213	Newark Academy
1213	Newton
1113	North Arlington
1412	North Bergen
3314	North Brunswick Township
3315	North Hunterdon, Annandale
3212	North Plainfield
2121	North Star Academy, Newark
2114	North Warren Reg., Blairstown
4218	Northern Burlington Reg.
1311	Northern Highlands Reg., Aindl.
1312	Northern Valley Reg. - Demarest
1313	Northern Valley Reg. - Old Tappan.

No.	School
619	Notre Dame, Lawrenceville
238	Nutley
5214	Oak Knoll, Summit**
4314	Oakcrest, Mays Landing
4315	Ocean City
3316	Ocean Township, Oakhurst
3412	Old Bridge
239	Orange
5215	Oratory Prep, Summit*
5216	Our Lady of Good Counsel
624	Our Lady of Mercy Acad**
4413	Overbrook Senior, Pine Hill
1114	Palisades Park Jr. - Sr.
4112	Palmyra
1413	Paramus
5115	Paramus Catholic
1115	Park Ridge
2310	Parsippany
2311	Parsippany Hills, Parsippany
1214	Pascack Hills, Montvale
1314	Pascack Valley, Hillsdale
1414	Passaic
1415	Passaic Co V/T, Wayne
1315	Passaic Valley Reg., L. Falls
5217	Paterson Catholic Reg.
6110	Paul VI, Haddonfield
4113	Paulsboro
4316	Pemberton Township
4114	Penns Grove, Carney's Point
4414	Pennsauken
4115	Pennsville
2215	Pequannock Township, Pmptn. Pls.
3413	Perth Amboy
2412	Phillipsburg
4317	Pinelands Reg., Tuckerton
5116	Pingry School, Martinsville
3414	Piscataway
4116	Pitman
2413	Plainfield
4219	Pleasantville
4117	Point Pleasant Beach
4220	Point Pleasant Boro
1215	Pompton Lakes
5117	Pope John XXIII, Sparta
3317	Princeton
5118	Queen of Peace Reg.
2216	Rahway
1316	Ramapo, Franklin Lakes
1216	Ramsey
4415	Rancocas Valley Reg.
2414	Randolph
5139	Ranney

No.	School
3213	Raritan, Hazlet
630	Rav Teitz Mesivta Academy
6111	Red Bank Catholic
3318	Red Bank Reg., Little Silver
3214	Ridge, Basking Ridge
1116	Ridgefield Memorial
1217	Ridgefield Park Jr. - Sr.
1416	Ridgewood
1218	River Dell Regional, Oradell
4118	Riverside
3230	Robbinsville
5119	Roselle Catholic
2115	Roselle Park
2415	Roxbury, Succasunna
3215	Rumson Fair Haven Reg.,
1219	Rutherford
625	Sacred Heart, Vineland
1117	Saddle Brook
6234	Saddle River Day
5218	Saint Aloysius, Jersey City
5219	Saint Anthony, Jersey City
626	Saint Augustine Prep, Richland*
5121	Saint Dominic Acad., Jersey City**
6112	Saint John Vianney, Holmdel
5220	Saint Joseph of the Palisades
5122	Saint Joseph Reg., Montvale*
628	Saint Joseph, Hammonton
6113	Saint Joseph, Metuchen*
5221	Saint Mary of the Assumption, Eliz.
5222	Saint Mary's, Jersey City
5223	Saint Mary's, Rutherford
5224	Saint Patrick's, Elizabeth
5123	Saint Peter's Prep, Jersey City*
6210	Saint Peter's, New Brunswick
6211	Saint Rose, Belmar
4119	Salem
4120	Salem Co. V/T
3415	Sayreville War Memorial
4221	Schalick, Arthur P., Elmer
2116	Science, Newark
2312	Scotch Plains-Fanwood
2313	Scott, Clifford J., East Orange
1118	Secaucus
4240	Seneca
5120	Seton Hall Prep, West Orange*
2314	Shabazz, Malcolm X, Newark
4416	Shawnee, Medford
3116	Shore Reg., West Long Branch
1317	Snyder, Jersey City
3117	Somerset Co. V/T
3216	Somerville
3118	South Amboy
3416	South Brunswick, Mon. Junct.
3119	South Hunterdon Reg., Lmbtvl.
3217	South Plainfield
3120	South River

No.	School
4417	Southern Reg., Manahawkin
1318	Sparta
3121	Spotswood
4222	Sterling, Somerdale
3417	Stevens, J.P., Edison
2217	Summit
1220	Sussex Co V/T, Sparta
1417	Teaneck
2117	Technology, Newark
1319	Tenafly
4323	Timber Creek
4418	Toms River East
4419	Toms River North
4318	Toms River South
622	Trenton Catholic Academy
3418	Trenton Central
5250	Timothy Christian
4420	Triton Reg., Runnemede
2416	Union
5124	Union Catholic Reg., Sco. Pls.
1418	Union City
230	University Academy Charter
2118	University, Newark
5232	Veritas
1419	Vernon Township
2119	Verona
5225	Villa Walsh Acad., Morristown**
4421	Vineland
3218	Voorhees, Glen Gardner
1119	Waldwick
3319	Wall
1120	Wallington
1221	Walkill Valley Reg., Hamburg
2315	Warren Hills Reg.
4422	Washington Township, Sewell
3320	Watchung Hills Reg., Warren
1320	Wayne Hills, Wayne
1420	Wayne Valley, Wayne
1121	Weehawken
2218	Weequahic, Newark
4319	West Deptford Twp., Westville
2219	West Essex, North Caldwell
1421	West Milford Township
2316	West Morris Central, Chester
2220	West Morris Mendham
2417	West Orange
2221	West Side, Newark
3330	West Windsor-Plainsboro NORTH
3420	West Windsor-Plainsboro, South
2317	Westfield
1222	Westwood Reg. Jr. - Sr.
2120	Whippany Park, Whippany
4121	Wildwood
6212	Wildwood Catholic
4320	Williamstown

No.	School
4321	Willingboro
448	Winslow Township
3419	Woodbridge
4122	Woodbury
1223	Wood-Ridge
4322	Woodrow Wilson, Camden
4223	Woodstown

2010 WINTER TRACK BOYS/GIRLS INDIVIDUAL CHAMPIONSHIP ENTRY FORM

(Page 1 of 2)

PLEASE PRINT CLEARLY OR TYPE

School _____ Section _____ Group _____

BOYS Head Coach _____ ()- _____ ()- _____
School Phone Home or Cell Phone

GIRLS Head Coach _____ ()- _____ ()- _____
School Phone Home or Cell Phone

CERTIFICATE OF INTENT

In the event an individual or relay team from our school should qualify for the **State Championship** by placing 1st, 2nd, or 3rd whose performance falls within the top eighteen (18) of all the qualifiers in that event **in the State Group Championships**, we, the undersigned, do hereby declare that we will compete in the State Championships. Any individual or school withdrawing from the State Championship meet after having qualified will be subject to any penalties as enforced by the Executive Committee and barred from participation in the NJSIAA Spring Track meets for one (1) year; i. e., Sectional, State Group and State Championships, unless extraordinary circumstances caused withdrawal.

ATTENTION: If the opening height in the pole vault and/or high jump in the State Championships is higher than the height at which the contestant qualified in the State Group Meet, then the contestant is NOT required to advance to the State Championship Meet, even though the contestant placed 1st, 2nd, or 3rd. or has a performance within the top eighteen (18) of the qualifiers.

Note: SCHOOLS NOT WILLING OR ABLE TO COMPLY WITH TOURNAMENT REGULATIONS SHOULD NOT ENTER THE TOURNAMENT.

Reminder: Names of contestants are to be in a Hy-Tek-generated file e-mailed addressed to FRAULOTIMING@OPTONLINE.NET. Please check the following website: WWW.LFRACING.COM to make sure your rosters are complete. **Roster changes cannot be made the day of the meet.**

Forward entry form and entry fee to: Track, NJSIAA, 1161 Route 130 North, PO Box 487, Robbinsville, NJ 08691.

(Both Public and Non-Public [Check Group]) Entries Close for all schools – Jan. 20, 2010;

Each School is allowed a maximum of Three (3) entries per event.

Events	BOYS Number Requested MAX 3	GIRLS Number Requested MAX 3
1. 55 Meter High Hurdles		
2. 55 Meter Dash		
3. 400 Meter Dash		
4. 800 Meter Run		
5. 1600 Meter Run		
6. 3200 Meter Run		
7. High Jump		
8. Pole Vault		
9. Shot Put		
Total Individual Entries		
Cost (Total Entries x \$14.00)	\$	\$
Add \$22.00 if entering 4x400 Relay		
Total Due	Boys	Girls

Make checks payable to NJSIAA and forward with both pages of Entry Form.

Please be sure the school's name appears on the check.

**Entry Deadline:
Jan 20 – All Schools**

Mail to: Mr. Don Danser
 NJSIAA
 1161 Route 130 North
 P.O. Box 487
 Robbinsville, NJ 08691

Hy-tek created roster file must be e-mailed to:
fraulotiming@optonline.net

ALL ATHLETES **MUST BE IN UNIFORM** TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only competitors **WHO ARE IN UNIFORM.**

Check Number(s) _____

Entry Form continues on next page

2010 NJSIAA WINTER TRACK BOYS/GIRLS INDIVIDUAL ENTRY FORM

(Page 2 of 2)

PLEASE PRINT CLEARLY OR TYPE

School _____ NJSIAA Enrollment _____ *Group _____
(Grades 10-12)

***Check Group Classification for Winter Track list.**

PLEASE PRINT CLEARLY OR TYPE

**Please indicate which team the coach is associated with:
M with the Boys Team; **F** with the Girls Team or **B** with both teams.

Assistant Coaches			Boys Team Student Managers (3 Max)	
*M/F/B	First Name	Last Name	First Name	Last Name
			1	
			2	
			3	
			Girls Team Student Managers (3 Max)	
			1	
			2	
			3	

CERTIFICATE OF INTENT

In the event an individual or relay team from our school should qualify for the State Championship by placing 1st, 2nd, or 3rd in the State Group Championships, we, the undersigned, do hereby declare that we will compete in the State Championships. Any individual or school withdrawing from the State Championship meet after having qualified by placing 1st, 2nd or 3rd will be subject to any penalties as enforced by the Executive Committee and barred from participation in the NJSIAA Winter Track meets for one (1) year; i. e., Sectional, State Group and State Championships, unless extraordinary circumstances caused withdrawal.

Reminder: This form is to be mailed with the Entry Form and Entry Fee.

Declaration of Eligibility

We hereby attest that all contestants who participate in 2010 NJSIAA Indoor Track and Field State Championships meet all NJSIAA eligibility requirements and are permitted to participate in the these events.

Partial Entries and Late Fees

A late entry may require an additional \$150.00 fee per team (\$300 if both boys and girls entries are late). A partial entry may require a minimum fee of \$80. (Example: A school e-mails a roster, but does not send in an entry form. The school does not come to meet. The school will be billed a minimum fee of \$80 for a partial entry.)

STAMPED SIGNATURES ARE NOT ACCEPTABLE.

Signature of Athletic Director

Signature of Principal

Signature of Boys Head Coach

Signature of Girls Head Coach

2010 NJSIAA BOYS/GIRLS WINTER TRACK RELAY ENTRY FORM

PAGE ONE OF TWO

Please PRINT or TYPE

School _____

NJSIAA Enrollment _____ *Group _____
(Grades 10-12)

BOYS HEAD Coach _____ (____) _____ (____) _____
First Last School Phone Cell/Home Phone

GIRLS HEAD Coach _____ (____) _____ (____) _____
First Last School Phone Cell/Home Phone

*Please check Winter Track Classifications List

ENTRIES FINAL – The **TOTAL** number of events listed on the ENTRY FORM are final and will not be changed after they have been received by the Meet director. The coach is not held to the individual events. For example, the coach of School A signs up for the 4x200, distance medley, and the 4x800 for a **TOTAL** of three relay events. On the day of the meet, School A may enter ANY THREE relays. Each school is permitted **ONE** (1) relay per team

EVENTS	BOYS Check Events entered	GIRLS Check Events entered
1. High Hurdles Relay (4x55 meters)		
2. 800 meter Relay (4x200 meters)		
3. 1600 meter Relay (4x400 meters)		
4. 3200 meter Relay (4x800 meters)		
5. Sprint Medley Relay (400m- 200m-200m-800m)		
6. Distance Medley Relay (1 200m-400m-800-1 600m)		
7. High Jump Relay (Two Contestants)		
8. Pole Vault Relay (Two Contestants)		
9. Shot Put Relay (Two Contestants)		
Total Entries (Maximum = Nine [9])		
Cost (Total Entries x \$22.00)	\$	\$
Check # (Both fees may be paid on one check)	Boys	Girls

Please make checks payable to NJSIAA and forward with Relay Entry Form.

Rosters must be e-mailed to:
fraulotiming@optonline.net

Please be sure the school name appears on the check.

Entry Deadline: January 6, 2010
Mail to:
Mr. Don Danser
NJSIAA
1161 Route 130 North
P.O. Box 487
Robbinsville, NJ 08691

ALL ATHLETES MUST BE IN UNIFORM TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only those competitors **WHO ARE IN UNIFORM.**

Assistant Coaches			Boys Team Student Managers (3 Max)	
*M/F/B	First Name	Last Name	First Name	Last Name
			1	
			2	
			3	
			Girls Team Student Managers (3 Max)	
			1	
			2	
			3	

Relay Entry Form continued on next page.

*Please indicate which team the coach is associated with:
M with the Boys Team; **F** with the Girls Team or **B** with both teams.

School _____ NJSIAA Enrollment _____ Group _____

Declaration of Eligibility

We hereby attest that all contestants who will participate in this tournament meet all NJSIAA eligibility requirements and are permitted to participate in the 2010 NJSIAA State Championships.

ALL ATHLETES MUST BE IN UNIFORM TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only those competitors **WHO ARE IN UNIFORM**.

Partial Entries and Late Fees

A late entry may require an additional \$150.00 fee per team (\$300 if both boys and girls entries are late). A partial entry may require a minimum fee of \$80. (Example: A school e-mails a roster, but does not send in an entry form. The school does not come to meet. The school will be billed a minimum fee of \$80 for a partial entry.)

Please check and complete the items that apply

____ **Both Boys and Girls** rosters in one file were e-mailed to fraulotiming@optonline.net on _____ (Date)

____ **Boys** roster e-mailed in a separate file to fraulotiming@optonline.net on _____ (Date)

____ **GIRLS** roster e-mailed in a separate file to fraulotiming@optonline.net on _____ (Date)

STAMPED SIGNATURES ARE NOT ACCEPTABLE.

Signature of Athletic Director

Signature of Principal

Signature of Head Boys Coach

Signature of Head Girls Coach

NJSIAA SPORTSMANSHIP MESSAGE: 2010

The National Federation of High School Associations requires all sports officials to enforce the sportsmanship rules for coaches and contestants. Acts meant to demean opposing players, teams, spectators and officials are not in the highest ideals of interscholastic sport and will not be tolerated. Let this contest reflect mutual respect.

School: _____ Date: _____

I hereby certify to the Referee and/or Meet Director that my contestants are legally equipped and in compliance with all uniform regulations (including the jewelry regulations) as per National Federation of High School Athletic Associations and the New Jersey State Interscholastic Athletic Association. Also, I have given all members of my team instructions in the area of sportsmanship and expected behavior at these meets.

I am aware that continued problems in these areas may lead to disciplinary action against me under the sportsmanship rules.

(Two signatures are required only if the head coach of the Boys Team and the head coach of the Girls Team are different people.)

BOYS Head Coach's signature: _____

GIRLS Head Coach's signature: _____

This form is valid for as long as your school is active in the NJSIAA /*The Star-Ledger*/M-F Athletic Track and Field Championship Tournament (Relay Championships - Sectionals – Group Meet – State Championships)

The form must be returned with your entry form in order to participate in the tournament.

Only 1 form is necessary per school.

