

2010 Boys & Girls NJSIAA/*Star-Ledger*/M-F Athletic Outdoor Track Championships

TO: ATHLETIC DIRECTORS AND TRACK COACHES

Throughout the entire season, dual meet scores must be reported following each meet, to www.njschoolsports.com. If you do not know your school code, or encounter problems, please contact support@njschoolsports.com or the NJSIAA.

The NJSIAA extends a most cordial invitation to you and your school to participate in the 2010 Boys & Girls NJSIAA/*The Star-Ledger*/M-F Athletic Outdoor Track Championship program. Attached are the instructions and entry forms for your school.

PLEASE READ THE INSTRUCTIONS CAREFULLY, and keep them on hand for reference throughout the meet period. The success of the Track Program is dependent upon the complete cooperation of our member schools. IF AFTER READING THIS MATERIAL YOU HAVE ANY QUESTIONS, PLEASE CONTACT YOUR SECTIONAL MEET DIRECTOR OR THE STATE CHAMPIONSHIP DIRECTOR AS LISTED.

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 21. OUTDOOR TRACK

Section 1. Rules. The National Federation Track and Field Rules, unless herein modified, shall govern all NJSIAA ... outdoor Track meets.

Section 2. Start of Practice. First Friday of March (March 5, 2010)

Section 3. Start of Regular Schedule. April 1

Section 4. End of Season. As provided for in Rule 2, Section 10

[All teams may participate in interscholastic contests up to the final championship in their respective sports. Exceptions: Winter Track – Feb 28 (Golf will be up to and including the Friday before the NJSIAA championships in softball and baseball.) Individual competition shall terminate with the end of said competition.]

Section 5. Transfers on or after May 1, 2010 are not eligible for post-season play. (See Article IV, Section 4.K. (2). d.

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

*CL When there are multiple divisions in a meet on the same day at the same site, e.g., freshman, junior varsity, and/or varsity divisions, an athlete may compete in each of the divisions if the contestant does not violate the **National Federation Participation Rule**, which limits the number of events in which a contestant may compete in a given meet, provided that the contestant does not compete more than once in the same event on that date.*

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, Article 2, 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.)

Section 7. 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 8. Officials. In all dual and triangular Outdoor Track Meets there shall be at least two (2) NJSIAA registered track officials; one official to supervise Running Events and designated Meet Referee and/or Starter and/or Head Finish Judge; the other to supervise the Field Events and designated Head Field Judge.

Section 9. Jewelry. No jewelry (including watches) is permitted to be worn during competition. Religious medals and medical alert medallions must be taped to the body.

Section 10. Number of Contestants.

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

Leagues/conferences) may increase this limit as long as ALL RUNNERS must be eligible to score. Statement to this effect must be forwarded to NJSIAA, outlining the limits being set. When setting limits, conferences should keep in mind what track will safely hold and you are reminded that this adjustment in limits is not supposed to be designed to eliminate the need for junior varsity races when numbers warrant it.

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 11. Standard Events – Boys. As follows: 100 m, 200 m, 400 m, 800 m, 1600 m, 3200 m, 110 high hurdles (39 inch), 400 m intermediate hurdles (36 inch), 400m Relay*, 1600 m Relay, 3200m Relay*, Pole Vault, High Jump, Long Jump, Triple Jump, Discus, Shot Put, and Javelin (rubber-tipped). Any variation 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.

*These relays are optional. In dual meets, if included, must be scoring events. In open, conference, invitationals, etc may be “open” non-scoring events or scoring events, but in every case, the events count toward the athlete’s participation rule.

Attention: 400 m intermediate hurdles (36 inch) Hurdle Spacing				
No. of Hurdles	Hurdle Height	Starting Line to First Hurdle	Between Hurdles	Last Hurdle to Finish Line
10	36”	45 meters	35 meters	40 meters

Section 12. Order of Events – Boys. The order of events, unless agreed upon and listed in the contract, shall be: 110 m high hurdles (39 inch) 100 m, 1600 m, 400 m, 400 m intermediate hurdles (36”), 800 m, 200 m, 3200 m, 1600 m Relay. If 400m and or 3200m Relay(s) is/are included, the contract must also indicate the placement of these events in the order of events.

Section 13. Standard Events – Girls. As follows: 100 m, 200 m, 400 m, 800 m, 1600 m, 3200 m, 100 high hurdles (33 inch), 400 m intermediate hurdles (30 inch), 400m Relay*, 1600 m Relay, 3200m Relay*, Pole Vault, High Jump, Long Jump, Triple Jump, Discus, Shot Put, and Javelin (rubber-tipped). Any variation 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.

*These relays are optional. In dual meets, if included, must be scoring events. In open, conference, invitationals, etc may be “open” non-scoring events or scoring events, but in every case, the events count toward the athlete’s participation rule.

Section 14. Order of Events – Girls. The order of events, unless agreed upon and listed in the contract, shall be: 100 m high hurdles (33 inch) 100 m, 1600 m, 400 m, 400 m intermediate hurdles (30”), 800 m, 200 m, 3200 m, 1600 m Relay. If 400m and or 3200m Relay(s) is/are included, the contract must also indicate the placement of these events in the order of events.

ATTENTION: CONTESTANTS WHO APPEAR AT SECTIONAL, STATE GROUP CHAMPIONSHIPS, OR STATE CHAMPIONSHIPS WITHOUT THEIR COACH OR CERTIFIED MEMBER OF THE FACULTY WILL BE DISQUALIFIED.

WITHDRAWAL: Any school or contestant who fails to appear for the **State Championships (Meet of Champions)** after having qualified as a 1st, 2nd, or 3rd place finisher whose performance falls within the top eighteen (18) performances of all the qualifiers (medal winners) in the **State Group Championships** will be subject to any penalties as enforced by the NJSIAA and barred from participation in the Outdoor Track Competition, at all levels i. e., Sectional, State Group, and State Championships the following year unless extraordinary circumstances caused such **unforeseen** withdrawal. A contestant qualifying in more than one (1) event is not subject to this rule if he/she participates in at least one (1) event.

- Please Note:
1. Any player with two (2) or more disqualifications in the current season, prior to the start of the NJSIAA Tournament, will be unable to compete in said tournament.
 2. Any varsity team accumulating three (3) or more player or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of the NJSIAA 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.

AS A RESULT OF INCREASED DIFFICULTIES WITH LATE ENTRIES, PLEASE BE ADVISED THAT **ENTRY FORMS NOT RECEIVED ON TIME WILL BE ASSESSED AN ADDITIONAL \$150.00** AS SPECIFIED IN THE NJSIAA HANDBOOK RULE 2, SECTION 13 CL. SINCE QUALIFICATION IS NOT NECESSARY FOR ENTRY, COACHES ARE URGED TO SUBMIT ENTRIES WELL IN ADVANCE OF DEADLINE. YOU ARE ADVISED THAT REQUESTS FOR A WAIVER OF THIS EXECUTIVE COMMITTEE POLICY (PLEASE SEE TOURNEY INSTRUCTIONS) WILL NOT BE ACCEPTED.

IF YOU WISH TO BE NOTIFIED THAT YOUR ENTRY WAS RECEIVED OR YOU HAVE A VOUCHER THAT NEEDS TO BE RETURNED, YOU MUST INCLUDE A SELF-ADDRESSED RETURN ENVELOPE OR POST CARD.

Please note: To enter this tournament, you must do **3 things: 1) submit rosters electronically** using the *HY-TEK Team Manager* program, by attaching the roster file to an e-mail addressed to fraulotiming@optonline.net; **2) mail entry forms and fees to the NJSIAA office.** Please use one form for boys and girls, and **3) check the following website** to make sure your roster has been received and that all the names are included and spelled correctly:

WE URGE YOU TO MARK YOUR CALENDAR AND WE THANK YOU FOR YOUR COOPERATION. GOOD LUCK TO YOU AND YOUR TEAM.

Steven J. Timko
Executive Director, NJSIAA

Don Danser
Tournament Director

TABLE OF CONTENTS

	Page
I. Entries	4
A. Entry Fees	4
B. Entry Forms - description	4
C. Rosters	4
II. Sectionals	5
A. Dates	5
B. Order of Boys and Girls	5
C. Fully-Automatic Timing	5
D. Official Rules	5
E. Long Jump and Triple Jump	5
F. Shot, Discus, Javelin.....	5
G. Time Excused from Field Events	6
H. Elevation of Cross-bars.....	6
I. Equipment	6
J. Sectional Sites	6
1. North I Groups II and III [Mahwah]	7
2. North I Groups I and IV [Hackensack].....	8
3. North II Groups I and II [Parsippany].....	9
4. North II Groups III and IV [South Plainfield]	10
5. Central Groups II and III [Monmouth Regional].....	11
6. Central Groups I and IV [Hillsborough]	12
7. South Groups II and III [Buena]	13
8. South Groups I and IV [Egg Harbor Township]	14
K. Contestant Numbers/Seeding	15
L. Elimination of Events	16
M. Officials	16
N. Scoring	16
O. Sectional Awards	16
P. Sectional Admissions	16
III. State Group Championships	17
A. Venues	17
B. Seed Cards	17
C. Field Events	17
D. State Group Awards.....	17
E. State Group Admissions	18
Order of Events for South Plainfield [Groups I, II, and III]	19
Order of Events for Egg Harbor Township (Groups A, B, and IV)	21
IV. State Championships (Meet of Champions).....	23
A. Field Events	23
B. Seeding	23
C. Running Events	23
D. Awards	23
E. Admissions	23
F. Order of Events	24
V. Advancement Regulations	25
A. Sectionals	25
B. State Group Championships	25
C. State Championships	25
D. Failure to appear at the State Championships	25
VI. General Information Pertaining to All Meets	25
A. Coaches/Contestants.....	25
B. Coaches' Restrictions	26
C. Smoking, Food, Beverages, etc	26
D. Athletic Emergency Procedures	26
E. Sales/Solicitations	27
F. Alcoholic Beverages/Illegal Substances	27
H. Protests	27
I. Disqualifications	27
J. Use of Facilities	27
K. Postponements	27
L. Television/Cable/Internet	27
Directions to Egg Harbor	28
Directions to South Plainfield	28
FORMS ATTACHED	
1. Boys/Girls Entry Form	
2. Boys/Girls Eligibility Form	
3. Girls Wheelchair Entry Form	
4. Boys Wheelchair Entry Form	
5. Sportsmanship form	
6. Check-off/Verification Form	
7. 4x100 4/800 application for M. O. C.	
Charts:	
Track specific Classification for ALL schools	
Hy-Tek List of School codes	

II. **Sectionals** - Entry must be postmarked by May 7. **Rosters are due by 5:00 pm on May 7, 2010.**

- A. Date and Time – Friday, MAY 21, 2010 – 4:00 pm
Saturday, MAY 22, 2010 – 11:00 am
- B. Girls start the order of events on even years, boys on odd years.
- C. If Fully-Automatic Timing is being used, the 100 Dash, Hurdles, and 200 Dash will be conducted as Trials and Finals only (i.e. no quarterfinals, semifinals). The fastest times (6 on a six-lane track, 8 on an eight-lane track) will advance. However, the 100 and hurdles will be seeded as if advancing by place in case of F.A.T. failure. In the absence of F.A.T., these events will use quarterfinals and/or semifinals if necessary.
- D. RULES – 2010 National Federation Track and Field Rules with NJSIAA options as stated in the NJSIAA Constitution and By-laws shall govern the running of these meets. All NJSIAA eligibility rules will be in force.
- E. Long Jump and Triple Jump will use the “open pit” format

NOTE: The triple jump and long jump will be run as open pits one group at a time at the SECTIONAL LEVEL. When the event is called, contestants for the Group called MUST sign it and must get “their steps and run-throughs.” Once the competition starts, only run-backs (from the board back onto the runway) are permitted. No “run-throughs” (into the pit) are permitted. When the pit is closed, the jump judge will tell the meet director how many jumpers will be competing. The meet director, in conjunction with the Field Referee, will then establish the amount of time that will be allotted for the trials. Each jumper will receive three trial attempts which must be completed within the announced time period of the open pit. The jump judge will assign each jumper a number which the jumper must wear on the **left front** of his/her jersey. Before a jumper starts his/her attempt, he/she must tell the jump judge his/her number and in the case of the triple jump, tell the judge which take-off board he/she will be using BY PLACING A CONE NEXT TO THE APPROPRIATE TAKE-OFF BOARD.

Once the eight (8) finalists have been established, the Field Referee will have announced who the finalists are and when the finals will begin. The finals will be conducted normally. The Meet Director and/or Field Referee may adjust the time allotted for the trials as conditions may warrant.

- F. Shot Put, Discus, Javelin
1. Flights will be arranged as heats are on the track, i.e. best flights will throw/jump last. In the Shot, Discus, and Javelin, each contestant will receive three (3) attempts. The best eight (8) contestants will be given an additional three (3) attempts. The eight (8) finalists will be re-seeded worst to best before the start of the final three (3) attempts.
 2. **In entry-level meets, all contestants will have their first legal attempt measured; thereafter, in order for a female contestant to receive a measurement at entry meet level she must put the shot 26 feet or more, throw the discus 70 feet or more, toss the javelin 70 feet or more, jump 26 feet or more in the triple jump, or jump 12 feet or more in the long jump.**
- A male contestant must put the shot greater than 38', toss the discus and throw the javelin more than 100 feet, triple jump more than 32', and long jump greater than 16' in order to receive a measurement.**
3. In the Group Meet all contestants will have all attempts measured
- G. Time excused from a field event to participate in another event. The underlying principle behind these procedures is to make sure the active contestants in any field event are not held up more than ten (10) minutes by inactivity in the event. **The following is the procedure to be used in all meets:**
1. Competitor must receive permission to leave the event from the event judge who is to record the time the competitor was excused.
 2. If requested by the competitor or the competitor's coach, the judge may allow the competitor to take trial(s) out of turn before being excused.
 3. High Jump and Pole Vault: When competitors have been excused, and all the available competitors have missed or cleared the existing height, the event judge records the time and stops the competition. If the excused competitor(s) do(es) not return in ten (10) minutes, the event judge will ask the Meet or Field Referee for permission to raise the crossbar. If the referee permits, the crossbar will be raised to the next height and the excused competitor(s) will be automatically passed to the new height.

4. Shot, Discus, Javelin, Long Jump, Triple Jump: When the last competitor available in the final flight (**or in the case of the Long Jump and Triple Jump the open pit time has expired**) has completed his/her final trial attempt and there are excused competitors who have yet to return to complete their remaining trial attempts, the judge will record the time. If, after ten (10) minutes, there are excused competitors who still have not returned, then the event judge will ask the Meet or Field Referee for permission to determine the finalists without the excused athletes receiving any remaining attempts. If the event is in the finals and all present competitors have completed all of their attempts, after ten (10) minutes, the event judge will ask the Meet or Field Referee for permission to end the event and score it without the excused competitor(s) receiving any remaining attempts.
- 5 The Meet Referee will make the final determination on any appeals resulting from these procedures.

H. ELEVATION OF CROSSBARS

1. The starting heights for the high jump will be 5'4" for the boys and 4'4" for the girls; and the pole vault: 9'0" for the boys and 7'0" for the girls. The Meet Directors in conjunction with the Meet or Field Referee will determine **how many double elevations there may be in each event, depending on the information supplied by the coaches on the seed cards.**
2. For example, the boys high jump will start for all groups at 5'4". After looking at the seeds in Group IV, the Meet Director and the Meet or Field Referee decide that for Group 4 Boys in the South Sectional, the elevations shall be 5'4" to 5'8" to 6'2" to 6'4" etc., but for Group I Boys they decide it shall be 5'4" to 5'8" to 5'10" to 6'0" etc. The same procedure is to be used in the pole vault. Group IV and Group I boys will start at 9'0", but the elevations in Group IV may be 9' to 10' to 11' to 12' to 12'6" etc while Group I may be 9' to 10', to 10'6", to 11'0" etc.

I. EQUIPMENT

1. Uniforms - National Federation Rule 4, Section 3, Articles 1-2-3-4-5-6-7 **WILL BE ENFORCED.**
 - a. Each contestant must be properly attired in the school's issued track uniform during the meet. Reminder: Jerseys must be tucked into the running shorts. **BARE MIDRIFF TOPS ARE NOT ACCEPTABLE. Jersey shoulder straps are not to be pinned or tapped together.**
 - 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 events contestants must be properly attired in school-issued, legal track uniforms.
2. **NO JEWELRY WILL BE PERMITTED** (Reminder: **This includes watches.**): RELIGIOUS /MEDICAL ALERT MEDALS MAY BE WORN IF TAPED TO THE BODY.
3. Batons, *Javelins, Disci, and Shots: Schools must provide their own batons, *javelins, disci, and shots for all meets. Shots, Disci, *Javelins, and Batons WILL BE CHECKED AT ALL SITES FOR LEGALITY.

***Reminder: Javelins MUST be rubber-tipped.** These javelins may be seven (7) centimeters shorter than the metal-tipped javelins. (213 centimeters minimum length).

4. Shoes
 - a. Runways/Tracks - It is each coach's responsibility to check with the Site Director to determine if and what spikes are permitted.
 - b. Throwing Circles - Rubber-soled shoes must be worn on all throwing circles.
 - c. Running Surfaces - **SCHOOLS ARE RESPONSIBLE FOR CHECKING WITH THE MEET DIRECTOR OF A PARTICULAR SITE TO ASSURE THE WEARING OF PROPER SHOES.**

Egg Harbor Township has an All-Weather Javelin Runway.

1/8" needle spikes in a javelin shoe or flats are highly recommended.

5. Starting Blocks - **SCHOOLS MUST PROVIDE THEIR OWN STARTING BLOCKS FOR THE SECTIONALS ONLY. GROUP MEET AND MEET OF CHAMPIONS BLOCKS WILL BE PROVIDED.**

J. Sectional Sites and Orders of Events

Note: Order of events (especially field events) will vary depending on the site. Make sure you use the order of events for your site when you prepare for your sectional meet.

1. **North I - Mahwah High School, Mahwah**
Gr. 2 & 3

4:00 P.M. All Events, Friday, MAY 21, 2010

11:00 A.M. All Events, Saturday, MAY 22, 2010

**¼" or less on track and all runways
 Grass Javelin runway.**

6-lane Track

(8-lane Straight-a-way)

Meet Director: Brian Rodak

Home phone: 973-831-2412

e-mail: NJBTA@aol.com**North I Group 2**

Dover

Dumont

Garfield

Glen Rock

Hopatcong

Indian Hills

Kittatinny

Lenape Valley

Lodi

Mahwah

Morris Hills

Morrow, Dwight

Newton

Pascack Hills

Pequannock

Ramsey

Ridgefield Park

River Dell

Walkill Valley

West Essex

North I Group 3

Bergenfield

Eastside (Paterson)

High Point

Jefferson

Lakeland

Montville

Morris Knolls

Mount Olive

Northern Highlands

Northern Valley Demarest

Northern Valley Old Tappan

Paramus

Pascack Valley

Ramapo

Sparta

Teaneck

Tenafly

Wayne Hills

Wayne Valley

West Milford

FRIDAY, MAY 21, 2010 ORDER OF RUNNING EVENTS - 4:00 P.M

1.	GROUP 2, 3	Girls	400m LOW. HURDLES	(ON TIME) FINALS
	GROUP 2, 3	Boys	400m INTER HURDLES	(ON TIME) FINALS
2.	GROUP 2	Girls	1600m RUN	(ON TIME) FINALS
3.	GROUP 2, 3	Girls	100m DASH	*TRIALS
	GROUP 2, 3	Boys	100m DASH	*TRIALS
4.	GROUP 3	Girls	1600m RUN	(ON TIME) FINALS
5.	GROUP 2	Boys	1600m RUN	(ON TIME) FINALS
6.	GROUP 2, 3	Girls	100m DASH	FINALS
7.	GROUP 2, 3	Boys	100m DASH	FINALS
	GROUP 3	Boys	1600m RUN	(ON TIME) FINALS
8.	GROUP 2, 3	Girls	400m DASH	(ON TIME) FINALS
	GROUP 2, 3	Boys	400m DASH	(ON TIME) FINALS

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 4 and Event 5.**

SATURDAY, MAY 22, 2010 - 11:00 A.M**ORDER OF RUNNING EVENTS.**

1.	GROUP 2, 3	Girls	100m HIGH HURDLES	*TRIALS
	GROUP 2, 3	Boys	110m HIGH HURDLES	*TRIALS
2.	GROUP 2, 3	Girls	800m RUN	(ON-TIME) FINALS
3.	GROUP 2, 3	Boys	800m RUN	(ON TIME) FINALS
4.	GROUP 2, 3	Girls	100m HIGH HURDLES	FINALS
	GROUP 2, 3	Boys	110m HIGH HURDLES	FINALS
5.	GROUP 2	Girls	3200m RUN	(ON TIME) FINALS
6.	GROUP 2, 3	Girls	200m DASH	TRIALS
	GROUP 2, 3	Boys	200m DASH	TRIALS
7.	GROUP 3	Girls	3200m RUN	(ON TIME) FINALS
8.	GROUP 2, 3	Girls	200m DASH	FINALS
	GROUP 2, 3	Boys	200m DASH	FINALS
9.	GROUP 2	Boys	3200m RUN	(ON TIME) FINALS
	GROUP 3	Boys	3200m RUN	(ON TIME) FINALS
10.	GROUP 2, 3	Girls	1600m RELAY	(ON TIME) FINALS
	GROUP 2, 3	Boys	1600m RELAY	(ON TIME) FINALS

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 2 and Event 3.**

Friday, MAY 21, 2010**7 FIELD EVENTS start at 4:00**

- Girls Discus (70')**
Gr. 2 followed by Gr. 3
- Boys Long Jump (16')**
Open Pit-Gr. 3 then 2
- Girls Triple Jump (26')**
Open Pit-Gr. 2 then 3
- Boys Shot Put (38')**
Gr. 2 followed by Gr. 3
- Girls Javelin (70')**
Gr. 3 followed by Gr. 2
- Boys High Jump (5'4")**
Gr. 2 (followed by Gr. 3)
- Pole Vault**
(7') Girls Gr. 3 followed by
(9') Boys Gr. 2

Saturday, MAY 22, 2010**7 FIELD EVENTS START at 11:00 AM**

- Girls Shot Put (26')**
Gr. 3 followed by Gr. 2
- Boys Javelin (100')**
Gr. 3 followed by Gr. 2
- Boys Discus (100')**
Gr. 2 followed by Gr. 3
- Girls Long Jump (12')**
Open Pit- Gr. 2, THEN 3
- Boys Triple Jump (32')**
Open Pit- Gr. 2, THEN 3
- Girls High Jump (4'4")**
Gr. 3 followed by Gr. 2
- Pole Vault**
(7') Girls Gr. 2 followed by
(9') Boys Gr. 3

2. North I - Randolph High School, Randolph

Gr. 1, 4, NP North B

4:00 P.M. All Events, Friday, May 21 2010

1/4" or less Spikes on track and all runways

11:00 A.M. All Events, Saturday, MAY 22, 2010

Javelin runway: Grass with metal toe board

Six-Lane Track

Meet Director: Len Pietrewicz Home Phone: (973) 895-6005

Cell: (201) 841-0566

e-mail: mctca@gti.net

North I-Group 1

Bogota
Boonton
Butler
Cresskill
Elmwood Park
Emerson Jr-Sr
Hasbrouck Heights
Hawthorne
Kinnelon
Leonia
Manchester Regional
Midland Park

Mountain Lakes
New Milford
Park Ridge
Pompton Lakes
Saddle Brook
Sussex Cty Vo-Tech
Waldwick
Westwood

North I - Group 4

Bergen Co VT -
Hackensack
Bloomfield
Clifton

East Orange
Fair Lawn
Hackensack
Kearny
Kennedy, J.F. Paterson
Livingston
Memorial (WNY)
Montclair
North Bergen
Passaic
Passaic Cty VT
Randolph

Ridgewood
Roxbury
Union City
Vernon
West Orange
Non-Public North B
Acad of St Elizabeth**
Dwight-Englewood
Eastern Christian
Hawthorne Christian
Immac Conception Lodi
Immac Conception Mont

Kearny Christian
Mary Help Christians
Marylawn of Oranges
Montclair Kimberley
Morris Catholic
Morristown-Beard
Newark Academy
Paterson Catholic
Queen of Peace
Ranney
Saddle River Day
Saint Mary's Rutherford
Villa Walsh**

FRIDAY, MAY 21, 2010 ORDER OF RUNNING EVENTS - 4:00 P.M.

- | | | | | |
|----|---------------|-------|---------------------|------------------|
| 1. | GROUP 1, 4, B | Girls | 400m LOW HURDLES | (ON TIME) FINALS |
| | GROUP 1, 4, B | Boys | 400m INTER. HURDLES | (ON TIME) FINALS |
| 2. | GROUP 1 | Girls | 1600m RUN | (ON TIME) FINALS |
| 3. | GROUP 1, 4, B | Girls | 100m DASH | *TRIALS |
| | GROUP 1, 4, B | Boys | 100m DASH | *TRIALS |
| 4. | GROUP 4, B | Girls | 1600m RUN | (ON TIME) FINALS |
| 5. | GROUP 1 | Boys | 1600m RUN | (ON TIME) FINALS |
| 6. | GROUP 1, 4, B | Girls | 100m DASH | FINALS |
| | GROUP 1, 4, B | Boys | 100m DASH | FINALS |
| 7. | GROUP 4, B | Boys | 1600m RUN | (ON TIME) FINALS |
| 8. | GROUP 1, 4, B | Girls | 400m DASH | (ON TIME) FINALS |
| | GROUP 1, 4, B | Boys | 400m DASH | (ON TIME) FINALS |

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 4 and Event 5.**

12 FIELD EVENTS Start at 4:00

- Girls Discus (70')** Gr. 4
- Girls Discus (70')** Gr 1 followed by B
- Boys Long Jump (16')** Open Pit Gr. 4, then 1, then B
- Girls Triple Jump (26')** Open Pit Gr. 1, then B, then 4
- Boys Shot Put (38')** Gr 4
- Boys Shot Put (38')** Gr 1 followed by B
- Girls Javelin (70')** Gr 4
- Girls Javelin (70')** Gr B followed by Gr 1
- Boys High Jump (5'4")** Gr 4
- Boys High Jump (5'4")** Gr 1 CONCURRENTLY with B
- Boys Pole Vault (9')** Gr. 4
- Girls Pole Vault (7')** Gr 1 CONCURRENTLY with B

SATURDAY, MAY 22, 2010 - 11:00 A.M ORDER OF RUNNING EVENTS.

- | | | | | |
|-----|---------------|-------|-------------------|------------------|
| 1. | GROUP 1, 4, B | Girls | 100m HIGH HURDLES | *TRIALS |
| | GROUP 1, 4, B | Boys | 110m HIGH HURDLES | *TRIALS |
| 2. | GROUP 1, 4, B | Girls | 800m RUN | (ON-TIME) FINALS |
| 3. | GROUP 1, 4, B | Boys | 800m RUN | (ON TIME) FINALS |
| 4. | GROUP 1, 4, B | Girls | 100m HIGH HURDLES | FINALS |
| | GROUP 1, 4, B | Boys | 110m HIGH HURDLES | FINALS |
| 5. | GROUP 1 | Girls | 3200m RUN | (ON TIME) FINALS |
| 6. | GROUP 1, 4, B | Girls | 200m DASH | TRIALS |
| | GROUP 1, 4, B | Boys | 200m DASH | TRIALS |
| 7. | GROUP 4, B | Girls | 3200m RUN | (ON TIME) FINALS |
| 8. | GROUP 1, 4, B | Girls | 200m DASH | FINALS |
| | GROUP 1, 4, B | Boys | 200m DASH | FINALS |
| 9. | GROUP 1, 4, B | Boys | 3200m RUN | (ON TIME) FINALS |
| 10. | GROUP 1, 4, B | Girls | 1600m RELAY | (ON TIME) FINALS |
| | GROUP 1, 4, B | Boys | 1600m RELAY | (ON TIME) FINALS |

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 2 and Event 3**

12 FIELD EVENTS Start at 11:00 AM

- Girls Shot Put (26')** Gr 4
- Girls Shot Put (26')** Gr 1 followed by NP No-B
- Boys Javelin (100')** Gr. 4
- Boys Javelin (100')** NP No-B followed by Gr. 1
- Boys Discus (100')** Gr 4
- Boys Discus (100')** Gr. 1 followed by NP No-B
- Girls Long Jump (12')** Open Pit Gr 4, 1, NP No-B
- Boys Triple Jump (32')** Open Pit: Gr 1, NP no-B, 4
- Girls High Jump (4'4")** Gr 4
- Girls High Jump (4'4")** Gr 1 CONCURRENTLY w/NP No-B
- Girls Pole Vault (7')** Gr 4
- Boys Pole Vault (9')** Gr 1 CONCURRENTLY w/NP No-B

3. North II – Ridge High School (Basking Ridge)

Gr. 1 & 4

4:00 P.M. All Events, Friday, MAY 21, 2010

11:00 A.M. All Events, Saturday, MAY 22, 2010

Six-lane Track

1/8" spikes on track and all-weather runways

Javelin: Grass runway

Meet Co-Directors: Mr. John Schwarz: e-mail: j.schwarz2@comcast.net

Cell: (973) 418-3898

Mr. John Toner: School Phone: (973) 733-6930

Home Phone: (973) 994-7188

e-mail: johntonero@msn.com

NORTH II Group 1

Arts
Becton, Henry P.
Cedar Grove
Central-Newark
Glen Ridge
Hoboken
Lyndhurst
McNair Academic
Newark Vocational
North Arlington

Palisades Park
Ridgefield
Secaucus
Technology
University (Newark)
University Charter Academy
Verona
Wallington
Whippany Park
Wood-Ridge

NORTH II Group 4

Bayonne
Bridgewater-Raritan
Columbia
Dickinson
Edison
Elizabeth
Franklin
Hunterdon Central
Linden
North Hunterdon

Perth Amboy
Phillipsburg
Piscataway
Plainfield
Ridge
Stevens, John P.
Union
Watchung Hills
Westfield
Woodbridge

FRIDAY, MAY 21, 2010 ORDER OF RUNNING EVENTS – 4:00 P.M.

1.	GROUP 1, 4	Girls	400m LOW HURDLES	(ON TIME) FINALS
	GROUP 1, 4	Boys	400m INTER. HURDLES	(ON TIME) FINALS
2.	GROUP 1	Girls	1600 m RUN	(ON TIME) FINALS
3.	GROUP 1, 4	Girls	100m DASH	*TRIALS
	GROUP 1, 4	Boys	100m DASH	*TRIALS
4.	GROUP 4	Girls	1600m RUN	(ON TIME) FINALS
5.	GROUP 1	Boys	1600m RUN	(ON TIME) FINALS
6.	GROUP 1, 4	Girls	100m DASH	FINALS
	GROUP 1, 4	Boys	100m DASH	FINALS
7.	GROUP 4	Boys	1600m RUN	(ON TIME) FINALS
8.	GROUP 1, 4	Girls	400m DASH	(ON TIME) FINALS
	GROUP 1, 4	Boys	400m DASH	(ON TIME) FINALS

12 FIELD EVENTS Start at 4:00

1.	Girls Discus (70')	Gr 4
2.	Girls Discus (70')	Gr 1
3.	Boys Long Jump (16')	Open Pit Gr. 4, then 1
4.	Girls Triple Jump (26')	Open Pit Gr. 1, 4
5.	Boys Shot Put (38')	Gr 4
6.	Boys Shot Put (38')	Gr 1
7.	Girls Javelin (70')	Gr 4
8.	Girls Javelin (70')	Gr 1
9.	Boys High Jump (5'4")	Gr 4
10.	Boys High Jump (5'4")	Gr 1
11.	Boys Pole Vault (9')	Gr. 4
12.	Girls Pole Vault (7')	Gr 1

*If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 4 and Event 5.

SATURDAY, MAY 22, 2010 - 11:00 A.M ORDER OF RUNNING EVENTS.

1.	GROUP 1, 4	Girls	100m HIGH HURDLES	*TRIALS
	GROUP 1, 4	Boys	110m HIGH HURDLES	*TRIALS
2.	GROUP 1, 4	Girls	800m RUN	(ON-TIME) FINALS
3.	GROUP 1, 4	Boys	800m RUN	(ON TIME) FINALS
4.	GROUP 1, 4	Girls	100m HIGH HURDLES	FINALS
	GROUP 1, 4	Boys	110m HIGH HURDLES	FINALS
5.	GROUP 1	Girls	3200m RUN	(ON TIME) FINALS
6.	GROUP 1, 4	Girls	200m DASH	TRIALS
	GROUP 1, 4	Boys	200m DASH	TRIALS
7.	GROUP 4	Girls	3200m RUN	(ON TIME) FINALS
8.	GROUP 1, 4	Girls	200m DASH	FINALS
	GROUP 1, 4	Boys	200m DASH	FINALS
9.	GROUP 1, 4	Boys	3200m RUN	(ON TIME) FINALS
10.	GROUP 1, 4	Girls	1600m RELAY	(ON TIME) FINALS
	GROUP 1, 4	Boys	1600m RELAY	(ON TIME) FINALS

12 FIELD EVENTS Start at 11:00 AM

1.	Girls Shot Put (26')	Gr 4
2.	Girls Shot Put (26')	Gr 1
3.	Boys Javelin (100')	Gr. 4
4.	Boys Javelin (100')	Gr 1
5.	Boys Discus (100')	Gr 4
6.	Boys Discus (100')	Gr. 1
7.	Girls Long Jump (12')	Open Pit Gr 4, 1
8.	Boys Triple Jump (32')	Open Pit: Gr 1, 4
9.	Girls High Jump (4'4")	Gr 4
10.	Girls High Jump (4'4")	Gr 1
11.	Girls Pole Vault (7')	Gr 4
12.	Boys Pole Vault (9')	Gr 1

*If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 2 and Event 3

4. North II – South Plainfield High School, South Plainfield

Gr. 2, 3, NP No. A 4:00 P.M. All Events, Friday, MAY 21, 2010 ¼” Spikes on track & all all-weather runways
 11:00 A.M. All Events, Saturday, MAY 22, 2010 Javelin: Grass runway with metal toe board

Eight-Lane Track

Meet Director: Bill Milone Home Phone: (908) 782-4288

NORTH II-Gr 2	Lincoln	Colonia	South Plainfield	Hudson Catholic*
Bernards	Madison Boro	East Side Newark	Voorhees	Immaculate Heart**
Caldwell	Orange	Ferris	Warren Hills	Mother Seton**
Chatham	Parsippany	Irvington	West Morris Central	Mount Saint Dominic**
Cliffside Park	Rutherford	Kennedy, J.F. Iselin	West Morris Mendham	Paramus Catholic
Cranford	Science	Millburn	West Side	Pope John XXIII
Fort Lee	Shabazz, Malcolm X	Morristown	NORTH NP A	Roselle Catholic
Governor Livingston	Snyder	Nutley	Acad o/t Holy Angels**	Saint Dominic**
Hackettstown	Summit	Parsippany Hills	Bergen Catholic*	St Joseph Montvale*
Hanover Park	NORTH II-Gr 3	Passaic Valley	Delbarton*	St Peter's Jersey City**
Hillside	Barringer	Scotch Plains-Fan	DePaul	St Vincent Academy*
Hudson Cty VT J C	Belleville	Somerville	Don Bosco Prep*	Seton Hall*

FRIDAY, MAY 21, 2010

FRIDAY, MAY 21, 2010 ORDER OF RUNNING EVENTS – 4:00 P.M

1. GROUP 2, 3, A Girls 400m LOW HURDLES (ON TIME) FINALS
- GROUP 2, 3, A Boys 400m INTER. HURDLES (ON TIME) FINALS
2. GROUP 2 Girls 1600m RUN (ON TIME) FINALS
3. GROUP 2, 3, A Girls 100m DASH *TRIALS
- GROUP 2, 3, A Boys 100m DASH *TRIALS
4. GROUP 3, A Girls 1600m RUN (ON TIME) FINALS
5. GROUP 2 Boys 1600m RUN (ON TIME) FINALS
6. GROUP 2, 3, A Girls 100m DASH FINALS
- GROUP 2, 3, A Boys 100m DASH FINALS
7. GROUP 3, A Boys 1600m RUN (ON TIME) FINALS
8. GROUP 2, 3, A Girls 400m DASH (ON TIME) FINALS
- GROUP 2, 3, A Boys 400m DASH (ON TIME) FINALS

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 4 and Event 5.**

9 FIELD EVENTS Start at 4:00pm

1. **Girls Discus (70')** Gr 2
2. **Girls Discus (70')** Gr 3
Followed by A
3. **Boys Long Jump (16')**
Open Pit Gr 3, then A, then 2
4. **Girls Triple Jump (26')**
Open Pit Gr 3, then 2, then A
5. **Boys Shot Put (38')**
Gr. 2, then 3, then A
6. **Girls Javelin (70')**
Gr. A. then 3, then 2
7. **Boys High Jump (5'4")**
Gr. 2 and A concurrently
followed by Gr. 3
8. **Gr. 3 Boys Pole Vault (9')**
9. **Girls Pole Vault (7')**
Gr 2 and A concurrently

SATURDAY, MAY 22, 2010 - 11:00 A.M ORDER OF RUNNING EVENTS.

1. GROUP 2, 3, A Girls 100m HIGH HURDLES *TRIALS
- GROUP 2, 3, A Boys 110m HIGH HURDLES *TRIALS
2. GROUP 2, 3, A Girls 800m RUN (ON-TIME) FINALS
3. GROUP 2, 3, A Boys 800m RUN (ON TIME) FINALS
4. GROUP 2, 3, A Girls 100m HIGH HURDLES FINALS
- GROUP 2, 3, A Boys 110m HIGH HURDLES FINALS
5. GROUP 2 Girls 3200m RUN (ON TIME) FINALS
6. GROUP 2, 3, A Girls 200m DASH TRIALS
- GROUP 2, 3, A Boys 200m DASH TRIALS
7. GROUP 3, A Girls 3200m RUN (ON TIME) FINALS
8. GROUP 2, 3, A Girls 200m DASH FINALS
- GROUP 2, 3, A Boys 200m DASH FINALS
9. GROUP 2 Boys 3200m RUN (ON TIME) FINALS
- GROUP 3, A Boys 3200m RUN (ON TIME) FINALS
10. GROUP 2, 3, A Girls 1600m RELAY (ON TIME) FINALS
- GROUP 2, 3, A Boys 1600m RELAY (ON TIME) FINALS

9 FIELD EVENTS start at 11:00 AM

1. **Girls Shot Put (26')**
Gr. 2, then 3, then A
2. **Boys Javelin (100')**
Gr A, then 3, then 2
3. **Boys Discus (100')** Gr 2
4. **Boys Discus (100')** Gr 3
Followed by A
5. **Girls Long Jump (12')**
Open Pit – Gr. 3 then A, then 2
6. **Boys Triple Jump (32')**
Open Pit – Gr. 3, then 2, then A
7. **Girls High Jump (4'4")** Gr 3
followed by Gr 2 & A concurrently
8. **Gr. 3 Girls Pole Vault (7')**
9. **Boys Pole Vault (9')**
Gr 2 & A concurrently

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 2 and Event 3**

5. **Central – Monmouth Regional High School, Tinton Falls**

Gr. 2 & 3

4:00 P.M. All Events, Friday, MAY 21 2010 ¼” Spikes on track & all all-weather runways
 11:00 A.M. All Events, Saturday, MAY 22, 2010 Javelin: Grass runway

Eight-Lane Track

Meet Director: Jay Demarest

Central-Group 2

Bordentown
 Carteret
 Clark, Abraham
 Delaware Valley
 Ewing
 Holmdel
 Johnson, Arthur L.
 Long Branch
 Manasquan

Matawan
 New Brunswick
 North Plainfield
 Point Pleasant Boro
 Rahway
 Raritan
 Red Bank Regional
 Rumson-Fair Haven
 Shore
 Spotswood

Central-Group 3

Allentown
 Freehold Boro
 Hamilton East
 Hamilton North
 Hamilton West
 Hightstown
 Hopewell Valley
 Jackson Liberty
 Lakewood

Lawrence
 Middletown South
 Monmouth Regional
 Monroe
 Neptune
 Northern Burlington
 Ocean Township
 Princeton
 Wall
 W Windsor-Plainsboro North

FRIDAY, MAY 21, 2010 ORDER OF RUNNING EVENTS – 4:00 P.M

- | | | | | |
|----|------------|-------|--------------------|------------------|
| 1. | GROUP 2, 3 | Girls | 400m LOW. HURDLES | (ON TIME) FINALS |
| | GROUP 2, 3 | Boys | 400m INTER HURDLES | (ON TIME) FINALS |
| 2. | GROUP 2 | Girls | 1600m RUN | (ON TIME) FINALS |
| 3. | GROUP 2, 3 | Girls | 100m DASH | *TRIALS |
| | GROUP 2, 3 | Boys | 100m DASH | *TRIALS |
| 4. | GROUP 3 | Girls | 1600m RUN | (ON TIME) FINALS |
| 5. | GROUP 2 | Boys | 1600m RUN | (ON TIME) FINALS |
| 6. | GROUP 2, 3 | Girls | 100m DASH | FINALS |
| 7. | GROUP 2, 3 | Boys | 100m DASH | FINALS |
| | GROUP 3 | Boys | 1600m RUN | (ON TIME) FINALS |
| 8. | GROUP 2, 3 | Girls | 400m DASH | (ON TIME) FINALS |
| | GROUP 2, 3 | Boys | 400m DASH | (ON TIME) FINALS |

*If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 4 and Event 5.

SATURDAY, MAY 22, 2010 - 11:00 A.M

ORDER OF RUNNING EVENTS.

- | | | | | |
|-----|------------|-------|-------------------|------------------|
| 1. | GROUP 2, 3 | Girls | 100m HIGH HURDLES | *TRIALS |
| | GROUP 2, 3 | Boys | 110m HIGH HURDLES | *TRIALS |
| 2. | GROUP 2, 3 | Girls | 800m RUN | (ON-TIME) FINALS |
| 3. | GROUP 2, 3 | Boys | 800m RUN | (ON TIME) FINALS |
| 4. | GROUP 2, 3 | Girls | 100m HIGH HURDLES | FINALS |
| | GROUP 2, 3 | Boys | 110m HIGH HURDLES | FINALS |
| 5. | GROUP 2 | Girls | 3200m RUN | (ON TIME) FINALS |
| 6. | GROUP 2, 3 | Girls | 200m DASH | TRIALS |
| | GROUP 2, 3 | Boys | 200m DASH | TRIALS |
| 7. | GROUP 3 | Girls | 3200m RUN | (ON TIME) FINALS |
| 8. | GROUP 2, 3 | Girls | 200m DASH | FINALS |
| | GROUP 2, 3 | Boys | 200m DASH | FINALS |
| 9. | GROUP 2 | Boys | 3200m RUN | (ON TIME) FINALS |
| | GROUP 3 | Boys | 3200m RUN | (ON TIME) FINALS |
| 10. | GROUP 2, 3 | Girls | 1600m RELAY | (ON TIME) FINALS |
| | GROUP 2, 3 | Boys | 1600m RELAY | (ON TIME) FINALS |

*If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 2 and Event 3.

Friday, MAY 21 2010

7 FIELD EVENTS start at 4:00

1. **Girls Discus (70')**
Gr. 2 followed by Gr. 3
2. **Boys Long Jump (16')**
Open Pit-Gr. 3 then 2
3. **Girls Triple Jump (26')**
Open Pit-Gr. 2 then 3
4. **Boys Shot Put (38')**
Gr. 2 followed by Gr. 3
5. **Girls Javelin (70')**
Gr. 3 followed by Gr. 2
6. **Boys High Jump (5'4")**
Gr. 2 (followed by Gr. 3)
7. **Pole Vault**
(7') Girls Gr. 3 followed by
(9') Boys Gr. 2

Saturday, MAY 22, 2010

7 FIELD EVENTS START at 11:00 AM

1. **Girls Shot Put (26')**
Gr. 3 followed by Gr. 2
2. **Boys Javelin (100')**
Gr. 3 followed by Gr. 2
3. **Boys Discus (100')**
Gr. 2 followed by Gr. 3
4. **Girls Long Jump (12')**
Open Pit- Gr. 2, THEN 3
5. **Boys Triple Jump (32')**
Open Pit- Gr. 2, THEN 3
6. **Girls High Jump (4'4")**
Gr. 3 followed by Gr. 2
7. **Pole Vault**
(7') Girls Gr. 2 followed by
(9') Boys Gr. 3

6. **Central – Hillsborough High School, Hillsborough**
Gr. I & IV 4:00 P.M. All Events, Friday, MAY 21, 2010 **1/8” Spikes for all-weather track & runways**
 11:00 A.M. All Events, Saturday, MAY 22, 2010 Javelin: Grass runway with metal toe board

Six-lane Track

Meet Director: Rich Refi Home Phone: (908) 904-9128
 School Phone (908) 874-4200
 E-mail: rrefi@hillsborough.k12.nj.us

CENTRAL Group ONE

Academy Charter Manville
 Asbury Park Metuchen
 Bound Brook Middlesex
 Brearley, David New Egypt
 Burlington City New Providence
 Dayton, Jonathan Point Pleasant Beach
 Dunellen Robbinsville
 Florence Roselle Park
 Highland Park South River
 Keyport Weequahic

CENTRAL Group FOUR

Brick Memorial Montgomery
 Colts Neck North Brunswick
 East Brunswick Old Bridge
 Freehold Township Pennsauken
 Hillsborough Rancocas Valley
 Howell Sayreville
 Jackson South Brunswick
 Manalapan Trenton
 Marlboro W Windsor-Plainsboro South
 Middletown North

FRIDAY, MAY 21, 2010 ORDER OF RUNNING EVENTS – 4:00 P.M

- | | | | | |
|----|------------|-------|---------------------|------------------|
| 1. | GROUP 1, 4 | Girls | 400m LOW HURDLES | (ON TIME) FINALS |
| | GROUP 1, 4 | Boys | 400m INTER. HURDLES | (ON TIME) FINALS |
| 2. | GROUP 1 | Girls | 1600 m RUN | (ON TIME) FINALS |
| 3. | GROUP 1, 4 | Girls | 100m DASH | *TRIALS |
| | GROUP 1, 4 | Boys | 100m DASH | *TRIALS |
| 4. | GROUP 4 | Girls | 1600m RUN | (ON TIME) FINALS |
| 5. | GROUP 1 | Boys | 1600m RUN | (ON TIME) FINALS |
| 6. | GROUP 1, 4 | Girls | 100m DASH | FINALS |
| | GROUP 1, 4 | Boys | 100m DASH | FINALS |
| 7. | GROUP 4 | Boys | 1600m RUN | (ON TIME) FINALS |
| 8. | GROUP 1, 4 | Girls | 400m DASH | (ON TIME) FINALS |
| | GROUP 1, 4 | Boys | 400m DASH | (ON TIME) FINALS |

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 4 and Event 5.**

Friday, May 23 2010
8 FIELD EVENTS Start at 4:00

- Girls Discus (70')**
Gr 4 followed by Gr 1
- Boys Long Jump (16')**
Open Pit Gr. 4, then 1
- Girls Triple Jump (26')**
Open Pit Gr. 1, then 4
- Boys Shot Put (38')**
Gr 4 followed by Gr 1
- Girls Javelin (70')**
Gr 1 followed by Gr 4
- Boys High Jump (5'4")**
Gr 1 followed by Gr 4
- Boys Pole Vault (9')** Gr. 4
- Girls Pole Vault (7')** Gr 1

SATURDAY, MAY 22, 2010 - 11:00 A.M ORDER OF RUNNING EVENTS.

- | | | | | |
|-----|------------|-------|-------------------|------------------|
| 1. | GROUP 1, 4 | Girls | 100m HIGH HURDLES | *TRIALS |
| | GROUP 1, 4 | Boys | 110m HIGH HURDLES | *TRIALS |
| 2. | GROUP 1, 4 | Girls | 800m RUN | (ON-TIME) FINALS |
| 3. | GROUP 1, 4 | Boys | 800m RUN | (ON TIME) FINALS |
| 4. | GROUP 1, 4 | Girls | 100m HIGH HURDLES | FINALS |
| | GROUP 1, 4 | Boys | 110m HIGH HURDLES | FINALS |
| 5. | GROUP 1 | Girls | 3200m RUN | (ON TIME) FINALS |
| 6. | GROUP 1, 4 | Girls | 200m DASH | TRIALS |
| | GROUP 1, 4 | Boys | 200m DASH | TRIALS |
| 7. | GROUP 4 | Girls | 3200m RUN | (ON TIME) FINALS |
| 8. | GROUP 1, 4 | Girls | 200m DASH | FINALS |
| | GROUP 1, 4 | Boys | 200m DASH | FINALS |
| 9. | GROUP 1, 4 | Boys | 3200m RUN | (ON TIME) FINALS |
| 10. | GROUP 1, 4 | Girls | 1600m RELAY | (ON TIME) FINALS |
| | GROUP 1, 4 | Boys | 1600m RELAY | (ON TIME) FINALS |

8 FIELD EVENTS Start at 11:00 AM

- Girls Shot Put (26')**
Gr 4 followed by Gr 1
- Boys Javelin (100')** Gr. 4
Gr 4 followed by Gr 1
- Boys Discus (100')** Gr 4
Gr 1 followed by Gr 4
- Girls Long Jump (12')**
Open Pit Gr 4, then Gr 1
- Boys Triple Jump (32')**
Open Pit: Gr 1, 4
- Girls High Jump (4'4")**
Gr 1 followed by Gr 4
- Girls Pole Vault (7')**Gr 4
- Boys Pole Vault (9)** Gr 1

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 2 and Event 3**

7. South - Buena Regional High School, Buena

Gr. 2 & 3, So NP B 4:00 P.M. All Events, Friday, MAY 21, 2010 ¼” Spikes for all-weather track & runways
11:00 A.M. All Events, Saturday, MAY 22, 2010 Javelin: Grass runway with metal toe board

Eight-Lane Track Meet Director: Jim Camburn Home Phone: (856) 435-1794

E-mail: jimjc@hotmail.com

SOUTH Group 2	Middle Township	Cherry Hill West	Pinelands	
Barneget	Overbrook	Clearview	Seneca	Oak Knoll**
Bridgeton	Pleasantville	Cumberland	Timber Creek	Oratory Prep*
Buena	Sterling	Deptford	Winslow Township	Our Lady of Mercy**
Camden	West Deptford	Hammonton	SOUTH NP-B	Pingry
Cinnaminson	Willingboro	Highland Regional	Benedictine Acad**	Sacred Heart
Collingswood	Wilson, Woodrow	Kingsway	Cardinal McCarrick	St Joseph's Hammon
Delran	Woodstown	Lacey	Gill St. Bernard's	Saint Patrick's
Delsea	SOUTH Group 3	Manchester Township	Holy Family**	Saint Rose
Haddon Heights	Brick Township	Moorestown	Kent Place**	Timothy Christian Acad
Haddonfield	Burlington Township	Ocean City	Marist	Trenton Catholic Acad
Lower Cape May	Central Regional	Pemberton	Mater Dei	Wildwood Catholic

FRIDAY, MAY 21, 2010 ORDER OF RUNNING EVENTS – 4:00 P.M

1. GROUP 2, 3, B Girls 400m LOW HURDLES (ON TIME) FINALS
- GROUP 2, 3, B Boys 400m INTER. HURDLES (ON TIME) FINALS
2. GROUP 2 Girls 1600m RUN (ON TIME) FINALS
3. GROUP 2, 3, B Girls 100m DASH *TRIALS
- GROUP 2, 3, B Boys 100m DASH *TRIALS
4. GROUP 3, B Girls 1600m RUN (ON TIME) FINALS
5. GROUP 2 Boys 1600m RUN (ON TIME) FINALS
6. GROUP 2, 3, B Girls 100m DASH FINALS
- GROUP 2, 3, B Boys 100m DASH FINALS
7. GROUP 3, B Boys 1600m RUN (ON TIME) FINALS
8. GROUP 2, 3, B Girls 400m DASH (ON TIME) FINALS
- GROUP 2, 3, B Boys 400m DASH (ON TIME) FINALS

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 4 and Event 5.**

11 FIELD EVENTS Start at 4:00pm

1. **Gr 3 Girls Discus (70')**
2. **Gr 2 Girls Discus (70')**
Followed by B
3. **Boys Long Jump (16')**
Open Pit Gr 3, then B, then 2
4. **Girls Triple Jump (26')**
Open Pit Gr 3, then 2, then B
5. **Gr 3 Boys Shot Put (38')**
6. **Gr 2 Boys Shot Put (38')**
Followed by Gr B
7. **Gr B Girls Javelin (70')**
8. **Gr 2 Girls Javelin**
Followed by Gr 3
9. **Boys High Jump (5'4")**
Gr. 2 and B concurrently
followed by Gr. 3
10. **Gr. 3 Boys Pole Vault (9')**
11. **Girls Pole Vault (7')**
Gr 2 and B concurrently

SATURDAY, MAY 22, 2010 - 11:00 A.M ORDER OF RUNNING EVENTS.

1. GROUP 2, 3, B Girls 100m HIGH HURDLES *TRIALS
- GROUP 2, 3, B Boys 110m HIGH HURDLES *TRIALS
2. GROUP 2, 3, B Girls 800m RUN (ON-TIME) FINALS
3. GROUP 2, 3, B Boys 800m RUN (ON TIME) FINALS
4. GROUP 2, 3, B Girls 100m HIGH HURDLES FINALS
- GROUP 2, 3, B Boys 110m HIGH HURDLES FINALS
5. GROUP 2 Girls 3200m RUN (ON TIME) FINALS
6. GROUP 2, 3, B Girls 200m DASH TRIALS
- GROUP 2, 3, B Boys 200m DASH TRIALS
7. GROUP 3, B Girls 3200m RUN (ON TIME) FINALS
8. GROUP 2, 3, B Girls 200m DASH FINALS
- GROUP 2, 3, B Boys 200m DASH FINALS
9. GROUP 2 Boys 3200m RUN (ON TIME) FINALS
- GROUP 3, B Boys 3200m RUN (ON TIME) FINALS
10. GROUP 2, 3, B Girls 1600m RELAY (ON TIME) FINALS
- GROUP 2, 3, B Boys 1600m RELAY (ON TIME) FINALS

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 2 and Event 3**

11 FIELD EVENTS start at 11:00 AM

1. **Gr 2 Girls Shot Put (26')**
2. **Gr 3 Girls Shot Put (26')**
Followed by Gr B
3. **Gr B Boys Javelin (100')**
4. **Gr 2 Boys Javelin (100')**
Followed by Gr. 3
5. **Gr 2 Boys Discus (100')**
6. **Gr 3 Boys Discus (100')**
Followed by Gr B
7. **Girls Long Jump (12')**
Open Pit – Gr. 3 then B, then 2
8. **Boys Triple Jump (32')**
Open Pit – Gr. 3, then 2, then B
9. **Girls High Jump (4'4")** Gr 3
followed by Gr 2 & B concurrently
10. **Gr. 3 Girls Pole Vault (7')**
11. **Boys Pole Vault (9')**
Gr 2 & B concurrently

8. **South - Egg Harbor Twp High School, Egg Harbor Township**

Gr. 1 & 4 4:00 P.M. All Events, Friday, MAY 22, 2010 **1/8" Spikes on all-weather track and runways**

11:00 A.M. All Events, Saturday, MAY 23, 2010 **Javelin: All-weather runway with a painted foul line**

Eight-Lane Track

1/8" spikes on Javelin runway.

Meet Director: Ed Colona Home Phone: (609) 386-5463

E-mail: ecolona@comcast.net

South Group 1

Audubon
Camden Co Tech Penns
Clayton
Gateway
Glassboro
Gloucester City
Haddon Township
Lindenwold
Maple Shade
Palmyra
Paulsboro

Penns Grove
Pennsville
Pitman
Riverside
Salem
Schalick, Arthur P.
Wildwood
Woodbury

SOUTH Group 4

Absegami
Atlantic City
Cherokee

Cherry Hill East
Eastern
Egg Harbor
Lenape
Mainland
Millville
Oakcrest
Shawnee
Southern Regional
Toms River East
Toms River North
Toms River South

Triton
Vineland
Washington
Williamstown
SOUTH NP-A
Bishop Ahr
Bishop Eustace
Camden Catholic
Christian Brothers
Gloucester Catholic
Holy Cross

Holy Spirit
Monsignor Donovan
Mount Saint Mary**
Notre Dame
Paul VI
Red Bank Catholic
Saint Augustine*
Saint John Vianney
St Joseph's Metuchen*
Union Catholic

FRIDAY, MAY 21, 2010 ORDER OF RUNNING EVENTS - 4:00 P.M

- | | | | | |
|----|---------------|-------|---------------------|------------------|
| 1. | GROUP 1, 4, A | Girls | 400m LOW HURDLES | (ON TIME) FINALS |
| | GROUP 1, 4, A | Boys | 400m INTER. HURDLES | (ON TIME) FINALS |
| 2. | GROUP 1 | Girls | 1600m RUN | (ON TIME) FINALS |
| 3. | GROUP 1, 4, A | Girls | 100m DASH | *TRIALS |
| | GROUP 1, 4, A | Boys | 100m DASH | *TRIALS |
| 4. | GROUP 4, A | Girls | 1600m RUN | (ON TIME) FINALS |
| 5. | GROUP 1 | Boys | 1600m RUN | (ON TIME) FINALS |
| 6. | GROUP 1, 4, A | Girls | 100m DASH | FINALS |
| | GROUP 1, 4, A | Boys | 100m DASH | FINALS |
| 7. | GROUP 4, A | Boys | 1600m RUN | (ON TIME) FINALS |
| 8. | GROUP 1, 4, A | Girls | 400m DASH | (ON TIME) FINALS |
| | GROUP 1, 4, A | Boys | 400m DASH | (ON TIME) FINALS |

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 4 and Event 5.**

**Friday, May 23 2010
9 FIELD EVENTS Start at 4:00**

- Girls Discus (70')** Gr. 4
- Girls Discus (70')** Gr 1 followed by A
- Boys Long Jump (16')** Open Pit Gr. 4, then 1, then A
- Girls Triple Jump (26')** Open Pit Gr. 1, then A, then 4
- Boys Shot Put (38')** Gr 4 followed by Gr 1, then Gr A
- Girls Javelin (70')** Gr A followed by Gr 1 then Gr 4
- Boys High Jump (5'4")** Gr 4 Then Gr 1 & A concurrently
- Boys Pole Vault (9')** Gr. 4
- Girls Pole Vault (7')** Gr 1 CONCURRENTLY with Gr A

SATURDAY, MAY 22, 2010 - 11:00 A.M ORDER OF RUNNING EVENTS.

- | | | | | |
|-----|---------------|-------|-------------------|------------------|
| 1. | GROUP 1, 4, A | Girls | 100m HIGH HURDLES | *TRIALS |
| | GROUP 1, 4, A | Boys | 110m HIGH HURDLES | *TRIALS |
| 2. | GROUP 1, 4, A | Girls | 800m RUN | (ON-TIME) FINALS |
| 3. | GROUP 1, 4, A | Boys | 800m RUN | (ON TIME) FINALS |
| 4. | GROUP 1, 4, A | Girls | 100m HIGH HURDLES | FINALS |
| | GROUP 1, 4, A | Boys | 110m HIGH HURDLES | FINALS |
| 5. | GROUP 1 | Girls | 3200m RUN | (ON TIME) FINALS |
| 6. | GROUP 1, 4, A | Girls | 200m DASH | TRIALS |
| | GROUP 1, 4, A | Boys | 200m DASH | TRIALS |
| 7. | GROUP 4, A | Girls | 3200m RUN | (ON TIME) FINALS |
| 8. | GROUP 1, 4 A | Girls | 200m DASH | FINALS |
| | GROUP 1, 4, A | Boys | 200m DASH | FINALS |
| 9. | GROUP 1, 4, A | Boys | 3200m RUN | (ON TIME) FINALS |
| 10. | GROUP 1, 4, A | Girls | 1600m RELAY | (ON TIME) FINALS |
| | GROUP 1, 4, A | Boys | 1600m RELAY | (ON TIME) FINALS |

***If F.A.T. is not available, quarterfinals will follow trials immediately and semifinals will be run between Event 2 and Event 3**

9 FIELD EVENTS Start at 11:00 AM

- Girls Shot Put (26')** Gr 4 followed by Gr 1, then Gr. A
- Boys Javelin (100')** Gr. 4 followed by Gr A, then Gr 1
- Boys Discus (100')** Gr A
- Boys Discus (100')** Gr. 1 followed by Gr 4
- Girls Long Jump (12')** Open Pit Gr A, then 1, then 4
- Boys Triple Jump (32')** Open Pit: Gr 1, then A, then 4
- Girls High Jump (4'4")** Gr 4 Then Gr 1 & A concurrently
- Girls Pole Vault (7')** Gr 4
- Boys Pole Vault (9)** Gr 1 CONCURRENTLY with Gr A

K. CONTESTANT NUMBERS - ALL MEETS

1. A different **computer NUMBER WILL BE ASSIGNED IN SECTIONAL AND GROUP MEETS to each athlete.**
2. These numbers must appear on all entry cards.
 - a. Running Event Cards: *Each contestant's computer number must appear on his/her seed card on the entry level. 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).*
3. **Seeding procedures** for the Sectional, the State Group Championships, and the State Championships have been established by the NJSIAA Outdoor Track Committee in cooperation with the Meet Directors. When an event has been declared closed, there will be no additions or re-seeding. In all meets (Sectional, Group Meets, and State Championships) the best seeded sections will run LAST. The best flights in the throwing events and the Long Jump and Triple Jump will throw/jump last, with the best eight (8) making it into the finals where they will be re-seeded and thrown/jumped in the order worst to best.
 - a. 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 in to an official at the end of a race, regardless of a runner's place in that race.
 - b. Coaches are to complete a SEED CARD/NAME TAG for the Relay and for each contestant in both field and running events and indicate the best time/height/distance for the current season. COACHES MUST BE PREPARED TO DOCUMENT THESE SEEDS UPON REQUEST (I. E. NEWSPAPER CLIPPINGS OR MEET RESULTS).
 - (i) The relay teams/contestants will present their SEED CARD/NAME TAGS 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.
 - (ii) If no time is provided on a SEED CARD/NAME TAG, the relay team/contestant will not be seeded. Seeding for semifinal heats will be determined by place in the trials, **if semi-finals** are being used. **Generally, where fully-automatic timing [F.A.T.]is available, ONLY TRIALS AND FINALS WILL BE RUN, OTHERWISE THERE COULD BE TRIALS, QUARTERFINALS, SEMIFINALS AND FINALS, depending on the number of entries. In these cases, advancement is determined by place only.**
 - (iii) **F.A.T. sites: Runners will advance on time. The 8 fastest (6 on a six-lane track) from the trials will advance to the finals.**
 - (iv) A new SEED CARD/NAME TAG is not needed in races having more than one round (trials, semi-finals, finals). The clerks will return the original card to the contestants each time they advance.
Once a contestant checks in, the contestant is considered to have competed, whether or not he/she has actually competed.
 - (v) IF SEED TIMES ARE NOT CONSISTENT WITH PERFORMANCES, THE REFEREE MAY DISQUALIFY THE COACH FROM THE MEET UNDER THE UNSPORTSMANLIKE CONDUCT RULE. This could require the coach to make an appearance before the NJSIAA Controversies Committee where additional penalties may be imposed.
4. The Relay Card must also contain the school code along with up to eight (8) computer numbers for the eight (8) entrants into the relay (four [4] running that day and up to four [4] alternates). On the entry level the runners listed in the first four positions of the 4x400m Relay card will be declared as the actual competitors when the relay team is checked in.
The alternates are listed primarily for use on the next level. However, there are circumstances, such as, but not limited to, a referee-ordered re-run or a recall of a race before the 100 meter mark is reached, where a coach may use an alternate (with the referee's permission) before the re-run or re-start of the same race. Under no circumstances may an alternate be used once the race is in progress.

If the relay team advances to the next round, any four (4) of the eight (8) names listed on the relay seed card may run in the relay. If alternates were not listed on the original seed card, substitutes will not be permitted in later rounds.

NOTE: Being listed as an alternate on the 4x400 relay card does NOT count as an event for the athlete. It counts as an event only if the athlete actually runs.

5. Field Event Cards. Names and computer numbers must appear on the field event cards along with seeding information.
6. Pole Vault Card. **THERE ARE SPECIAL CARDS FOR ALL FIELD EVENTS AND A REQUIRED POLE VAULT CERTIFICATION CARD.**

NOTE: *ONLY IF COACHES FILL OUT THE CARDS COMPLETELY, using the athlete's computer number, AND AS LEGIBLY AS POSSIBLE, 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.*

L. 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.

M. OFFICIALS

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

N. SCORING

Points will be scored on the basis of 10, 8, 6, 4, 2, 1 for first, second, third, fourth, fifth, and sixth place respectively. Ties for sixth (6th) place will be scored as a fraction of the one (1) point.

O. SECTIONAL AWARDS

1. Trophies for each Sectional Champion in each Group plus thirty-five (35) certificates.
2. Individual Medals for the first SIX (6) Places in each event in each Section and each Group

P. ADMISSIONS - SECTIONALS

1. Adults TBA
Students (K-12) & Seniors TBA

2. Administrative and Supervisory Personnel of competing schools will be admitted upon identification to the gate personnel.

3. MANAGERS AND COACHES MUST HAVE PASSES, AS PROVIDED, FOR ADMISSION.

- a. At the sectional level for Public Schools (Group Level for Non-Public Schools), athletes fully dressed in school-issued uniforms will be admitted free. Coaches and managers must be on the gate list. (These names will be taken from page 2 of the Entry Form.)
- b. Tickets are NOT required for admission to the State Group Meet for athletes, **BUT ALL COACHES AND TEAM MANAGERS MUST HAVE PASSES**. They are included in your packets. **THESE PASSES MUST BE SAVED FOR USE IN THE NEXT ROUND OF THE TOURNAMENT.**
- c. **ONLY ATHLETES FULLY DRESSED IN SCHOOL-ISSUED UNIFORMS** WILL BE ADMITTED FREE. All others will be charged the student admission fee if not in uniform. IN OTHER WORDS, THE **SCHOOL UNIFORM IS THE ATHLETE'S TICKET.**
- d. ALL SCHOOLS - STATE CHAMPIONSHIPS
The same procedures for PUBLIC SCHOOLS at the GROUP MEET will be used at the State Championships: Athletes MUST BE IN UNIFORM and coaches are to pick up packets containing passes for admission.

NOTE: Only those coaches and managers listed on the entry forms submitted to the NJSIAA Office will be admitted free.

III. **State Group Championships** – All procedures and events listed under “2. Sectionals” apply unless modified below:

A. Venues

1. SITE: Egg Harbor Township High School **GROUPS II, IV, Non-Public B**

DATE: FRIDAY, MAY 28, 2010 – 4:00 PM - Field, 4:00 PM - Running
SATURDAY, May 29, 2010 (Rain date: Sun., May 30, 2010)
11:00 AM - FIELD EVENTS
11:00 AM - RUNNING EVENTS

MEET DIRECTOR: ED COLONA HOME PHONE: (609) 386-5463
e-mail: ecolona@comcast.net

2. SITE: South Plainfield High School, South Plainfield, NJ - **GROUPS I, III, Non-Public A**

DATE: FRIDAY, MAY 28, 2010 – 4:00 PM - Field, 4:00 PM - Running
SATURDAY, May 29, 2010 (Rain date: Sun., May 30, 2010)
11:00 AM - FIELD EVENTS
11:00 AM - RUNNING EVENTS

MEET DIRECTOR: DON DANSER WORK PHONE: (609) 259-2776
CELL PHONE: (609) 947-5593
E-mail: ddanser@njsiaa.org

B. Seed Cards.

1. In the **State Group** and **State Championship** meets, for the RUNNING EVENTS ONLY, pre-printed name tags/seed cards 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.

2. **Seeding** for the Public State Groups will be determined on the basis of the results of the previous meets' times in the finals of the running events, respectively, and will constitute the major criterion. Contestants will be seeded strictly on time from previous meets (sectionals to groups for public only and groups to State Championships for all schools) unless the coach of a sectional winner or group winner can show a verified faster time. This must be done **NO LATER THAN 12 NOON MAY 25, 2010 FOR THE GROUP MEET.**

NOTE: When Fully Automatic Times are NOT available, hand-held times will be converted as per National Federation Rules.

- C. Field Events. All contestants will have all legal attempts measured. In the Group Meet, the three throwing events and the long and triple jumps will be divided into two (2) flights, with the better flight throwing/jumping last. As in the entry level meets, each contestant will be given three (3) attempts. The best eight (8) contestants will be given an additional three (3) attempts. The eight (8) finalists will be seeded worst to best before the start of the final three (3) attempts.

D. State Group Awards

1. Trophies for each Group Champion plus thirty-five (35) certificates.
2. Thirty-five (35) Runners-up Certificates for the 2nd place team.
3. Individual Medals for the first SIX (6) Places in each event in each Group.

E. Admissions – State Groups

1. Adults TBA
2. Students (K-12) & Seniors TBA
3. Administrative and Supervisory Personnel of competing schools will be admitted upon identification to the gate personnel.

4. MANAGERS AND COACHES MUST HAVE PASSES, AS PROVIDED, FOR ADMISSION.

- a. Athletes fully dressed in school-issued uniforms will be admitted free. Coaches and managers must be on the gate list. (These names will be taken from page 2 of the Entry Form.)
- b. Tickets are NOT required for admission to the State Group Meet for athletes, **BUT ALL COACHES AND TEAM MANAGERS [ONLY STUDENTS CAN SERVE AS MANAGERS] MUST HAVE PASSES. They WERE included in your packets AT THE SECTIONAL MEETS.**
- c. **ONLY ATHLETES FULLY DRESSED IN SCHOOL-ISSUED UNIFORMS** WILL BE ADMITTED FREE. All others will be charged the student admission fee if not in uniform. IN OTHER WORDS, THE **SCHOOL UNIFORM IS THE ATHLETE'S TICKET.**
- d. **ALL SCHOOLS - STATE CHAMPIONSHIPS**
The same procedures USED at the GROUP MEET will be used at the State Championships: Athletes MUST BE IN UNIFORM and coaches are to pick up packets. COACHES AND MANAGERS passes for admission **WERE included in your packets AT THE SECTIONAL MEETS.**

NOTE: Only those coaches and STUDENT managers listed on the entry forms submitted to the NJSIAA Office will be admitted free.

2010 NJSIAA/STAR-LEDGER/M-F ATHLETIC OUTDOOR TRACK AND FIELD

STATE GROUP CHAMPIONSHIPS

EIGHT LANE TRACK

STARTING BLOCKS WILL BE SUPPLIED

South Plainfield High School, South Plainfield, New Jersey

1/4" Spikes on track and runways

Javelin Grass with metal toe board

FRIDAY, MAY 28, 2010

ORDER OF RUNNING EVENTS - 4:00 P.M.

1.	GROUP 1, 3, A GROUP 1, 3, A	GIRLS 400m LOW HURDLES BOYS 400m INTER. HURDLES	(ON TIME) FINALS (ON TIME) FINALS
2.	GROUP 3 GROUP 3	GIRLS 1600m RUN BOYS 1600m RUN	(ON TIME) FINALS (ON TIME) FINALS
3.	GROUP 1, 3, A GROUP 1, 3, A	GIRLS 100m DASH BOYS 100m DASH	TRIALS TRIALS
4.	GROUP 1 GROUP 1	GIRLS 1600m RUN BOYS 1600m RUN	(ON TIME) FINALS (ON TIME) FINALS
5.	GROUP 1, 3, A GROUP 1, 3, A	GIRLS 100m DASH BOYS 100m DASH	FINALS FINALS
6.	GROUP A GROUP A	GIRLS 1600m RUN BOYS 1600m RUN	(ON TIME) FINALS (ON TIME) FINALS
7.	GROUP 1, 3, A GROUP 1, 3, A	GIRLS 400m DASH BOYS 400m DASH	FINALS FINALS

ORDER OF FIELD EVENTS - 10 events starting at 4:00 P.M.

1.	GROUP 1, A	GIRLS DISCUS	FINALS (3 Preliminary, 3 Final)
2.	GROUP 3	GIRLS DISCUS	FINALS (3 Preliminary, 3 Final)
3.	GROUP 3, A, 1	BOYS LONG JUMP	FINALS (3 Preliminary [OPEN PIT], 3 Final)
4.	GROUP 1, A, 3	GIRLS TRIPLE JUMP	FINALS (3 Preliminary [OPEN PIT], 3 Final)
5.	GROUP 1, A, 3	BOYS SHOT PUT	FINALS (3 Preliminary, 3 Final)
6.	GROUP A, 1, 3	GIRLS JAVELIN	FINALS (3 Preliminary, 3 Final)
7.	GROUP A, 1, 3	BOYS HIGH JUMP	FINALS
8.	GROUP 3	GIRLS POLE VAULT	FINALS
9&10.	GROUP A & 1 (Jumping concurrently)	BOYS POLE VAULT	FINALS

**** The five-alive system will be used IN POLE VAULT AND HIGH JUMP.**

NOTE: ALL LEGAL ATTEMPTS IN THE SHOT, DISCUS, JAVELIN, TRIPLE JUMP, AND LONG JUMP WILL BE MEASURED. STARTING HEIGHTS IN THE HIGH JUMP AND POLE VAULT WILL BE NO HIGHER THAN THE 12TH BEST PERFORMANCE FROM SECTIONALS.

COACHES: COACHES AND STUDENT MANAGERS MUST HAVE A PASS TO GAIN FREE ADMISSION TO THIS MEET. COACHES WERE TO PICK UP THE PASSES FOR THEIR STAFF AND MANAGERS [WHO MUST BE WITH THEIR COACH] AT THE SECTION MEET. ATHLETES MUST BE ACCOMPANIED BY A COACH AND FULLY **DRESSED IN A SCHOOL-ISSUED UNIFORM** TO BE ADMITTED FREE.

ATTENTION: NO RADIOS OR TAPE RECORDERS ARE PERMITTED AT ANY OF THE THREE (3) CHAMPIONSHIP MEETS VIOLATORS WILL BE DISQUALIFIED AND/OR EJECTED FROM THE STADIUM.

REMINDER: Smoking on school property is prohibited by New Jersey State law.

NO ANIMALS/PETS ALLOWED AT ANY SITE.

Preparation of hot food is not permitted at any meet.

Tarps/tents are allowed only in the highest four rows of the bleachers.

2010 NJSIAA/STAR-LEDGER/M-F ATHLETIC OUTDOOR TRACK AND FIELD

STATE GROUP CHAMPIONSHIPS

South Plainfield High School, South Plainfield, New Jersey

Eight-lane Track

1/4" Spikes on track and runways

STARTING BLOCKS WILL BE SUPPLIED

Javelin runway: Grass with metal toe board

SATURDAY, MAY 29, 2010

ORDER OF RUNNING EVENTS - 11:00 A.M.

1.	GROUP 1, 3, A	GIRLS	800m RUN	(ON TIME) FINALS
	GROUP 1, 3, A	BOYS	800m RUN	(ON TIME) FINALS
2.	GROUP 1, 3, A	GIRLS	100m HIGH HURDLES	TRIALS
	GROUP 1, 3, A	BOYS	110m HIGH HURDLES	TRIALS
3.	GROUP 1	GIRLS	3200m RUN	(ON TIME) FINALS
	GROUP 1	BOYS	3200m RUN	
4.	GROUP 1, 3, A	GIRLS	100m HIGH HURDLES	FINALS
	GROUP 1, 3, A	BOYS	110m HIGH HURDLES	FINALS
5.	GROUP 3	GIRLS	3200m RUN	(ON TIME) FINALS
	GROUP 3	BOYS	3200m RUN	(ON TIME) FINALS
6.	GROUP 1, 3, A	GIRLS	200m DASH	FINALS
	GROUP 1, 3, A	BOYS	200m DASH	FINALS
7.	GROUP A	GIRLS	3200m RUN	(ON TIME) FINALS
	GROUP A	BOYS	3200m RUN	(ON TIME) FINALS
8.	GROUP 1, 3	GIRLS	1600m RELAY	(ON TIME) FINALS
	GROUP 1, 3	BOYS	1600m RELAY	(ON TIME) FINALS
9.	GROUP A	GIRLS	1600m RELAY	(ON TIME) FINALS
	GROUP A	BOYS	1600m RELAY	(ON TIME) FINALS

ORDER OF FIELD EVENTS - 10 events starting at 11:00 A.M

1.	GROUP A, 3, 1	GIRLS	SHOT PUT	FINALS (3 Preliminary, 3 Final)
2.	GROUP 1, A, 3	BOYS	JAVELIN	FINALS (3 Preliminary, 3 Final)
3.	GROUP 3	BOYS	DISCUS	FINALS (3 Preliminary, 3 Final)
4.	GROUP A, 1	BOYS	DISCUS	FINALS (3 Preliminary, 3 Final)
5.	GROUP 1, 3, A	GIRLS	LONG JUMP	FINALS (3 Preliminary [OPEN PIT], 3 Final)
6.	GROUP 3, A, 1	BOYS	TRIPLE JUMP	FINALS (3 Preliminary [OPEN PIT], 3 Final)
7.	GROUP A, 1, 3	GIRLS	HIGH JUMP	FINALS
8.	GROUP 3	BOYS	POLE VAULT	FINALS
9 & 10.	GROUP 1, A (JUMP CONCURRENTLY)	GIRLS	POLE VAULT	FINALS

**** The five-alive system will be used in both high jump and pole vault.**

NOTE: ALL LEGAL ATTEMPTS IN THE SHOT, DISCUS, JAVELIN, TRIPLE JUMP, AND LONG JUMP WILL BE MEASURED. STARTING HEIGHTS IN THE HIGH JUMP AND POLE VAULT WILL BE NO HIGHER THAN THE 12TH BEST PERFORMANCE FROM SECTIONALS.

COACHES: COACHES AND MANAGERS MUST HAVE A PASS TO GAIN FREE ADMISSION TO THIS MEET. COACHES WERE TO PICK UP THE PASSES FOR THEIR STAFF AND MANAGERS [WHO MUST BE WITH THEIR COACH] AT THE SECTIONALS. ATHLETES MUST BE ACCOMPANIED BY A COACH AND FULLY **DRESSED IN A SCHOOL-ISSUED UNIFORM** TO BE ADMITTED FREE.

ATTENTION: NO RADIOS OR TAPE RECORDERS ARE PERMITTED AT ANY OF THE THREE (3) CHAMPIONSHIP MEETS VIOLATORS WILL BE DISQUALIFIED AND/OR EJECTED FROM THE STADIUM.

REMINDER: Smoking on school property is prohibited by New Jersey State law.

NO ANIMALS/PETS ALLOWED AT ANY SITE.

Preparation of hot food is not permitted at any meet.

Tarps/tents are allowed only in the highest four rows of the bleachers.

2010 NJSIAA/STAR-LEDGER/M-F ATHLETIC OUTDOOR TRACK AND FIELD

STATE GROUP CHAMPIONSHIPS

EGG HARBOR TOWNSHIP HIGH SCHOOL

8-lane track 1/8" spikes on track and runways, including Javelin

JAVELIN runway: All weather with painted toe board

STARTING BLOCKS WILL BE SUPPLIED

FRIDAY, MAY 28, 2010

ORDER OF RUNNING EVENTS - 4:00 P.M.

1.	GROUP 2, 4, B GROUP 2, 4, B	GIRLS 400m LOW. HURDLES BOYS 400m INTER HURDLES	(ON TIME) FINALS (ON TIME) FINALS
2.	GROUP 2 GROUP 2	GIRLS 1600m RUN BOYS 1600m RUN	(ON TIME) FINALS (ON TIME) FINALS
3.	GROUP 2, 4, B GROUP 2, 4, B	GIRLS 100m DASH BOYS 100m DASH	TRIALS TRIALS
4.	GROUP 4 GROUP 4	GIRLS 1600m RUN BOYS 1600m RUN	(ON TIME) FINALS (ON TIME) FINALS
5.	GROUP 2, 4, B GROUP 2, 4, B	GIRLS 100m DASH BOYS 100m DASH	FINALS FINALS
6.	GROUP B GROUP B	GIRLS 1600m RUN BOYS 1600m RUN	(ON TIME) FINALS (ON TIME) FINALS
7.	GROUP 2, 4, B GROUP 2, 4, B	GIRLS 400m DASH BOYS 400m DASH	(ON TIME) FINALS (ON TIME) FINALS

ORDER OF FIELD EVENTS - 10 STARTING AT 4:00 P.M.

1.	GROUP 2, B	GIRLS DISCUS	FINALS (3 Preliminary, 3 Final)
2.	GROUP 4	GIRLS DISCUS	FINALS (3 Preliminary, 3 Final)
3.	GROUP B, 2, 4	BOYS LONG JUMP	FINALS (3 Preliminary [OPEN PIT], 3 Final)
4.	GROUP 4, B, 2	GIRLS TRIPLE JUMP	FINALS (3 Preliminary [OPEN PIT], 3 Final)
5.	GROUP B, 4, 2	BOYS SHOT PUT	FINALS (3 Preliminary, 3 Final)
6.	GROUP B, 2, 4	GIRLS JAVELIN	FINALS (3 Preliminary, 3 Final)
7.	GROUP 2, 4, B	BOYS HIGH JUMP	FINALS
8&9.	GROUP 2, B (Concurrently)	BOYS POLE VAULT	FINALS
10.	GROUP 4	GIRLS POLE VAULT	FINALS

**** The five-alive system will be used IN POLE VAULT AND HIGH JUMP.**

NOTE: **ALL LEGAL ATTEMPTS IN THE SHOT, DISCUS, JAVELIN, TRIPLE JUMP, AND LONG JUMP** WILL BE MEASURED. STARTING HEIGHTS IN THE HIGH JUMP AND POLE VAULT WILL BE NO HIGHER THAN THE 12TH BEST PERFORMANCE FROM SECTIONALS.

COACHES: COACHES AND MANAGERS MUST HAVE A PASS TO GAIN FREE ADMISSION TO THIS MEET. COACHES WERE TO PICK UP THE PASSES FOR THEIR STAFF AND MANAGERS [WHO MUST BE WITH THEIR COACH] AT THE SECTIONALS. ATHLETES MUST BE ACCOMPANIED BY A COACH AND FULLY **DRESSED IN A SCHOOL-ISSUED UNIFORM** TO BE ADMITTED FREE.

ATTENTION: NO RADIOS OR TAPE RECORDERS ARE PERMITTED AT ANY OF THE THREE (3) CHAMPIONSHIP MEETS VIOLATORS WILL BE DISQUALIFIED AND/OR EJECTED FROM THE STADIUM.

REMINDER: Smoking on school property is prohibited by New Jersey State law.

NO ANIMALS/PETS ALLOWED AT ANY SITE.

Preparation of hot food is not permitted at any meet.

Tarps/tents are allowed only in the highest four rows of the bleachers.

2010 NJSIAA/STAR-LEDGER/M-F ATHLETIC PUBLIC OUTDOOR TRACK AND FIELD

STATE GROUP CHAMPIONSHIPS

EGG HARBOR TOWNSHIP HIGH SCHOOL

8-lane track 1/8" spikes on track and runways, including Javelin

JAVELIN runway: All weather with painted toe board

STARTING BLOCKS WILL BE SUPPLIED

SATURDAY, MAY 29, 2010

ORDER OF RUNNING EVENTS - 11:00 A.M.

1.	GROUP 2, 4, B	GIRLS	800m RUN	(ON TIME) FINALS
	GROUP 2, 4, B	BOYS	800m RUN	(ON TIME) FINALS
2.	GROUP 2, 4, B	GIRLS	100m HIGH HURDLES	TRIALS
	GROUP 2, 4, B	BOYS	110m HIGH HURDLES	TRIALS
3.	GROUP 2	GIRLS	3200m RUN	(ON TIME) FINALS
	GROUP 2	BOYS	3200m RUN	(ON TIME) FINALS
4.	GROUP 2, 4, B	GIRLS	100m HIGH HURDLES	FINALS
	GROUP 2, 4, B	BOYS	110m HIGH HURDLES	FINALS
5.	GROUP 4	GIRLS	3200m RUN	(ON TIME) FINALS
	GROUP 4	BOYS	3200m RUN	(ON TIME) FINALS
6.	GROUP 2, 4, B	GIRLS	200m DASH	FINALS
	GROUP 2, 4, B	BOYS	200m DASH	FINALS
7.	GROUP B	GIRLS	3200m RUN	(ON TIME) FINALS
	GROUP B	BOYS	3200m RUN	(ON TIME) FINALS
8.	GROUP 2, 4	GIRLS	1600m RELAY	(ON TIME) FINALS
	GROUP 2, 4	BOYS	1600m RELAY	(ON TIME) FINALS
9.	GROUP B	GIRLS	1600m RELAY	(ON TIME) FINALS
	GROUP B	BOYS	1600m RELAY	(ON TIME) FINALS

ORDER OF FIELD EVENTS

10 EVENTS STARTING AT 11:00 A.M

1.	GROUP 2, B	BOYS DISCUS	FINALS (3 Preliminary, 3 Final)
2.	GROUP 4	BOYS DISCUS	FINALS (3 Preliminary, 3 Final)
3.	GROUP B, 2, 4	GIRLS LONG JUMP	FINALS (3 Preliminary [OPEN PIT], 3 Final)
4.	GROUP 4, B, 2	BOYS TRIPLE JUMP	FINALS (3 Preliminary [OPEN PIT], 3 Final)
5.	GROUP 2 B, 4	GIRLS SHOT PUT	FINALS (3 Preliminary, 3 Final)
6.	GROUP B, 2, 4	BOYS JAVELIN	TRIALS (3 Preliminary, 3 Final)
7.	GROUP 2, 4, B	GIRLS HIGH JUMP	FINALS
8.&9.	GROUP 2, B, (Concurrently)	GIRLS POLE VAULT	FINALS
10.	GROUP 4	BOYS POLE VAULT	FINALS

**** The five-alive system will be used IN POLE VAULT AND HIGH JUMP.**

NOTE: ALL LEGAL ATTEMPTS IN THE SHOT, DISCUS, JAVELIN, TRIPLE JUMP, AND LONG JUMP WILL BE MEASURED. STARTING HEIGHTS IN THE HIGH JUMP AND POLE VAULT WILL BE NO HIGHER THAN THE 12TH BEST PERFORMANCE FROM SECTIONALS.

COACHES: COACHES AND MANAGERS MUST HAVE A PASS TO GAIN FREE ADMISSION TO THIS MEET. COACHES WERE TO PICK UP THE PASSES FOR THEIR STAFF AND MANAGERS [WHO MUST BE WITH THEIR COACH] AT THE SECTIONALS. ATHLETES MUST BE ACCOMPANIED BY A COACH AND FULLY **DRESSED IN A SCHOOL-ISSUED UNIFORM** TO BE ADMITTED FREE.

ATTENTION: NO RADIOS OR TAPE RECORDERS ARE PERMITTED AT ANY OF THE THREE (3) CHAMPIONSHIP MEETS VIOLATORS WILL BE DISQUALIFIED AND/OR EJECTED FROM THE STADIUM.

REMINDER: Smoking on school property is prohibited by New Jersey State law.

NO ANIMALS/PETS ALLOWED AT ANY SITE.

Preparation of hot food is not permitted at any meet.

Tarps/tents are allowed only in the highest four rows of the bleachers.

IV. STATE CHAMPIONSHIP MEET

DATE: THURSDAY, JUNE 3, 2010 (Rain Date - June 4, 2010)

TIME: 3:30 PM Field Events
3:30 PM Running Events

NOTE: SCHOOLS WILL NOT BE PERMITTED ON SITE UNTIL 2:30 P.M.

SITE: South Plainfield High School, South Plainfield, NJ

Site Manager: Bill Milone
MEET DIRECTOR: DON DANSER

All rules and regulations used for the Sectional and State Group Meet apply to the State Championship Meet unless modified below:

- A. Field Events. In the State Championship Meet (June 3) all contestants will have all legal attempts measured. The three throwing events will be divided into two (2) flights, with the better flight throwing last. The Long Jump AND TRIPLE JUMP in all meets will be run using the standard method. Each contestant will be given three (3) attempts. The best eight (8) contestants will be given an additional three (3) attempts. The eight (8) finalists will be re-seeded worst to best before the start of the final three (3) attempts. **Long Jump and Triple Jump participants must wear their assigned numbers on the front of their jerseys. Shot, Discus, Javelin, Pole Vault and High Jump contestants may wear the numbers either on the front or on the back of their jerseys.**
- B. Seeding. State Championship (Meet of Champions) seeding will be on time, unless coaches of State Group Winners file for advancement in seeding, based on a VERIFIED, previous performance. **This must be done BY 12 NOON ON MAY 31, 2010.**
- C. FOR RUNNING EVENTS ONLY, the clerks will assign heat and lane assignments. They will distribute to the athletes appropriate hip **number. The number is to be worn on the left hip. At the request of college coaches and the press, each contestant will also wear his/her computer number on the front of his/her jersey.**
- D. Awards
Individual Medals for the first Eight (8) Places in each event in each Group.
- E. Admissions
 1. Adults TBA
 2. Students (K-12) & Seniors TBA
 3. Administrative and Supervisory Personnel of competing schools will be admitted upon identification to the gate personnel.
 4. MANAGERS AND COACHES MUST HAVE PASSES, AS PROVIDED, FOR ADMISSION.
 - a. Athletes fully dressed in school-issued uniforms will be admitted free. Coaches and managers MUST HAVE PASSED THAT WERE ISSUED AT SECTIONAL MEETS.
 - b. Tickets are NOT required for admission to the State Group Meet for athletes, **BUT ALL COACHES AND TEAM MANAGERS MUST HAVE PASSES.** They are included in your packets AT THE SECTIONAL MEETS.
 - c. **ONLY ATHLETES FULLY DRESSED IN SCHOOL-ISSUED UNIFORMS** WILL BE ADMITTED FREE. All others will be charged the student admission fee if not in uniform. IN OTHER WORDS, **THE SCHOOL UNIFORM IS THE ATHLETE'S TICKET.**
 - d. ALL SCHOOLS - STATE CHAMPIONSHIPS
The same procedures USED at the GROUP MEET will be used at the State Championships: Athletes MUST BE IN UNIFORM and coaches WERE to pick up packets containing passes for admission AT THEIR SECTION MEETS.

NOTE: Only those coaches and managers listed on the entry forms submitted to the NJSIAA Office will be admitted free.

2010 NJSIAA/STAR-LEDGER OUTDOOR TRACK & FIELD STATE CHAMPIONSHIPS

3:30 PM - FIELD EVENTS SOUTH PLAINFIELD HIGH SCHOOL'S JOST FIELD
THURSDAY, JUNE 3, 2010 (Rain Date – June 4) 3:30 P.M. - RUNNING EVENTS

NOTE: SCHOOLS WILL NOT BE PERMITTED ON SITE **UNTIL 2:30 P.M.**
STARTING BLOCKS WILL BE SUPPLIED

ORDER OF RUNNING EVENTS – 3:30 P.M.

- | | | |
|-----|---------------------------|-------------------------------|
| 1. | 4x100m Relay | GIRLS FINAL (ON TIME) |
| | 4x100m Relay | BOYS FINAL (ON TIME) |
| 2. | 4x800m Relay | GIRLS FINAL (ON TIME) |
| | 4x800m Relay | BOYS FINAL (ON TIME) |
| 3. | 400m LOW HURDLES | GIRLS FINALS (ON TIME) |
| | 400m INTERMEDIATE HURDLES | BOYS FINALS (ON TIME) |
| 4. | 1600m RUN | GIRLS FINAL (ON TIME) |
| 5. | 1600m WHEELCHAIR RACE | BOYS & GIRLS FINALS (ON TIME) |
| 6. | 100m DASH | GIRLS TRIALS |
| | 100m DASH | BOYS TRIALS |
| 7. | 100m HIGH HURDLES | GIRLS TRIALS |
| | 110m HIGH HURDLES | BOYS TRIALS |
| 8. | 1600m RUN | BOYS FINALS (ON TIME) |
| 9. | 100m HIGH HURDLES | GIRLS FINALS |
| | 110m HIGH HURDLES | BOYS FINALS |
| 10. | 400m WHEELCHAIR RACE | BOYS & GIRLS FINALS (ON TIME) |
| 11. | 100m DASH | GIRLS FINALS |
| | 100m DASH | BOYS FINALS |
| 12. | 3200m RUN | GIRLS FINALS (ON TIME) |
| | 800m WHEELCHAIR RACE | BOYS & GIRLS FINALS (ON TIME) |
| 13. | 400m DASH | GIRLS FINALS (ON TIME) |
| | 400m DASH | BOYS FINALS (ON TIME) |
| 14. | 800m RUN | GIRLS FINALS (ON TIME) |
| | 800m RUN | BOYS FINALS (ON TIME) |
| 15. | 100m WHEELCHAIR RACE | BOYS & GIRLS FINAL (ON TIME) |
| 16. | 200m DASH | GIRLS FINALS (ON TIME) |
| | 200m DASH | BOYS FINALS (ON TIME) |
| 17. | 3200m RUN | BOYS FINALS (ON TIME) |
| 18. | 4x400m RELAY | GIRLS FINALS (ON TIME) |
| | 4x400m RELAY | BOYS FINALS (ON TIME) |

ORDER OF FIELD EVENTS – 3:30 P.M.

- | | | |
|-----|---------------------------|---------------------------|
| 1. | POLE VAULT | GIRLS |
| 2. | POLE VAULT | BOYS |
| 3. | LONG JUMP | GIRLS followed by BOYS |
| 4. | TRIPLE JUMP | BOYS followed by GIRLS |
| 5. | HIGH JUMP | GIRLS followed by BOYS |
| 6. | SHOT PUT | BOYS followed by GIRLS |
| 7. | SHOT PUT, DISCUS, JAVELIN | WHEELCHAIR BOYS AND GIRLS |
| 8. | DISCUS | GIRLS |
| 9. | DISCUS | BOYS |
| 10. | JAVELIN | BOYS followed by GIRLS |

NOTE: ALL LEGAL ATTEMPTS IN THE SHOT, DISCUS, JAVELIN, TRIPLE JUMP, AND LONG JUMP WILL BE MEASURED.
No pets or animals permitted on any site.
Preparation of hot food is **NOT** permitted at any meet.

ATTENTION: NO RADIOS OR TAPE RECORDERS ARE PERMITTED AT ANY OF THE THREE (3) CHAMPIONSHIP MEETS. VIOLATORS WILL BE DISQUALIFIED AND/OR EJECTED FROM THE STADIUM.

TO GAIN FREE ADMISSION TO THE STATE CHAMPIONSHIPS ATHLETES MUST **BE FULLY DRESSED IN SCHOOL-ISSUED UNIFORMS** AND ACCOMPANIED BY A COACH. COACHES AND MANAGERS' PASSES FOR ADMISSION WERE TO BE PICKED UP AT THE SECTIONAL MEETS.

REMINDER: BY STATE LAW THERE IS NO SMOKING ON SCHOOL PROPERTY.

Tarps/tents are allowed only in the highest four rows of the bleachers.

V. ADVANCEMENT REGULATIONS

- A. To Qualify for the Sectional Meet - 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.

B. TO ADVANCE TO THE STATE GROUP CHAMPIONSHIPS

1. A contestant must qualify in the Sectional Meet by placing in one of the first six (6) [8 for Non-Public] places in an event in his/her Group. All ties for Sixth (6th) ([8th for Non-Public] Place will advance.
2. NO APPEALS WILL BE CONSIDERED PRIOR TO THE MEET FOR ADVANCEMENT TO THE STATE GROUP CHAMPIONSHIP IN ANY EVENT.

C. TO ADVANCE TO STATE CHAMPIONSHIPS

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.
3. NO APPEALS WILL BE CONSIDERED PRIOR TO THE MEET FOR ADVANCEMENT TO THE STATE CHAMPIONSHIPS IN ANY EVENT
4. **To enter the 4x100 and/or 4x800** – Coach must complete Special Relay Entry Form (attached) and submit it to his/her Sectional Director before the end of the Sectional Championships May 21 and May 22. Times submitted must be fully-automatic. The top 18 teams for each event will be accepted. There will be no additional entry fee. Schools will be notified via posting on Monday on the internet in the usual places where the performance lists for the Group meets are posted (such as **ifrauloracingsystems.com, mctrack.org, scullionstiming.com**)

D. Failure to appear in the State Championship Meet (June 3)

Any school or contestant who fails to appear for the **State Championships (Meet of Champions)** after having qualified as a 1st, 2nd, or 3rd place finisher WITH a performance THAT falls within the top eighteen (18) performances of all the qualifiers (medal winners) **in the State Group Championships** will be subject to any penalties as enforced by the NJSIAA and barred from participation in the Outdoor Track Competition, at all levels i. e., Sectional, State Group, and State Championships the following year unless extraordinary circumstances caused such unforeseen withdrawal. A contestant qualifying in more than one (1) event is not subject to this rule if he/she participates in at least one (1) event.

NOTE: FAILURE TO BE PRESENT AT THE TIME THE EVENT IS CALLED DUE TO TRANSPORTATION PROBLEMS, MISUNDERSTANDING OF INSTRUCTIONS, TOURNAMENT REGULATIONS, OTHER SIMILAR EXCUSES, WILL RESULT IN DISQUALIFICATION.

VI. GENERAL INFORMATION FOR ALL MEETS

A. COACHES/CONTESTANTS

1. CONTESTANTS WHO APPEAR AT THE SECTIONAL, STATE GROUP, OR STATE CHAMPIONSHIPS WITHOUT THEIR COACH (OR CERTIFIED MEMBER OF THE FACULTY) WILL BE DISQUALIFIED.
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.

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

1. Coaches are not to enter upon the running area or the field event areas, during the course of the meet; and are not permitted to communicate with their contestants in these areas.
2. It is preferred that only contestants remain in the paddock area; however, if a runner is needed in a field event, a teammate, coach, or team manager may substitute for that runner so that the runner may leave to participate in a field event. This means that the "substitute" needs to remain in the paddock area to respond for the runner when the clerks call for that runner to give him/her his/her heat and lane assignments. The substitute's next responsibility is to transfer this information to the runner in a timely manner so that the runner knows where and when he/she will be running.
3. Where it is feasible, coaching "boxes" will be established for the Pole Vault, High, Jump and Triple Jump.

C. SMOKING, FOOD, BEVERAGES, RADIOS, VALUABLES, and PETS.

1. Schools must provide the necessary sustenance for a full day's activity since the meet authorities cannot assure refreshments will be available at any given site. However, all sites have provided concessions for the purchase of food and drink in the past. Please instruct contestants to use trash receptacles. **DO NOT LITTER.** The NJSIAA WILL NOT BE RESPONSIBLE FOR LOST OR STOLEN ARTICLES.
2. **RADIOS, TAPE RECORDERS, AND OTHER ELECTRONIC COMMUNICATING DEVICES ARE NOT PERMITTED AT ANY SITE. VIOLATORS MAY BE ASKED TO LEAVE AND THEIR TEAMS MAY BE DISQUALIFIED. CONTESTANTS VIOLATING THIS RULE WILL BE DISQUALIFIED.**
3. Please refrain from smoking in the stands and/or near athletes and encourage other spectators to do the same. Note: It is against New Jersey laws to smoke anywhere on school property.
4. **NO ANIMALS/PETS ALLOWED AT ANY MEET.**
5. Because of the potential safety hazards created by teams preparing hot food at their "campsites," there will be no cooking/preparing of hot food by anyone except official concessions at any site.
6. Where tents/tarps or other such protective devices are permitted to be deployed in the bleachers, **they shall be limited to the highest rows of the bleachers.** . Site managers may prohibit the use of these devices in bleachers.) Site managers have complete control over the use of tents and tarps in all other areas

D. ATHLETIC EMERGENCY PROCEDURE

1. Each school participating in the championship 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 championship which will include the establishment of a line of communication for emergent situations.
2. Some sources of assistance that may be utilized when physicians are not available are certified athletic trainers, emergency medical technicians usually on emergency vehicles, ambulance vehicle with trained personnel, rescue vehicle with trained first-aid personnel and, in some areas, National Guard or Army Reserve Medical personnel assigned to ambulance duty. Schools may also have other school personnel qualified in first-aid, who may be available for duty during activities.
 - a. Recommended procedures that may be followed in successful emergency care are:
 - (1) Immediate, on the spot first-aid by and individual with adequate training.
 - (2) Communication System: An available, non-pay telephone with an outside line to contact a physician or ambulance service. Arrangements should be made in advance to insure availability
 - (3) Emergency care facility: Arrangements should be made, in advance, with staff personnel of local hospital or clinic to notify, in case of emergency, that emergency service is necessary.
 - (4) Notification: The facility to which the injured player is being transported should be immediately informed of the injured player's status. Necessary personnel and equipment should be available in the facility or physicians, on call, could be notified of the emergency.
 - (5) Transportation: Ambulance, emergency vehicle, first-aid vehicle or rescue vehicle, with appropriate equipment and personnel may be parked at the field or game site. If this procedure is not feasible, prior arrangements should be made to have equipment on call when an emergency develops. Again, an available, non-pay telephone with an outside line should be immediately available.
 - (6) Communities without physicians, medical clinics, or hospital service should complete arrangements with medical personnel and hospital facilities in the nearest community where such services are available.
 - b. The plan of action specified above should be carefully covered, in advance, with responsibilities of all concerned – trainer, coach, vehicle personnel, school administrators, local police, deputies, or constables – defined. When an emergency does occur, everyone involved can function as an informed, effective team.
 - c. Local plans of action to meet emergency situations will vary depending on availability of medical personnel and facilities, the location of the playing field or site and communications. In all cases, the emergency situation plan is best developed through cooperative action of local school personnel, participating professional medical staff and allied groups.

3. **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.
- b. The Infectious Disease Policy provides that:
 - (1) 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.
 - (2) **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.

E. SALES/SOLICITATIONS

1. Only NJSIAA promotional items will be sold at NJSIAA sponsored events. For the 2009/10 seasons, First Division is the designated vendor.
2. Solicitations, sale of publications or products, or similar activities are NOT permitted.
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 any audio-visual reproductions. NJSIAA reserves all rights for the sale or distribution of any items. Any sale or distribution of clothing, souvenirs or any other items is strictly prohibited.

F. 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.

G. 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 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 the Meet Director, Head Starter, Head Clerk and Head Umpire. 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 V2, Section 1.

H. 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.

I. USE OF FACILITIES

Coaches are asked to instruct contestants to exhibit due consideration to the officials and administrators at the meet site. Coaches must make it **ABSOLUTELY** clear that the school officials do not want athletes walking through the gym or hallways in spikes. Your contestants are asked to take shoes off before entering school facilities.

J. POSTPONEMENTS

In case of inclement weather the day of the meet coaches must contact their respective director(s) at least two (2) hours prior to the start of the meet.

K. Television/Cable/Internet

1. 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, webcasting, podcasting, 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

2. 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.
3. The Star-Ledger and NJ.com may create NJSIAA programming for distribution over media outlets owned or controlled by Advance Publications.
4. 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).

If you have any questions, including cancellations of meet due to inclement weather, please refer them to your Sectional Site Director or to:

State Director: Don Danser, NJSIAA Office: 609-259-2776, Cell: 609-947-5593
e-mail: ddanser@njsiaa.org

Directions to Egg Harbor Township High School: (Site of State Public Groups 2, 4, and B Championships)

From the North

Take the Garden State Parkway south to Exit 37 (Pleasantville exit). At the end of the exit ramp make a right turn at the traffic light onto Washington Avenue (Route 608). Make left turn at first traffic light for Rt. 40/322 West. At next traffic light make right turn to continue on Rt. 40/322 West. Continue on Rt. 40/322 West and travel approximately three miles and make left turn at traffic light onto English Creek Avenue (CR 575) (Berkshire Grill on left corner). Travel three miles and make left turn onto High School Drive. School is on left side at the end of the street.

From the South

Take the Garden State Parkway north to Exit 36. At the end of the exit ramp, make a right turn at the traffic signal onto Fire Road (Route 651). At the first traffic signal make a right turn onto Mill Road. Continue on Mill Road (Route 622) for about three miles to stop sign. Make a right turn at stop sign onto Ocean Heights Ave. (Alt. Route 559). Travel 200 feet and make a right turn at Traffic Signal onto English Creek Avenue (Route 575). Travel 2/10 of mile and make right turn at Egg Harbor Twp. High School sign onto High School Drive. School is at the end of the street on the left.

From the West

Take the Atlantic City Expressway east to Exit 9. Make a right turn at the traffic light at the end of the exit ramp onto Delilah Road (Route 646). Travel 2/3 mile and make a left onto English Creek Avenue (Route 575). Travel four miles and make a left turn onto High School Drive at the Egg Harbor High School Sign. The school is at the end of the street on the left.

Alternate route from the West

Take Route 322/40 East (Black Horse Pike). About 1/3 mile past Mile Marker 53, make a right at the Traffic Signal onto English Creek Avenue (Route 575). Travel three miles and make a left turn onto High School Drive at the Egg Harbor High School Sign. The school is at the end of the street on the left.

Directions to South Plainfield High School's Jost Field (Site of State Public Group 1, 3, & A and the State Championships-a.k.a. Meet of Champions)

From South Jersey

Take either the Garden State Parkway or the New Jersey Turnpike North to Route 287 North (Parkway Exit 129 towards Edison, Turnpike Exit 10 towards Metuchen/Edison). Follow 287 North to South Plainfield Exit (Durham Road). Make a right onto Durham. At second light, Durham Road ends. Bear right over bridge to Hamilton Boulevard. Go three lights. Turn right onto Maple Avenue. About ½ mile on the right, you will see PAL building. Make right after PAL. Fields and track are behind PAL building.

From North Jersey – From the East

The Garden State Parkway South to Exit Route 22 West. Get off 22 West at Plainfield exit and Somerset Street. Stay on Somerset Street. Cross Front Street: You are now on Park Avenue. Stay on Park Avenue for approximately 2 ½ miles and turn right onto Maple Avenue.

The New Jersey Turnpike South Use Exit 10 to 287 North. Follow 287 North to South Plainfield Exit (Durham Road). Make a right onto Durham. At second light, Durham Road ends. Bear right over bridge to Hamilton Boulevard. Go three lights. Turn right onto Maple Avenue. About ½ mile on the right you will see PAL building. Make right after PAL. Fields and track are behind PAL building.

From North Jersey – From the West

287 South to Route 22 East: Continue to Rock Avenue Exit. Follow Rock Avenue to 7th Street (Piscataway). Make left at light. Go to next light and make right (Clinton Avenue). Follow Clinton Avenue to next traffic light. Continue straight and follow Plainfield Avenue to Maple Avenue.

287 South – Exit at South Plainfield/Dunellen Exit to second traffic light. Make left on to Washington Avenue/Stelton Road. Follow road to the right to second traffic light. Make right turn onto Lakeview Drive. Following Lakeview Drive to fourth traffic light (2nd and 3rd lights are one block apart). Make left, go to next right and make a right onto Maple Avenue.

2010 NJSIAA/Star-Ledger/M-F Athletic BOYS/GIRLS SPRING TRACK ENTRY FORM

Please PRINT or TYPE

School _____ Section _____ Group _____

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

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

CERTIFICATE OF INTENT

In the event an individual or relay team from our school should qualify for the **State Championship (JUNE 3)** 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.LFRAULORACINGSYSTEMS.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.

Entries MUST BE POSTMARKED BY Fri., May 7, 2010

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

Worksheet GIRLS Event	No. of GIRLS 3 MAX	Worksheet BOYS Event	No. of BOYS 3 MAX	
100 m H Hurdles		110 m H Hurdles		STAMPED SIGNATURES NOT ACCEPTABLE
400 m Low Hurd		400 m Inter Hurd		_____ Signature of Boys Coach or Certified Faculty Member
100 m Dash		100 m Dash		_____ Signature of Girls Coach or Certified Faculty Member
200 m Dash		200 m Dash		_____ Signature of Athletic Director
400 m Dash		400 m Dash		_____ Signature of Principal
800 m Run		800 m Run		Total Girls Entries _____ x \$14.00 = _____
1600 m Run		1600 m Run		IF entering GIRLS 4x400 Relay add \$22.00 _____
3200 m Run		3200 m Run		Total Girls Fee Due _____
High Jump (4' 4")		High Jump (5'4")		Total BOYS Entries _____ x \$14.00 = _____
Long Jump (12' 0")		Long Jump (16' 0")		IF entering BOYS 4x400 Relay add \$22.00 _____
Shot Put (26' 0")		Shot Put (38' 0")		Total Boys Fee Due _____
Discus (70' 0")		Discus (100')		Grand Total (Boys & Girls) due _____
Javelin (70' 0")		Javelin (100')		Please make checks payable to NJSIAA
Pole Vault (7'0")		Pole Vault (9'0')		Check #(s) _____
Triple Jump (26')		Triple Jump (32')		NOTE: Although the placement of entries in the individual events may be changed at any time, the Total number of Entries cannot be changed once this form has been submitted.
Total GIRLS Entries Wanted Reminder: 3 max. per event.		Total BOYS Entries Wanted Reminder: 3 max. per event.		

2010 NJSIAA/STAR-LEDGER/M-F ATHLETIC SPRING TRACK BOYS/GIRLS' ELIGIBILITY FORM
 This form must be mailed to Track Tournament, NJSIAA, 1161 Route 130 North, PO Box 487, Robbinsville, NJ 08691
 Please TYPE

School _____ Section _____ Group _____

BOYS Head Coach _____ (____) _____ - _____ (____) _____ - _____
 First Last School Phone Home/CELL Phone

Assistant BOYS Coaches (FULL NAMES PLEASE)	BOYS TEAM Managers (FULL NAMES PLEASE)
	Maximum of 3
	Reminder: Only STUDENT managers can be listed.

GIRLS Head Coach _____ (____) _____ - _____ (____) _____ - _____
 First Last School Phone Home/CELL Phone

Assistant GIRLS Coaches (FULL NAMES PLEASE)	GIRLS TEAM Managers (FULL NAMES PLEASE)
	Maximum of 3
	Reminder: Only STUDENT managers can be listed.

CERTIFICATE OF INTENT

In the event an individual or relay team from our school should qualify for the **State Championship (JUNE 4)** by placing 1st, 2nd, or 3rd whose performance falls within the top eighteen (18) performances 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 Sate 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 WAS AMONG THE TOP 18 QUALIFIERS.**

Reminder: Contestant names must be submitted via a Hy-Tek-generated file e-mailed to FRAULOTIMING@OPTONLINE.NET. Please check the following website: WWW.LFRAULORACINGSYSTEMS.COM to make sure your rosters are complete. Roster changes cannot be made the day of the meet.

Declaration of Eligibility

ALL contestants participating in this tournament meet all NJSIAA eligibility requirements and are permitted to participate in 2008 NJSIAA/The Star-Ledger Outdoor Track Championships:

STAMPED SIGNATURES ARE NOT ACCEPTABLE

 Signature of Athletic Director

 Signature of Principal

Reminder: Updates to the roster may not be made on the first day of competition (May 21 or 22). The updates must be made via e-mail or fax (fax number 609-259-3047) to FRAULOTIMING@OPTONLINE.NET no later than 5:00 pm on May 18.

NJSIAA/STAR-LEDGER/M-F ATHLETIC 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. I have also 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 and/or my school under the sportsmanship rules.

(Two signatures are required 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 (Sectionals – Group Meet – State Championships).

Please mail this completed form with your entry form.

2010 NJSIAA/*THE STAR-LEDGER*/M-F ATHLETIC TRACK AND FIELD CHAMPIONSHIP TOURNAMENT CHECK-OFF /ENTRY VERIFICATION FORM

CHECK OFF THE ITEMS **YOU ARE INCLUDING** IN **THIS** MAILING. If you plan to send boys and girls separately, please duplicate this form and include a completed copy in **each** mailing.

IF YOU WISH TO RECEIVE VERIFICATION THAT YOUR ENTRY HAS BEEN RECEIVED, WE STRONGLY RECOMMEND THAT YOU DO **not** send it via certified mail or "return receipt requested." This will slow down receipt of your entry by two weeks or more. Instead, enclose a self-addressed envelope, with your entry form. This form will be returned to you promptly.

School _____ Date: _____

Please accept our Entry Forms as checked below for the 2010 NJSIAA/*The Star-Ledger*/M-F Athletic Track and Field Championships. If entry fees are not enclosed, they will be forwarded as soon as possible.

The following (**check all that apply**) are enclosed:

_____ **Boys & GIRLS Entry Form** **OR**

_____ **Boys only Entry Form**
_____ **Girls only Entry Form**

_____ **Boys & GIRLS Eligibility Form** **OR**
(Page 2 of Entry form)

_____ **Boys Only Eligibility Form**
_____ **Girls Only Eligibility Form**

_____ **Boys & Girls Entry Fee** **OR**

_____ **BOYS ONLY Entry Fee**
_____ **Girls ONLY Entry Fee**

_____ **Boys Wheelchair Entry Form**

_____ **Girls Wheelchair Entry Form**

_____ ****BOYS & GIRLS Roster e-mailed**
to FRAULOTIMING@OPTONLINE.NET

_____ **BOYS ONLY Roster e-mailed to**
FRAULOTIMING@OPTONLINE.NET on (date): _____

on (date): _____

_____ **GIRLS ONLY Roster e-mailed to**
FRAULOTIMING@OPTONLINE.NET on (date): _____

****Boys and girls rosters can be in the same file.**

_____ # **Boys & Girls NJSIAA Sportsmanship Form** **OR**

_____ # **Boys NJSIAA Sportsmanship Form**

#Boys and girls can be on the same form

_____ # **Girls NJSIAA Sportsmanship Form**

_____ Self-addressed envelope if you wish this form **AND/OR** a **purchase order** returned to you.

The above was received as stamped below:

Date received _____

Donald E. Danser-Tournament Director

2010 NJSIAA/THE STAR-LEDGER/M-F ATHLETIC TRACK AND FIELD CHAMPIONSHIP TOURNAMENT

MEET OF CHAMPIONS SPECIAL RELAYS APPLICATION

THIS COMPLETED APPLICATION IS TO BE TURNED IN ON FRIDAY OR SATURDAY, MAY 21 OR MAY 22 TO YOUR SECTIONAL MEET DIRECTOR **IF YOU WANT TO ENTER THE 4X100m RELAY AND/OR THE 4X800m RELAY** AT THE MEET OF CHAMPIONS ON THURSDAY JUNE 3, 2010 AT SOUTH PLAINFIELD HIGH SCHOOL.

1. These events are scheduled to be the first two events of the meet (4x100 followed by 4x800) at 3:30 pm.
2. A maximum of eighteen (18) teams will be accepted. The accepted teams will be notified via posting on the internet at the same time the Group Meet Performance Lists are posted the Monday following the sectionals on the usual track sites (such as lfrauloracingsystems.com, mctrack.org, scullionstiming.com)
3. There will be no extra entry fees for these events.
4. The top eight (8) teams will be awarded State Championship medals (as received by the top eight (8) winners in all Meet of Champion events.)
5. **This completed application must be turned into your sectional director before the sectional meet is over.**

School _____

Coach and Contact information _____
(First Name) (Last-Name)

e-mail _____ () _____ - _____ () _____ - _____
School Phone Cell/Home Phone

4x100m Relay

Seed Time _____
Must be fully-automatic – Hand times will not be considered

 Name of Meet where time was achieved

Date of Meet _____

List below the full names of athletes who achieved the seed time.

First Name	Last Name
1	
2	
3	
4	
Alternates (must be capable of maintaining team seed)	
1	
2	
3	
4	

4x800m Relay

Seed Time _____
Hand times may be submitted but Fully-automatic times will be given preference

 Name of Meet where time was achieved

Date of Meet _____

List below the full names of athletes who achieved the seed time

First Name	Last Name
1	
2	
3	
4	
Alternates (must be capable of maintaining team seed)	
1	
2	
3	
4	

2010 Outdoor Track Classification - Public Schools

North I – Group IV (Range -1159-2367)

School	Enrollment	Northing
Bergen Co VT - Hackensack	1564	753114
Bloomfield	1307	712844
Clifton	2367	742019
East Orange	1477	701896
Fair Lawn	1167	763923
Hackensack	1159	745799
Kearny	1359	701968
Kennedy, J.F. Paterson	1224	756570
Livingston	1263	709106
Memorial (WNY)	1244	710478
Montclair	1418	723754
North Bergen	1577	717175
Passaic	1555	734778
Passaic Cty VT	2228	763837
Randolph	1329	730913
Ridgewood	1242	778520
Roxbury	1172	738224
Union City	1946	705770
Vernon	1245	854778
West Orange	1402	716434

North I – Group III (Range - 822-1148)

School	Enrollment	Northing
Bergenfield	1001	760447
Eastside (Paterson)	1055	756591
High Point	921	854814
Jefferson	822	792842
Lakeland	847	807489
Montville	938	749158
Morris Knolls	1148	745479
Mount Olive	1009	749123
Northern Highlands	961	800331
Northern Valley Demarest	929	775068
Northern Valley Old Tappan	965	793284
Paramus	1001	760357
Pascack Valley	852	789561
Ramapo	989	785705
Sparta	937	807435
Teaneck	1041	749517
Tenafly	854	764155
Wayne Hills	1056	774731
Wayne Valley	1044	763819
West Milford	1032	818364

North I – Group II (Range - 543-811)

School	Enrollment	Northing
Dover	579	749128
Dumont	668	767749
Garfield	734	745720
Glen Rock	568	771209
Hopatcong	543	760097
Indian Hills	773	796598
Kittatinny	571	833087
Lenape Valley	640	752829
Lodi	659	745758
Mahwah	750	822179
Morris Hills	811	745480
Morrow, Dwight	754	753193
Newton	626	807511
Pascack Hills	609	804118
Pequannock	577	774687
Ramsey	677	807629
Ridgefield Park	661	738267
River Dell	715	767687
Wallkill Valley	627	843857
West Essex	760	738284

North I – Group I (Range - 248-528)

School	Enrollment	Northing
Bogota	302	742200
Boonton	407	752781
Butler	403	785594
Cresskill	402	767798
Elmwood Park	528	756354
Emerson Jr-Sr (Emerson)	248	778646
Hasbrouck Heights	326	738485
Hawthorne	522	771174
Kinnelon	501	785580
Leonia	441	738620
Manchester Regional	513	767500
Midland Park	249	789413
Mountain Lakes	489	749133
New Milford	515	771345
Park Ridge	248	800460
Pompton Lakes	508	789273
Saddle Brook	357	753044
Sussex Co Vo-Tech	455	829298
Waldwick	329	793056
Westwood	527	778573

2010 Outdoor Track Classification - Public Schools

North II – Group IV (Range - 1180-3142)

School	Enrollment	Northing
Bayonne	1624	669204
Bridgewater-Raritan	2046	639860
Columbia	1340	690925
Dickinson	1648	691154
Edison	1425	610713
Elizabeth	3142	665466
Franklin	1450	613218
Hunterdon Central	2187	607241
Linden	1409	654496
North Hunterdon	1356	654633
Perth Amboy	1548	614417
Phillipsburg	1180	680635
Piscataway	1569	621621
Plainfield	1258	647132
Ridge	1228	676265
Stevens, John P.	1638	636226
Union	1871	679982
Watchung Hills	1535	661692
Westfield	1325	658088
Woodbridge	1242	625325

North II – Group III (Range - 827-1130)

School	Enrollment	Northing
Barringer	1130	700585
Belleville	1089	716518
Colonia	1112	639885
East Side Newark	981	687385
Ferris	913	687819
Irvington	1034	687306
Kennedy, J.F. Iselin	902	632611
Millburn	1046	687248
Morristown	1070	716336
Nutley	925	720161
Parsippany Hills	847	738197
Passaic Valley	957	741969
Scotch Plains-Fanwood	1079	661714
Somerville	828	632567
South Plainfield	906	639846
Voorhees	827	672847
Warren Hills	1015	709383
West Morris Central	1037	716419
West Morris Mendham	954	705422
West Side	942	694619

North II – Group II (Range - 537-801)

School	Enrollment	Northing
Bernards	605	687197
Caldwell	645	730977
Chatham	701	690850
Cliffside Park	751	724048
Cranford	801	665391
Fort Lee	769	735011
Governor Livingston	753	672642
Hackettstown	721	731079
Hanover Park	650	716362
Hillside	619	676378
Hudson Co VT Jersey City	537	688249
Lincoln	643	683840
Madison Boro	590	701776
Orange	703	701870
Parsippany	762	738212
Rutherford	563	723874
Science	561	694994
Shabazz, Malcolm X	703	683700
Snyder	631	683827
Summit	773	683575

North II – Group I (Range - 180-478)

School	Enrollment	Northing
Arts	433	692566
Becton, Henry P.	419	727530
Cedar Grove	294	734674
Central-Newark	473	695326
Glen Ridge	370	712834
Hoboken	414	697558
Lyndhurst	475	720206
McNair Academic	463	687525
Newark Vocational	180	691900
North Arlington	394	709265
Palisades Park	303	730696
Ridgefield	426	724016
Secaucus	478	716655
Technology	335	698303
University (Newark)	357	687324
University Charter Academy	312	685016
Verona	412	731014
Wallington	276	734803
Whippany Park	461	719988
Wood-Ridge	305	731186

2010 Outdoor Track Classification - Public Schools

Central – Group IV (Range - 1168-2306)

School	Enrollment	Northing
Brick Memorial	1332	461556
Colts Neck	1206	523397
East Brunswick	2269	581564
Freehold Township	1609	505142
Hillsborough	1727	603441
Howell	1682	487020
Jackson	1193	457749
Manalapan	1515	530057
Marlboro	1560	541585
Middletown North	1237	570872
Montgomery	1257	577338
North Brunswick	1367	585194
Old Bridge	2306	570677
Pennsauken	1168	418055
Rancocas Valley	1629	425038
Sayreville	1243	592528
South Brunswick	2017	559698
Trenton	1499	501500
W Windsor-Plainsboro South	1202	537855

Central – Group III (Range - 815-1128)

School	Enrollment	Northing
Allentown	835	486849
Freehold Boro	1013	523348
Hamilton East	1128	501449
Hamilton North	958	508757
Hamilton West	939	494200
Hightstown	1001	515980
Hopewell Valley	917	541620
Jackson Liberty	1022	458340
Lakewood	848	461492
Lawrence	873	519705
Middletown South	1058	555201
Monmouth Regional	815	530815
Monroe	1123	541486
Neptune	907	501757
Northern Burlington	884	461397
Ocean Township	1011	519970
Princeton	996	552442
Wall	1014	483500
W Windsor-Plainsboro North	1110	541491

Central – Group II (Range - 539-811)

School	Enrollment	Northing
Bordentown	597	472344
Carteret	794	636314
Clark, Abraham	589	661782
Delaware Valley	721	629315
Ewing	787	516112
Holmdel	810	563496
Johnson, Arthur L.	628	650819
Long Branch	780	530960
Manasquan	737	471790
Matawan	750	574386
New Brunswick	811	596122
North Plainfield	612	650768
Point Pleasant Boro	779	450703
Rahway	791	647189
Raritan	777	578099
Red Bank Regional	809	552740
Rumson-Fair Haven	714	556459
Shore	539	527270
Spotswood	565	573493

Central – Group I (Range - 169-525)

School	Enrollment	Northing
Academy Charter	169	487886
Asbury Park	310	505429
Bound Brook	335	628906
Brearley, David	347	669046
Burlington City	434	451023
Dayton, Jonathan	428	679962
Dunellen	212	639836
Florence	332	468777
Highland Park	280	607058
Keyport	343	578057
Manville	275	621632
Metuchen	474	625298
Middlesex	516	628905
New Egypt	412	454057
New Providence	476	676278
Point Pleasant Beach	287	454374
Robbinsville	474	510781
Roselle Park	454	665417
South River	451	581571
Weequahic	525	680029

2010 Outdoor Track Classification -Public Schools

South – Group IV (Range - 1156-2084)

School	Enrollment	Northing
Absegami	1552	231872
Atlantic City	1479	191810
Cherokee	1851	377802
Cherry Hill East	1636	377895
Eastern	1578	366968
Egg Harbor	1823	202761
Lenape	1434	395968
Mainland	1162	184532
Millville	1536	203142
Oakcrest	1256	221028
Shawnee	1165	370393
Southern Regional	1428	337528
Toms River East	1266	410549
Toms River North	1630	417781
Toms River South	1176	406854
Triton	1156	367128
Vineland	1892	232218
Washington	2084	334401
Williamstown	1353	312425

South – Group III (Range - 833-1135)

School	Enrollment	Northing
Brick Township	1057	450605
Burlington Township	870	448507
Central Regional	966	384989
Cherry Hill West	1135	399843
Clearview	1131	334624
Cumberland	948	232639
Deptford	841	352650
Hammonton	925	293921
Highland Regional	853	352541
Kingsway	1107	334834
Lacey	1086	370439
Manchester Township	833	424978
Moorestown	1073	417934
Ocean City	1020	159035
Pemberton	884	417681
Pinelands	850	282889
Seneca	1051	375298
Timber Creek	1050	337905
Winslow Township	1124	337736

South – Group II (Range - 553-802)

School	Enrollment	Northing
Barneгат	738	349484
Bridgeton	692	218160
Buena	627	253988
Camden	717	399965
Cinnaminson	655	425292
Collingswood	624	392643
Delran	650	428862
Delsea	796	301548
Haddon Heights	553	381681
Haddonfield	592	388915
Lower Cape May	802	53663
Middle Township	742	89992
Overbrook	622	341471
Pleasantville	678	206377
Sterling	746	363418
West Deptford	736	370962
Willingboro	600	428785
Wilson, Woodrow	626	403571
Woodstown	571	298486

South – Group I (Range - 169-525)

School	Enrollment	Northing
Audubon	497	381716
Camden Co Tech Pennsauken	528	407195
Clayton	248	301601
Gateway	467	356332
Glassboro	485	319888
Gloucester City	467	381771
Haddon Township	505	388966
Lindenwold	401	360173
Maple Shade	408	403453
Palmyra	264	425340
Paulsboro	324	363853
Penns Grove	457	320701
Pennsville	422	295389
Pitman	335	327173
Riverside	337	436161
Salem	382	262483
Schalick, Arthur P.	410	250786
Wildwood	187	53563
Woodbury	320	363657

2010 Outdoor Track Classification - Non- Public Schools

North A (Range - 438-1380)

School	Enrollment	Northing
Academy o/t Holy Angels**	846	767833
Bergen Catholic*	1150	771315
Delbarton*	710	712693
DePaul	674	771088
Don Bosco Prep*	1288	814915
Hudson Catholic*	438	687497
Immaculate Heart**	1234	785846
Mother Seton**	564	650825
Mount Saint Dominic**	470	727355
Paramus Catholic	1191	771247
Pope John XXIII	689	796534
Roselle Catholic	485	658139
Saint Dominic**	730	687483
Saint Joseph Montvale*	702	807704
Saint Peter's Jersey City*	1314	683883
Saint Vincent Academy*	448	694621
Seton Hall*	1380	705513

North B (Range - 75-409)

School	Enrollment	Northing
Academy of St Elizabeth**	352	709053
Dwight-Englewood	331	745940
Eastern Christian	271	767500
Hawthorne Christian	124	778461
Immaculate Conception Lodi**	264	738459
Immaculate Conception Montclair	167	720111
Kearny Christian Academy	75	701965
Mary Help of Christians**	340	767500
Marylawn of the Oranges**	240	698219
Montclair Kimberley	314	723745
Morris Catholic	367	752766
Morristown-Beard	293	716341
Newark Academy	296	707895
Paterson Catholic	288	756625
Queen of Peace	409	709265
Ranney	189	807622
Saddle River Day	102	800289
Saint Mary's Rutherford	238	723874
Villa Walsh**	320	709049

South A (Range - 549-1364)

School	Enrollment	Northing
Bishop Ahr	675	632574
Bishop Eustace	569	399910
Camden Catholic	646	399893
Christian Brothers Academy*	1364	545325
Gloucester Catholic	549	385452
Holy Cross	557	446985
Holy Spirit	621	210019
Monsignor Donovan	724	410506
Mount Saint Mary**	604	636314
Notre Dame	966	516070
Paul VI	877	388932
Red Bank Catholic	784	549069
Saint Augustine*	958	243013
Saint John Vianney	760	567119
Saint Joseph's Metuchen*	1194	625289
Union Catholic	600	650798

South B (Range - 161-424)

School	Enrollment	Northing
Benedictine Academy**	260	692560
Cardinal McCarrick	309	599800
Gill St. Bernard's	192	687190
Holy Family**	238	661907
Kent Place**	400	687222
Marist	354	672872
Mater Dei	269	574515
Oak Knoll**	362	683579
Oratory Prep*	306	687222
Our Lady of Mercy**	292	257728
Pingry	397	647125
Sacred Heart	233	243206
Saint Joseph's Hammonton	363	290288
Saint Patrick's	192	661852
Saint Rose	424	490844
Timothy Christian Academy	195	621612
Trenton Catholic Academy	161	501505
Wildwood Catholic	169	57196

2009-2010 School Code assignments for Hy-Tek Rosters for Cross-Country and Track

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
241	Baringer, Newark
4231	Barnegat
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	Brearley, David, Kenilworth
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
6220	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
3110	Metuchen

No	School
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-Bear
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., AIncl.
1312	Northern Valley Reg. - Demarest
1313	Northern Valley Reg. - Old Tappan.
619	Notre Dame, Lawrenceville
238	Nutley

No	School
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 XX2I, Sparta
3317	Princeton
5118	Queen of Peace Reg.
2216	Rahway
1316	Ramapo, Franklin Lakes
1216	Ramsey
4415	Rancocas Valley Reg.
2414	Randolph
5139	Ranney
3213	Raritan, Hazlet
630	Rav Teitz Mesivta Academy

No	School
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. Junction
3119	South Hunterdon Reg., Lambertville

No	School
3217	South Plainfield
3120	South River
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	Tenaflly
4323	Timber Creek
4418	Toms River East
4419	Toms River North
4318	Toms River South
622	Trenton Catholic Academy
3418	Trenton Central
5250	Trinity Christian
4420	Triton Reg., Runnemede
2416	Union
5124	Union Catholic Reg., Sco. Pls.
1418	Union Hill, Union City
230	University Academy Charter
2118	University, Newark
1419	Vernon Township
2119	Verona
5225	Villa Walsh Acad., Morristown**
4421	Vineland
3218	Voorhees, Glen Gardner
1119	Waldwick
3319	Wall
1120	Wallington
1221	Walkkill 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.

No	School
2120	Whippany Park, Whippany
4121	Wildwood
6212	Wildwood Catholic
4320	Williamstown
4321	Willingboro
448	Winslow Township
3419	Woodbridge
4122	Woodbury
1223	Wood-Ridge
4322	Woodrow Wilson, Camden
4223	Woodstown