

Reminder: An entry is NOT a competitor. Once the athlete checks in, then he/she is a competitor.



MileSplit/NJSIAA Onboarding Quick Start Guide

Onboarding onto MileSplit can be easily accomplished in three quick and easy steps. Claiming your team, updating your roster, and having your athletes claim their profiles.

Claiming Team

1. If you do not already have an account, create a free one at <https://nj.milesplit.com/register>
2. Once your account is created go to <https://nj.milesplit.com/teams>
3. Find your team on the list, click on it, and click the claim team button.

Helpful Article/Video: <https://support.milesplit.com/en/a/how-do-i-claim-my-team>

Updating Your Roster

Update your roster to reflect this year's list of athletes. I.e. Update grad years so that athletes have graduated are removed from your active roster, change their status to inactive if they quit the team, moved away, etc.

Article/Video: <https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster>

A screenshot of the MileSplit team management interface for Schertz St. John Paul II Catholic High School. The interface shows a navigation bar with "Admin Home", "Coaches", "Roster", and "Schedule". Below the navigation bar, there is a "Roster" section with a "Download Roster" button. The roster is a table with columns for "ATHLETE", "ROSTER", "GENDER", "CLASS OF", and "STATUS". The table lists several athletes, including Anderson, Reagan; Asadourian, Connor; Ayala, Grace; Barger, Alexandria; Bascon, Grace; Beck, Ella; Beckwith, Trevor; and Borja, Catey. A red arrow points to the "STATUS" column header in the table. Below the table, there is a note: "Note: Use enter key (or click elsewhere) to submit inline editing changes or escape to cancel. Inline editing available for table cells with light pencil icon." The "Exit Admin Mode" button is visible in the top right corner of the interface.

Athlete Onboarding

Provide athletes the following instructions.

1. Create a login on MileSplit by going to <https://nj.milesplit.com/register>
2. Search for your athlete profile by clicking search in the upper right corner.
3. Type your first/last name and click on your athlete profile.
4. Click the "Claim Profile" button.

A screenshot of an athlete's profile page for Jeffrey Oncken. The profile shows the name "Jeffrey Oncken" and the text "San Antonio Churchill • Class of 2009 • San Antonio, TX". Below the profile information, there is a blue button labeled "Claim Athlete". A red arrow points to the "Claim Athlete" button.

***If you need any further assistance, please contact registration@milesplit.com

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

1161 Route 130 North, Robbinsville, NJ 08691

2021 Spring Boys & Girls NJSIAA/M-F Athletic/American Athletic Track & Turf Track & Field Outdoor Track Championships

The NJSIAA reserves the right to adjust, change or cancel dates, times and locations for all NJSIAA State tournaments. Schools entering the tournament will not be granted a change of date/time due to any conflicts with school trips, proms, banquets, SAT's, graduation, and the like. Member schools not willing or able to comply with all tournament regulations should not enter the tournament.

COVID-19 Postponements - Please be advised that The NJSIAA will not make any changes, adjustments, or postponements to any round of its post-season tournament for COVID related reasons. If a school is unable to play on the scheduled day, then the school's opponent will advance in the tournament and no exceptions will be made. In Addition, no season ending date will be extended beyond the dates previously announced. Any school seeded in any NJSIAA tournament agrees to, and respects, these conditions.

To promote fairness in competition and for the health and safety of student-athletes, no member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, and Procedures. In addition, schools must follow the sports-specific tournament regulations for each NJSIAA tournament they are entering.

Coaches must have a copy of these regulations as well as a copy of rule Modifications (if any) for this tournament available at all matches. Copies of these documents are also available on the NJSIAA website.

The NFHS Winter/Spring Rule Modifications remain as published 9/2020. However, there is a Spring Track Rules Committee meeting on 4/8/21 that I will be attending. I will keep you posted on any outcomes.

A successful entry into the tournament (assuming school is a member in good standing and in compliance with all the rules and regulations stated here and in the NJSIAA Constitution, By-laws, Rules and Regulations) requires the school to do two things:

No Paper Entries---Everything is on line.

1. **Non Publics**—submit entries on NJ.MileSplit.com no later than **Midnight Sunday, May 29th**.
2. **Public Schools** **SUBMIT ENTRIES** on NJ.Milesplit.com **Also make sure you are entering the correct meet and division (Group) on nj.milesplit.com no later than midnight on May 29th.**

TO: ATHLETIC DIRECTORS AND TRACK COACHES

NOTE: Eligibility requirements for the NJSIAA/M-F Athletic Outdoor Championships

1. Your spring track dual meet schedule must show that seventy percent (60%) of your competition from the opening of your season to May 14th, was against New Jersey schools.

To verify the 60% rule, all varsity dual meet schedules **MUST** be entered by the start of the season, and scores reported to www.njschoolsports.com as soon as possible after each contest.

If you don't have dual meets, you need not worry about this requirement.

PROGRAM REGULATION: SPRING TRACK

Section 1. Rules. 2020 The National Federation Track and Field Rules, unless herein modified, shall govern all NJSIAA outdoor track meets.

Section 2. First Day of Virtual Practice March 1st, 2021

Section 3. First Day of Practice April 1st, 2021

Section 4. First Day of Competition April 19th, 2021

Section 5. Regular Season Competition Ends Including Post-Season June 20th, 2021

Section 6. End of Season. As provided for in Program Regulations.

[All teams may participate in interscholastic contests up to the final championship in their respective sports. Exceptions: Winter Track – **March 27th, 2021** (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 completion.]

Section 7. Transfers on or after May 4th, 2021 are not eligible for post-season play.

(See Article IV, Section 4.K. (2).d.)

Section 8. 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 8a. 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 invitation 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 8b. 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. Schools are permitted to run one four (4) meet week by league request.

Section 9. 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 10. Jewelry. No watches are permitted to be worn during competition. Religious medals and medical alert medallions may be worn.

Section 11. 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 be designated to eliminate the need for junior varsity races when numbers warrant it.

****Due to covid, we will accept FAT from meets with five or less teams for 2021.

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

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

Section 12. Standard Events – Boys. As follows: 100m, 200m, 400m, 800m, 1600m, 3200m, 110 High Hurdles (39 inch), 400m Intermediate Hurdles (36 inch), 400m Relay*, 1600m 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, invitational, etc. may be “open” non-scoring events or scoring events, but in every case, the events count toward the athlete’s participation rule.

Attention: 400m 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 13. Order of Events – Boys. The order of events, unless agreed upon and listed in the contract, shall be: 110m High Hurdles (39 inch), 100m, 1600m, 400m, 400m Intermediate Hurdles (36”), 800m, 200m, 3200m, 1600m 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 14. Standard Events – Girls. As follows: 100m, 200m, 400m, 800m, 1600m, 3200m, 100 High Hurdles (33 inch), 400m Intermediate Hurdles (30 inch), 400m Relay*, 1600m Relay*, 3200 Meter 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, invitational, etc. may be “open” non-scoring events or scoring events, but in every case, the events count toward the athlete’s participation rule.

Section 15. Order of Events – Girls. The order of events, unless agreed upon and listed in the contract shall be: 100m High Hurdles (33 inch), 100m, 1600m, 400m, 400m Intermediate Hurdles (30”), 800m, 200m, 3200m, 1600m 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.

3. CHECKS MUST HAVE SCHOOL'S NAME ON THEM AND MUST BE MADE PAYABLE TO NJSIAA. NO CASH WILL BE ACCEPTED. *If check is delayed due to accounting problems, do not delay the entry form from being delivered to NJSIAA office on time.*
4. SCHOOLS MUST ENCLOSE A SELF-ADDRESSED ENVELOPE TO ENABLE THE MEET DIRECTOR TO RETURN A VOUCHER.

B. Rosters

Check 24 hours after submission of your roster, the following website to make sure your roster(s) has/have been received and that all the names are included and spelled correctly: WWW.MILESPLIT.COM . Please look over the grade level of your contestants.

NO CHANGES can be made to the rosters on Meet Day. You have up to Midnight on May 24th, 2021 to make changes in your entries 2021 without penalty.

II. SECTIONALS – Entry must be on line by May 24, 2021

A. Dates & Times– Publics :

Friday 6/4/2021	2:30PM
Saturday 6/5 /2021	9:30AM

- B. Girls start the order of events on ODD years, boys on EVEN years.
- C. If Fully-Automatic Timing is being used, the 100 Dash, and High Hurdles will be conducted as Trials and Finals only (i.e. no quarterfinals, semifinals). The fastest times (**9 on a six-lane track**, 8 on an eight-lane track) will advance. In the absence of F.A.T., these events will use quarterfinals and/or semifinals if necessary. **On a six lane track, if 12 or fewer competitors report to the trials, the trials will be skipped and a 2-sectional final run in the FINALS time slot. 16 or fewer on an 8-lane track.**
- D. RULES – 2020 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, **ALL** contestants for the Group called MUST sign in and must get “their steps and run-throughs.” Once the competition starts, there will be NO runbacks (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 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

Flights will be arranged as heats are on track, i.e. best flights will throw last. In the Shot, Discus, and Javelin, each contestant will receive three (3) attempts. The best eight (8) contestants will be given an additional (3) attempts. The eight (8) finalists will be re-seeded worst to best before the start of the final three (3) attempts.

G. **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 27 feet or more, throw the discus 75 feet or more, toss the javelin 75 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 39', toss the discus and throw the javelin more than 105 feet, triple jump more than 32', and long jump greater than 16' in order to receive a measurement.**

H. **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.

I. **ELEVATION OF CROSSBARS**

Starting heights for the high jump and pole vault will be determined by the meet directors in conjunction with the Meet and/or Field Referee(s), depending on the information supplied by the coaches. They will also determine how many double elevations, if any, there will be in each event.

J. **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 taped together.
 - b) Watches are NOT PERMITTED to be worn. RELIGIOUS/MEDICAL ALERT MEDALS MAY BE WORN.
 - c) Batons, *Javelins, Discus and Shots: Schools must provide their own batons, *javelins, discus, and shots for all meets. Shots, Discus, *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).
2. 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. **All tracks used in the tournament require a maximum spike length of ¼".**
3. Starting Blocks – Will be used ONLY at the **GROUP MEET AND MEET OF CHAMPIONS.** They will be provided!
4. NOTE: When "California" starts are used, they will be ONE TURN STAGGERS.

K. Sectional Sites and Orders of Events

Note: Order will be the same at all Sectional Sites. Please refer to rotation page.

Also Note: Those who plan to enter events starting at 2:30PM on Friday must arrive before 2:05PM to ensure they have enough time to be checked into these events.

Those who plan to enter events starting at 9:00AM on Saturday must arrive before 8:35AM to ensure they have enough time to be checked into these events.

COMPETITION WILL BEGIN PROMPTLY AT THE LISTED TIMES.

L. 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 field cards which will be preprinted for those who enter athletes for Sectionals on NJ.Milesplit.com before midnight May 29th for non-publics and for public schools*
- 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. **Seeding in the trials of the 100m Dash, 100m Hurdles, and 110m Hurdles will be on times as per rule when advancement is based on the fastest “S” seeded trial times to the finals. Keep in mind that, with the current covid procedures, the heat sizes will be reduced to half the capacity.(ie. 8 lane track 4 contestants per heat.)**
 - b. **All seeds must be done at the correct distance on 400 meter tracks in meets involving five or more teams of the same gender.**
 - c. **Only fully automatic times will be accepted.**
 - d. **Assuming coaches have entered their athletes in their appropriate events on nj.milesplit.com, they will be seeded in both field and running events which will indicate the best time/height/distance for the current season, based on Milesplit Rankings. On meet day coaches may not change entry except to down seed with permission.**
 - I. The relay teams/contestants will check in with the clerk (or field event judge) when they check in for their events. Heats (or flights in field events) will be **determined. Be sure to list alternates on mile split entry in case team qualifies for the next round.** If no time is provided, the relay team/contestant will not be seeded (NT). Seeding for semifinal heats will be determined by time in the trials. **All rounds will be fully automatic timed.**
 - II. **Runners will advance on time. The 8 fastest (9 on a six-lane track) from the trials will advance to the finals. [On 6-lane tracks, the finals will be run in two sections: the first section with the slowest 3 qualifying trial times, and the 2nd section with the six fastest qualifying trial times, unless 12 or fewer report for the trials. 14 or fewer on an 8 lane track. In that case, a 2 section final will be run in the finals time slot.]**
 - III. **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. On the Relay entry the runners listed must be declared the actual competitors when the relay team is checked in. Those who listed eight (8) runners in Milesplit may change the order on the day of the meet simply by checking in with the clerk.
- *Reminder – alternates are not given competitor status unless they actually run so, for example, an athlete running 110H, 100, 200 and 400 can be listed as an alternate on a relay that day. If he runs on the relay, he must be dropped from another running event before it is clerked so as not to be in violation of the participation rule. 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 in progress.

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

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

5. Field Events. Names and computer numbers will appear on the field event sheet along with seeding information. Labels will be provided for field cards for High Jump, Long Jump, Triple Jump and Pole Vault ONLY.
6. Pole Vault Card. : **A REQUIRED POLE VAULT CERTIFICATION CARD. Even though this card may be pre-printed for those who entered them on Milesplit, the coach still needs to be complete the statement on the card dealing with vaulter's weight and weight rating of the pole the vaulter is using.**

M. 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. The games committee will determine if there is a competition.

N. OFFICIALS

All NSJIAA 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.

O. 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.

P. 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 Section and each Group.

Q. ADMISSIONS – SECTIONALS

1. Adults \$4.00
Students (K-12) & Seniors \$2.00
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 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 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.

Sectional Locations, Meet Directors, Contact Information

Friday 6/4/2021 and Saturday 6/5/2021 START TIME: FRIDAY 2:30PM, Saturday 9:30AM

North 1 Groups 1 & 4	Clifton HS	(8 lanes, ¼ " -grass javelin runway)
Meet Director: Frank & Flo Calise	fjcalise@yahoo.com	Cell Phone: 973-460-5336
North 1 Groups 2 & 3	Wayne Hills	(8 lanes, ¼" - grass javelin runway)
Meet Director: Marc Manaughton	mamacnaughton3889@gmail.com	Cell: 201-213-1149
North 2 Groups 1 & 4	Ridge HS	(8 lanes, ¼", - grass javelin runway)
Meet Directors: John Schwarz	j.schwarz22@verizon.net	Cell Phone: 862-812-5659
Meet Directors: John Toreno	johntonero@msn.com	Cell Phone: 201-953-9502
North 2 Groups 2 & 3	Middletown North	(8 lanes, ¼" - grass javelin runway)
Meet Director: Bill Milone	b2milone@comcast.net	Cell Phone: 908-782-4288
Central Groups 1 & 4***	Long Branch	(8 lane straight/6 on turns) (grass javelin runway)
Meet Director: Kevin Dee	kdee@frhsd.com	Cell Phone:732-762-0841
Central Groups 2 & 3	Jackson Liberty	(8 lanes, ¼" - grass javelin runway)
Meet Director: Sean Dowd	seandowd19@gmail.com	Cell Phone: 732-779-1155
South Groups 1 & 4	Washington Twp.	(8 lanes, ¼", - javelin grass runway)
Meet Director: Ed Colona	ecolona@comcast.net	Cell Phone: 609-386-5463
South Groups 2 & 3	Delsea Regional	(8 lanes, ¼" - javelin grass runway)
Meet Director: Chris Callinan	tomahawktiming@yahoo.com	Cell Phone: 609-254-0826

****Only @ Monmouth Regional HS on Thursday Day 6/3/21 start time 2:30pm.**

Group 4 Girls LJ followed by Group 1 Girls, Group 1 Boys TJ followed by Group 4 Boys.

Friday @ Long Branch Group 4 Boys LJ followed by Group 1 LJ.

Saturday @ Long Branch Group 1 Girls TJ followed by Group 4 TJ.

Group Meets: The weekend of June 11th and June 12th, 2021

START TIME: FRIDAY: 2:30PM, SATURDAY 10:00AM

Groups: II, IV Franklin High School

(8 lanes, 1/4", Grass Javelin Runway)

Meet Director: Bill Milone b2milone@comcast.net

Cell Phone: 908-782-4288

Groups: I, III, Pennsauken

(8 lanes, 1/4", Grass Javelin Runway)

Meet Director: Ed Colona ecolona@comcast.net

Cell Phone: 609-381-8615

Non Public-A & B Neptune High School

(10 Lane Straightway, 8 lanes the rest 1/4 " , Javelin Grass Runways)

Meet Director: David Pfeifer davidpfeifer022@gmail.com

Cell Phone: 609-380-0690

Meet of Champions:

South Plainfield

June 19th, 2021

Start Time: Noon for Field, 1:00pm for Track

8 Lanes, 1/4", Grass Javelin Runways

Meet Director: Ed Colona ecolona@comcast.net

Cell Phone: 609-381-8615

NJSIAA Public Sectional Meets Order of Events
Girls followed by Boys, Large schools followed by Small schools

Public Running Events: June 4th/2:30PM

Girls 400m	Hurdles	Finals
Boys 400m	Hurdles	Finals
Girls 1600 m	Run	Finals
Girls 100m	Dash Trials*	Finals
Boys 100m	Dash Trials*	Finals
Boys 1600m	Run	Finals
Girls 100m	Dash	Finals
Boys 100m	Dash	Finals
Girls 400m	Run	Finals
Boys 400m	Run	Finals
Girls 4 x 800m	Relay	Finals
Boys 4 x 800m	Relay	Finals

Field Events (7 events 2:30PM Start)

Boys Discus	
Girls Shot Put	
Girls Javelin	
Boys Triple Jump	(Open Pit)
Girls Long Jump	(Open Pit)
Boys High Jump	
Girls Pole Vault	

Public Running Events: June 5th /9:30 AM

Girls 3200 m	Run	Finals
Boys 3200 m	Run	Finals
Girls 100 m	Hurdle	Trials
Boys 110 m	Hurdle	Trials
Girls 800m	Run	Finals
Boys 800m	Run	Finals
Girls 100m	Hurdle	Finals
Boys 110m	Hurdle	Finals
Girls 4 x 100 m	Relay	Finals
Boys 4 x100 m	Relay	Finals
Girls 200 m	Dash	Finals
Boys 200 m	Dash	Finals
Girls 4 X 400 m	Relay	Finals
Boys 4 X 400 m	Relay	Finals

Field Events (7 events starting at 9:30 AM)

Boys Shot Put	
Girls Discus	
Boys Javelin	
Girls Triple Jump	(Open Pit)
Boys Long Jump	(Open Pit)
Girls High Jump	
Boys Pole Vault	

PLEASE NOTE: See Sectional Field Event Rotation by Site on next page.

2021 ALL Public SECTIONAL FIELD ROTATION

FRIDAY 2:30pm

GIRLS SHOT PUT	L	S
GIRLS JAVELIN	S	L
BOYS DISCUS	L	S
GIRLS LONG JUMP	L	S
BOYS TRIPLE JUMP	S	L
BOYS HIGH JUMP	L	S
GIRLS POLE VAULT	S	L

L = LARGE SCHOOL S = SMALL SCHOOL

SATURDAY 9:30am

BOYS SHOT PUT	L	S
BOYS JAVELIN	S	L
GIRLS DISCUS	L	S
BOYS LONG JUMP	L	S
GIRLS TRIPLE JUMP	S	L
GIRLS HIGH JUMP	L	S
BOYSS POLE VAULT	S	L

L = LARGE SCHOOL S = SMALL SCHOOL

**NON-PUBLIC SCHOOLS:
INTRODUCTION**

This is a one year “pilot” program that was proposed and approved.

Rationale:

The elimination of the NP Sectionals and replaced with a combined Sectional-Group Meet.

Why: due to the inability to secure sites for the North and South Sectional Meets for the Tuesday, Wednesday schedule because of either covid19 concerns, scheduling of field issues or simply not interested.

*****Revised how will it work:**

After brainstorming with Robert of Mile Split, (about the merge process) and Karl Torchia, I am going to reverse my earlier decision about the scoring of the Non-Public Sectional/Group Meets.

1. We will have the North & South, A & B, Boys & Girls, compete “head to head” like a normal group meet.
2. We will score the group meet 1st, award medals to the top 6 in each event. Those 6 will advance to the MOC.
3. We will crown for 4 Group Champions, (NPA Boys, NP A Girls, NP B Boys, NP B Girls)
4. WE will then score the Sectional Meets based on the performances from the group meet.
5. We will award medals to the stop 6 scorers in each event from the sectional results.
6. We will crown 8 Team Champions.

When, Times, where:

The combined Sectional-Group Meet will be held the same weekend as the public group meets, Friday 6/11 and Saturday 6/12. Start Time Friday is 2:30pm, Saturday 10:00am.

As soon as our contract is signed with the host school it will be announced. It will be in CJ.

In addition, by having three group meet sites and the NP’s not with the Public Schools we will be able to spread out the number of athletes and spectators to further alleviate covid19 concerns.

Order of Events: The Track events will follow the normal two-day schedule (see following pages) However, the Girls Jumps and Throws will be conducted on Friday and the Boys on Saturday. IF, by chance we need to stop the events on Friday, we will resume where we left off on Friday to begin Saturday morning. Refer to the following page for NP Field Rotation.

III. **STATE GROUP CHAMPIONSHIPS** – All procedures and events listed under “2. Sectionals” apply, unless modified below:

A. VENUES

1. SITE: **Pennsauken High School**
GROUPS I, III,
DATE: Friday, June 11th, 2021 – **2:30PM** – Field- **2:30PM** – Running
Saturday, June 12th, 2021 (Rain Date: Sunday, June 13th, 2021)
10:00AM – FIELD EVENTS
10:00AM – RUNNING EVENTS

MEET DIRECTOR: **Ed Colona**
Home # 609-386-5463
Cell 609-381-8615
Email: ecolona@comcast.net

2. SITE: **Franklin High School –**
GROUPS: II, IV,
DATE: Friday, June 11th, 2021 – **2:30PM** – Field- **2:30PM** – Running
Saturday, June 12th, 2021 (Rain Date: Sunday, June 13th, 2021)
10:00AM – FIELD EVENTS
10:00AM – RUNNING EVENTS

MEET DIRECTOR: **Bill Milone**
Home Phone: 908-782-4288
Cell Phone: 908-752-9073
Email: b2milone@comcast.net

MEET DIRECTOR: Dave Pfeifer
Cell: 609 -380-0692
Davidpfeifer022@gmail.com

3. SITE: **Neptune High School**
Groups: Non-Public A & B, North & South
Date: Friday June 11th, 2021 -**2:30pm-Field-2:30pm Running**
Saturday, June 12th, (Rain Date: Sunday, June 13th,2021)
10:00:AM- Field Events
10:00 AM- Running Events

B. SEED CARDS

1. In the **State Group** and **State Championship** meets, there will be cards for FIELD EVENTS ONLY, there will be NO CARDS FOR TRACK. There will be pre-printed names for High Jump and Pole Vault. Check in may be done by the runner or coach. 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 CHECK IN to their event judges. NOTE: THERE ARE SPECIAL CARDS FOR HIGH JUMP AND A REQUIRED POLE VAULT CERTIFICATION CARD.**

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 be best before the start of the final three (3) attempts.

D. **Group Meet Team Scoring – Scoring will be by the traditional method: 10 points for the 1st, 8 for the 2nd, 6 for 3rd, 4 for 4th, 2 for 5th, and 1 for 6th place. – As was done in the Sectionals.**

E. STATE GROUP AWARDS

1. Trophies for each Group Champion plus thirty-five (35) certificates.
2. Individual Medals for the first SIX (6) places in each event in each Group.
- 3.

F. ADMISSIONS – STATE GROUPS

1. Adults \$5.00
2. Students (K-12)/Seniors \$3.00
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 NOTE 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 will be available at the gate.

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

NJSIAA Public Group Meets Order of Events

Girls followed by Boys, Small Schools followed by Large Schools

Running Events - June 11th^h 2021/2:30PM

Girls 400m	Hurdles	Finals
Boys 400m	Hurdles	Finals
Girls 1600 m	Run	Finals
Girls 100m	Dash Trials*	
Boys 100m	Dash Trials*	
Boys 1600m	Run	Finals
Girls 100m	Dash	Finals
Boys 100m	Dash	Finals
Girls 400m	Dash	Finals
Boys 400m	Dash	Finals
Girls 4 X 800m	Relay	Finals
Boys 4 X 800m	Relay	Finals

Running Events - June 12th, 2021/ 10:00AM

Girls 3200m	Run	Finals
Boys 3200m	Run	Finals
Girls 100m	Hurdles	Trials
Boys 110m	Hurdles	Trials
Girls 800m	Run	Finals
Boys 800m	Run	Finals
Girls 100m	Hurdles	Finals
Boys 110m	Hurdles	Finals
<i>Unified 4 X 100</i>	Relay	Finals
Girls 4x100	Relay	Finals
Boys 4x100	Relay	Finals
<i>Unified 200m</i>	<i>Dash</i>	<i>Finals</i>
Girls 200m	Dash	Finals
Boys 200m	Dash	Finals

Field Events (7 events starting at 2:30PM)

Boys Discus		
Girls Shot Put	<i>Unified 4 X 400 Meter</i>	<i>Relay</i> <i>Finals</i>
Girls Javelin	Girls 4X 400m	Relay Finals
Boys Triple Jump	Boys 4 X 400m	Relay Finals
Girls Long Jump	(Open Pit)	
Boys High Jump	(Open Pit)	
Girls Pole Vault		

Field Events (9 events starting at 10:00AM)

<i>Unified Shot Put</i>	
<i>Unified Long Jump</i>	
Boys Shot Put	
Girls Discus	
Boys Javelin	
Girls Triple Jump	(Open Pit)
Boys Long Jump	(Open Pit)
Girls High Jump	
Boys Pole Vault	

See the next page for Groups Rotation of Field Events

PUBLIC GROUP FIELD ROTATION

FRIDAY: 2:30pm

GIRLS SHOT PUT	S	L
GIRLS JAVELIN	L	S
BOYS DISCUS	S	L
GIRLS LONG JUMP	L	S
BOYS TRIPLE JUMP	L	S
BOYS HIGH JUMP	S	L
GIRLS POLE VAULT	S	L

L = LARGE SCHOOL S = SMALL SCHOOL

SATURDAY 10:00am

BOYS SHOT PUT	S	L
BOYS JAVELIN	L	S
GIRLS DISCUS	S	L
BOYS LONG JUMP	L	S
GIRLS TRIPLE JUMP	L	S
GIRLS HIGH JUMP	S	L
BOYS POLE VAULT	S	L

L = LARGE SCHOOL S = SMALL SCHOOL

NON-PUBLIC Sectional-Group Meet Order of Track Events

Friday Events: - June 11th, 2021 start time 2:30pm

Girls 400 Meter	Hurdles	Finals
Boys 400 Meter	Hurdles	Finals
Girls 1600 Meter Run		Finals
Girls 100 Meter Dash		Trials
Boys 100 Meter Dash		Trials
Boys 1600 Meter Run		Final
Girls 100 Meter Dash		Final
Boys 100 Meter Dash		Final
Girls 400 Meter Dash		Final
Boys 400 Meter Dash		Final
Girls 4 X 800 Meter Relay		Final
Boys 4 X 800 Meter Relay		Final

Running Events – June 12th, 2021 10:00am

Girls 3200 Meter	Finals
Boys 3200 Meter	Finals
Girls 100 Meter Hurdle	Trials
Boys 110 Meter Hurdle	Trials
Girls 800 Meter	Finals
Boys 800 Meter	Finals
Girls 100 Meter Hurdle	Finals
Boys 110 Meter Hurdle	Finals
Girls 4 X 100 Meter Relay	Finals
Boys 4 x100 Meter Relay	Finals
Girls 200 Meter Dash	Finals
Boys 200 Meter Dash	Finals
Girls 4 X 400 Meter Relay	Finals
Boys 4 X 400 Meter Relay	Finals

Field Event Order of Events:

Friday: Start Time 2:30pm

PV. Girls A's followed by B's.
 HJ. Girls B's followed by A's.
 LJ. Boys A's followed by B's.
 TJ. Girls A's followed by B's

Friday

Girls Shot Put: B's followed by A's.
 Boys Discus: B's followed by A's.
 Girls Javelin: A's followed by B's.

Saturday: Start Time 10:00am

PV. Boys A's followed by B's
 HJ. Boys B's followed by A's
 LJ. Girls B's followed by A's
 TJ. Boys A' followed by B's

Saturday

Boys Shot Put: B's followed by A's
 Girls Discus: A's followed by B's
 Boys Javelin: A's followed by B's

IV. **MEET OF CHAMPIONS:**

DATE: **Saturday, June 19th, 2021 (Rain Date – June 20th, 2021)**

TIME: **12:00 Noon Field Events
1:00PM RUNNING EVENTS**

SITE: **South Plainfield**

NOTE: **SCHOOLS WILL NOT BE PERMITTED ON SITE UNTIL 11:00AM**

MEET DIRECTOR: **ED COLONA**

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

1. FIELD EVENTS

In the State Championship Meet (**June 19**), all contestants will have all legal attempts measured. The three throwing events will be divided into THREE (3) flights, with the best flight throwing last. The Long Jump AND Triple Jump in Group Meets and Meet of Champions 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.**

2. 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 June 8th, 2021.**

3. FOR RUNNING EVENTS ONLY

The clerks will assign heat and lane assignments. They will distribute to each athlete an appropriate **hip numbers. The number is to be worn on the left hip.**

4. AWARDS

Individual Medals for eight (8) places in each event in each Group.

5. ADMISSIONS

a. Adults \$5.00

b. Students (K-12)/Seniors \$3.00

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

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

i. Athletes fully dressed in school-issued uniforms will be admitted free. Coaches and managers MUST HAVE PASSES THAT WERE ISSUED AT SECTIONAL MEETS.

ii. Tickets are NOT required for admission to the State Group Meet for athletes, **BUT ALL COACHES AND TEAM MANAGERS MUST HAVE PASSES.** They will be picked up at the gate.

iii. **ONLY ATHLETES FULLY DRESSED IN SCHOOL-ISSUED UNIFORMS WILL BE ADMITTED FREE.** All others will be charged the student admission fee if not in uniforms. **IN OTHER WORDS, THE SCHOOL UNIFORM IS THE ATHLETE'S TICKET.**

ALL SCHOOLS – STATE CHAMPIONSHPS

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.

Meet of Champions South Plainfield

*****Wheelchair field events beginning at 11:30am***
Shot followed by Discus followed by Javelin.**

Noon – Field Events Saturday, June 19th, 2021, (Rain Date – June 20th) 1 PM – Running Events

NOTE: SCHOOLS WILL NOT BE PERMITTED ON SITE UNTIL 12:00 Noon.

STARTING BLOCKS WILL BE SUPPLIED

Girls 400m Hurdles	Final on Time	Girls 100 Hurdle	Final
Boys 400m Hurdles	Final on Time	Boys 110 Hurdle	Final
1600m Wheelchair		Girls 100 Meter Dash	Final
Girls 100m Dash Trials		Boys 100 Meter Dash	Final
Boys 100m Dash Trials		100M Wheelchair	Final
Girls 100m Hurdle Trial		Girls 800 Meter Run	Final
Boys 110m Hurdle Trial		Boys 800m Run	Final
Girls 1600m Finals		Girls 200 Meter Dash	Final
Boys 1600m Finals		Boys 200 Meter Dash	Final
Girls 4 x100 Relay	Finals	Girls 3200 Meter Run	Final
Boys 4 x100 Relay	Finals	Boys 3200 Meter Run	Final
400m Wheelchair	Final	Girl 4x 800 Meter Relay	Final
Girls 400m Dash	Final	Boy 4x800 Meter Relay	Final
Boys 400m Dash	Final	Girl 4X 400 Meter Relay	Final
		Boy x400 Meter Relay	Final

MEET OF CHAMPIONS-FIELD EVENTS

6/19/2021

South Plainfield HS. Athletic Complex

Wheel-chair Field Events will begin @ 11:30am

Order of events.

Shot followed by discus followed by Javelin.

Noon Time Start for the following:

Girls Shot Put followed by Boys

Boys Discus followed by Girls

Girls Javelin followed by Boys

Boys TJ followed by Girls

Girls LJ followed by Boys

Girls HJ followed by Boys-(opening heights TBD)

Pole Vault-2 runaways-both will start at Noon-(opening heights TBD)

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 SECTIONAL Meet

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

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 SECTIONAL MEETS.

V. **ADVANCEMENT REGULATIONS**

A. **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) [8 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.

B. **TO ADVANCE TO STATE CHAMPIONSHIPS: THIS IS NEW!!!!!!**

1. Contestants must qualify in the State Group Championships by placing FIRST, SECOND and THIRD in any event in their Group.
2. The NINE best/highest performances in each event (all ties will be broken using NFHS rules) from each GROUP SITE (NP A, Group I, Group IV and NP B, Group II, Group III) will be advanced to the Meet of Champions.
3. The top TWO relay teams from each group meet and the wildcards for next 6 fastest from each GROUP SITE
Will advance to the Meet of Champions.

Note: Times in trials (100 Dash and 100/110 Hurdles) will count in determining the six (6) highest performances for advancement. An athlete who false starts in the final cannot qualify as a wildcard by using his/her trial time.

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

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 NOT BE ALLOWED TO COMPETE.

2) 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 EVENTS ARE SCHEDULED.

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

1. Coaches are not to enter 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 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. **DISQUALIFICATION**

Participation by any ineligible contestant in any meet during the regular season results in forfeiture of all points achieved by the ineligible contestant.

D. **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.

E. **POSTPONEMENTS**

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

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

State Director:

Bill Bruno, NJSIAA Office at 609-259-2776; Cell Phone at 732-278-5385
Email: bbruno@njsiaa.org

NOT TO BE MAILED USE AS A GUIDE FOR YOUR RECORDS

Entry Form A

Page 1 of 3

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 19th)** finishing 1st, 2nd and 3rd and 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.

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 and 3rd and 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. *Remember you can enter on milesplit up to 6 per event, but you must scratch down to 3 or less.

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

Worksheet GIRLS Event	3 Contestants Per Event		
100m H Hurdles			
400m Low Hurdles			
100m Dash			
200m Dash			
400m Dash			
800m Run			
1600m Run			
3200m Run			
High Jump (4'4")			
Long Jump (12'0")			
Shot Put (26'0")			
Discus (70'0")			
Javelin (70'0")			
Pole Vault (7'0")			
Triple Jump (26')			
Total GIRLS Individual Entries Wanted	Max Total 45		
4x100 Relay		×	×
4x400 Relay		×	×
4x800 Relay		×	×
Total GIRLS Relays	Max Total 3		

Worksheet BOYS Event	3 Contestants Per Event		
110m H Hurdles			
400m Inter Hurdles			
100m Dash			
200m Dash			
400m Dash			
800m Run			
1600m Run			
3200m Run			
High Jump (5'4")			
Long Jump (16'0")			
Shot Put (38'0")			
Discus (100'0")			
Javelin (100'0")			
Pole Vault (9'0")			
Triple Jump (32')			
Total BOYS Individual Entries Wanted	Max Total 45		
4x100 Relay		×	×
4x400 Relay		×	×
4x800 Relay		×	×
Total BOYS Relays	Max Total 3		

You must also enter your athletes into the correct sectional meet and division (GROUP) on nj.milesplit.com

Entry Form B
Signature and Calculation Page

Page 2 of 3

STAMPED SIGNATURES NOT ACCEPTABLE

 Signature of Girls Coach

 Signature of Athletic Director or Certified Faculty Member

 Signature of Boys Coach

 Signature of Principal or Certified Faculty Member

Total GIRLS Ind. Entries Maximum 45 Ind. Entries		X	\$16.00 =	\$630 Max For Individuals
Total GIRLS Entries Maximum 3 Total Relays		X	\$25.00 =	\$75 Max For Relays
			Total GIRLS Fees Due	\$705.00 Max GIRLS Fee

Total BOYS Ind. Entries Maximum 45 Ind. Entries		X	\$16.00 =	\$630 Max For Individuals
Total BOYS Entries Maximum 3 Total Relays		X	\$25.00 =	\$75 Max For Relays
			Total BOYS Fees Due	\$705.00 Max BOYS Fee

Grand Total (Boys & Girls) Due	\$1,410.00 Max for both Girls & Boys
-----------------------------------------------	-----------------------------------------------------

Please make checks payable to: NJSIAA

Check#(s) _____

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.

NJSIAA/M-F ATHLETIC/American Athletic Track & Turf SPORTSMANSHIP PLEDGE 2021

Must be mailed with Check

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 sports 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** (CORRECT SPIKES FOR YOUR MEET SITE) and in compliance with all uniform regulations (including the jewelry regulations which excludes watches) 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 the sportsmanship and executed 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/M-F Athletic/American Athletic Track & Turf Track and Field Championship Tournament (Sectionals – Group Meet – State Championships).

Please **mail** this completed form **with your check**.

Tournament Worksheet – **mail only if enclosing a self-addressed envelope** for verifying receipt of entries.

CHECK-OFF/ENTRY VERIFICATION FORM

CHECK OFF THE ITEMS ***YOU ARE INCLUDING IN THIS MAILING***. If you plan to send girls and boys 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 **2021 NJSIAA/M-F Athletic/American Track & Turf 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:

<input type="checkbox"/>	Girls & Boys Entry Form
<input type="checkbox"/>	Girls ONLY Entry Form
<input type="checkbox"/>	Boys ONLY Entry Form
<input type="checkbox"/>	Girls & Boys Eligibility Form
<input type="checkbox"/>	Girls ONLY Eligibility Form
<input type="checkbox"/>	Boys ONLY Eligibility Form
<input type="checkbox"/>	Girls & Boys Public Roster entered on NJ.Milesplit.com on 5/27/21
<input type="checkbox"/>	Girls NP ONLY Roster entered on NJ.Milesplit.com on 5/24/21 Girls Public Only roster entered on NJ. Milesplit.com on 5/27/21
<input type="checkbox"/>	Boys NP ONLY Roster entered on NJ.Milesplit.com on 5/24/21 Boys Public Only Roster entered on NJ.Milesplit.com on 5/27/21
<i>*Girls & Boys rosters can be in the same file</i>	
<input type="checkbox"/>	**Girls & Boys NJSIAA Sportsmanship Form
<input type="checkbox"/>	Girls ONLY NJSIAA Sportsmanship Form
<input type="checkbox"/>	Boys ONLY NJSIAA Sportsmanship Form
<i>**Girls & Boys can be in the same form</i>	
<input type="checkbox"/>	Self-addressed envelope if you wish this form AND/OR a purchase order returned to you.

Do not write below this line

The above was received as stamped below:

Bill Bruno – Tournament Director _____ **Date Received:** _____