



2022-23 Boys & Girls Spring Track & Field Tournament

Member schools will not be eligible to participate in any NJSIAA Tournaments if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, and Procedures.

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, SATs, graduation, and the like.

Member schools that are not willing or able to comply with these tournament regulations and all procedures found in the tournament operating procedures handbook should not enter the tournament.

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

The NFHS Track & Field Rules along with any NJSIAA rule modifications will govern this tournament.

NJSIAA Director of Spring Track

Al Stumpf

(609) 259-2776

astumpf@njsiaa.org

Tournament Director

Sean Dowd

732-779-1155

Seandowd19@gmail.com

NJSIAA Rules Interpreter

Carl Rickershauser

(609) 471-0497

rickershauser@comcast.net

New for This Year's State Tournament

1. All entries and rosters must be completed in MileSplit at nj.milesplit.com. There are no paper entries for these championships. All eligible teams and individuals must complete all entry information by the due dates listed.
2. MileSplit will open to all coaches that have claimed their teams on May 1 and will close on May 27 at midnight. There will be no entries permitted after this date.
3. It is advised that coaches enter the names of up to 6 athletes for all individual events and 8 athletes for all relays. On the day of the state sectional meet, coaches can enter any of the athletes listed on the entry card to compete in the meet.
4. For the Group Meet and the MOC any athlete listed on the Sectional Relay Entry Card may be used in the relay events.
5. **There will be no Non- Public Sectional Championship Meet. Non- Public Group Championships will be contested at the Public Group Champion sites.**
6. **The Meet of Champions will be on Wednesday, June 14 at Franklin High School.**
7. **In entry-level meets (Sectionals for the Public Schools and Group Meet for the NP Schools), all contestants are guaranteed one mark, they will have their first legal attempt measured; NEW THIS YEAR after the first throws of each individual flight the 8th best throw of the first throws will be marked, thereafter, to receive additional measurement, the competitors 2nd and 3rd throws will only be measured if their throw is better than the 8th best throw in the first round of each flight. Each flight will be measured separately.**

Spring Track & Field Important Dates:

<u>Event</u>	<u>Dates</u>	
First Practice:	March 16, 2023	
First Scrimmage:	March 23, 2023	
Opening Day:	April 3, 2023	
Post-Season Transfer By Date:	April 3, 2023	
MileSplit Opens	May 1, 2023	
MileSplit Closes: (All entries are final at midnight)	May 27, 2023	
Regular Season Competition Ends:	June 11, 2023	
Post-Season Committee Meeting:	TBA	
<u>State Tournament</u>	<u>Dates</u>	<u>Location</u>
Sectional Championships (Public):	June 2 & 3, 2023	
North I, Groups 1 & 4	June 2, 2023	Clifton H.S.
North I, Groups 2 & 3	June 2, 2023	Vernon H.S.
North II, Groups 1 & 4	June 2, 2023	Ridge H.S.
North II, Groups 2 & 3	June 2, 2023	South Plainfield H.S.
Central, Groups 1 & 4	June 2, 2023	Hillsborough H.S.
Central, Groups 2 & 3	June 2, 2023	Jackson Liberty H.S.
South, Groups 1 & 4	June 2, 2023	Pennsauken H.S.
South, Groups 2 & 3	June 2, 2023	Delsea H.S.
North I, Groups 1 & 4	June 3, 2023	Clifton H.S.
North I, Groups 2 & 3	June 3, 2023	Vernon H.S.
North II, Groups 1 & 4	June 3, 2023	Ridge H.S.
North II, Groups 2 & 3	June 3, 2023	South Plainfield H.S.
Central, Groups 1 & 4	June 3, 2023	Hillsborough H.S.
Central, Groups 2 & 3	June 3, 2023	Jackson Liberty H.S.
South, Groups 1 & 4	June 3, 2023	Pennsauken H.S.
South, Groups 2 & 3	June 3, 2023	Delsea H.S.
Group Championships:	June 9 & 10, 2023	
Groups 1 & 4 and Non-Public A	June 9, 2023	Franklin H.S.
Groups 2 & 3 and Non-Public B	June 9, 2023	Delsea H.S.
Groups 1 & 4 and Non-Public A	June 10, 2023	Franklin H.S.
Groups 2 & 3 and Non-Public B	June 10, 2023	Delsea H.S.
Meet of Champions:	June 14, 2023	Franklin H.S.

To qualify for the tournament

1. Teams must be competing on a varsity interscholastic basis and sixty percent (60%) of the games played on or before the cutoff date must be against New Jersey schools.
2. All eligible teams may participate in the state sectional championships.
3. Member schools entering individuals when the school does not have an interscholastic spring track team, must provide a coach/chaperone to accompany the student. The coach/chaperone must be approved by the school district's board of education, headmaster, etc. The school district must be able to certify the coach/chaperone was present at the required six (6) practices. The penalty for failure to comply will be disqualification of the individual(s).
4. Any player with two (2) or more state level disqualifications in the current season and before the start of the tournament, will be unable to compete in the state tournament.
5. Any varsity team accumulating three (3) or more player or coach disqualifications before the start of the tournament will not be permitted to participate in the state tournament. Seeded teams will forfeit their right to compete if a disqualification limit is reached before the start of the tournament for the team.

Entry Procedure

1. All entries and rosters must be entered in MileSplit at nj.milesplit.com. There are no paper entries for these championships.
2. All eligible teams and individuals must complete all entry information by the due dates listed.
3. MileSplit will open to all coaches to claim their teams on May 1st and will close on May 27th. The NJSIAA may approve a late entry that is submitted after midnight, May 27, 2023, however, there will be a \$150 late entry fee. ***Please note that for both the public and non- public Sectional meets, the times/distances listed on MileSplit on May 27 will be used for seeding purposes. No updates after May 27, 2023.***
4. All Individual events have a maximum of **3** athletes per event and all relays have a maximum of **4** athletes per relay.
5. **It is advised that coaches enter up to 6 athletes for all individual events and 8 athletes for all relays. On the day of the state sectional meet, coaches can choose any of the athletes they entered in MileSplit for each event**
6. If a 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.***
7. ***In the pole vault a pole certification card is required, verifying the vaulter's weight and weight rating of the pole the vaulter is using. Coaches signature required.***
8. A MileSplit entry is NOT a competitor. Once the coach checks the athlete in, the athlete is a contestant. Once the seeding for the event is completed they become a competitor.
9. MileSplit directions can be found on the NJSIAA website under the spring track page.
10. Once MileSplit closes the entries are final and no refunds will be made for any entrants failing to compete, regardless of the reason.

Entry Fees

- \$16 per individual event, per gender, payable to the NJSIAA (Please note Spring Track Tournament).
- \$25 per relay, per gender, payable to the NJSIAA (Please note Spring Track Tournament).
- Forward all entry fees to the NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691
- DO NOT use certified mail

Tournament Seeding

1. Seeding procedures have been established by the NJSIAA Track Committee.
2. There will be no additions or re-seeding once the event is seeded.
3. In all meets, the highest-seeded sections will go last. This includes both track and field events.
4. All seeds must be from the current season.
5. Only fully automatic times will be accepted.
6. MileSplit will be used to create a verification list of running events and will be used as a basis for seeding.
7. A performance list of the contestants will be displayed at the clerking table on the day of each meet.
Coaches are to hi- lite their event contestants on these sheets when checking in at the clerking area.
8. Seeding for the group champions will be determined based on the results of the sectional championship.
9. Seeding for the meet of champions will be determined based on the results of the group championship finals.
10. Meet of Champions seeding will be on time based on the results of the group championships unless coaches of State Group Winners file for advancement in seeding, based on a verified, previous performance. This must be done by noon on the Monday after the group meet.

Tournament Advancement

To advance to the state group championships

- Public Schools - A contestant must qualify in the Sectional Meet by placing in one of the first six (6) places for each event. All ties for Sixth (6th) Place will advance.

To advance to the Meet Championships – all advancements must come from the Group Meet

- Public and Non- Public Schools - A contestant must qualify from the group meet by placing in one of the first two (2) places in each event and group. All ties for the second (2nd) place that cannot be broken by NFHS rules will advance.
- Wildcards- Top 2 finishers in each event from the two group sites plus the next best 18 in each event overall regardless of which site they competed at.

No appeals will be considered for advancement to the State Group and Meet of Champions.

Tournament Rules & Information

1. Public and non-public teams will compete in different brackets for all meets, except the meet of champions.
2. You may only compete in your assigned section or group, if you compete in another group, you will be disqualified from that event.
3. The number of public-school participants in all groups has been equalized by dividing the schools that have indicated through their school profile that they offer spring track into four (4) groups, based on enrollment.
4. Please carefully check the classification listing for spring track.
5. MileSplit lists will be used to seed all races in the Sectionals (Public Schools) and Group Meet (Non-Public Schools).
6. The NJSIAA track committee reserves the right to eliminate any event, the running of which is not warranted by a sufficient number of entries.
7. Points will be scored according to National Federation Track and Field Rules (i.e., 10, 8, 6, 4, 2, 1 for first [1st] through sixth [6th] place respectively). Ties for the sixth (6th) place will be scored as a fraction of the one (1) point.
8. For the high hurdles and the 100-meter dash, we will take the eight (8) fastest times to the finals on an eight (8) lane track. On six (6) lane tracks, we will take the nine (9) fastest times to the finals.
9. When "California" starts are used, they will be one-turn staggers.
10. Contestants who appear at any of the tournament events without their coach (or certified member of the faculty) will be disqualified.
11. Team members will not be admitted in advance of the arrival of the coach.
12. 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.
13. All coaches should advise their contestants to be present at least one (1) hour before their events are scheduled. Please make sure your contestants are on time.
14. Entries for the first running and field events on Friday and Saturday will close 10 minutes prior to the starting time of the meet. All other events will close once the running event is seeded and flights are made by the officials at the field event site.
15. Electronic devices like radios, tape recorders, and other electronic communication devices are permitted in non-contestant areas only for coaching purposes. Violators may be asked to leave the venue and their teams may be disqualified from the meet. Contestants violating this rule will be disqualified.
16. The NJSIAA will not be responsible for stolen or lost articles.
17. Only contestants who have been entered or have qualified will be admitted free to any meet. All athletes must be in uniform to be admitted as part of the team. Gate personnel will be instructed to admit only those contestants who are in uniform.
18. The coach must inform the gate personnel how many additional coaches/athletes will arrive at a later time when the entire team does not report.
19. Any cancelations or postponement dates will be communicated via the NJSIAA website @ www.njsiaa.org
20. **GIRLS START THE ORDER OF RUNNING EVENTS ON ODD YEARS AND BOYS START THE ORDER OF EVENTS ON EVEN YEARS.**

Field Event Information

1. Each team will complete in one of the following Groups: (S) = Small Schools & (L) = Large Schools. Please check the rotations listed for each event.
2. Each contestant will be permitted three (3) attempts.
3. The best eight (8) performances will advance to the finals. Each contestant in the finals will be permitted an additional three (3) attempts.
4. Best flights will go last except for the Long and triple jumps (open pits at Sectional and Group Meet). **At the MOC jumpers will be placed in flights.**

5. The triple jump and long jump will be run as open pits one group at a time. 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, no run-throughs (into the pit) are permitted.
6. In entry-level meets (Sectionals for the Public Schools and Group Meet for the NP Schools), all contestants are guaranteed one mark, they will have their first legal attempt measured; **NEW THIS YEAR** after the first throws the 8th best throw of the first throws will be marked, thereafter, to receive additional measurement, the competitors 2nd and 3rd throws will only be measured if their throw is better than the 8th best throw in the first round of each flight. Each flight will be measured separately.
7. 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.
8. 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 for more than ten (10) minutes after the last contestant in that flight has completed their last jump or throw. Coaches must be notified of this.

Coaches Restrictions – (DEPENDING ON SITE)

1. Coaches are not to enter the running area, or the field event areas, during the meet, and they are not permitted to communicate with their contestants in these areas. This rule will be enforced and may result in the disqualification of the contestant.
2. A “coaches box” will be established near the finish line if possible. to use this box, each coach must wear his/her coach’s pass (provided) in such a way that it is clearly visible to security personnel. these coaches’ passes are to be used for identification purposes only. they are not admission tickets. no food or drinks are allowed in coaches boxes.
3. A second “coaches box” will be established on the infield between the high jump pits and pole vault **if possible**. Its only purpose is to allow the coaches to observe their jumpers. Competitors may come over to the box and talk with their coaches, but coaches must remain in the “box.” to use this box, each coach must wear his/her coach’s pass (provided) in such a way that it is clearly visible to security personnel. these coaches’ passes are to be used for identification purposes only. they are not admission tickets. no food or drinks are allowed in coaches boxes.
4. Coaches and manager tags are for identification purposes only. They are not admission tickets. These tags must be visible when appearing in coaches boxes and clerking areas. Coaches and managers must be listed on the entry forms.

Contestant Entry Procedure

1. Each competitor is assigned a new athlete number, at each level of the state meets. Cards will not be used for any of the running events. These numbers must appear on all field cards.
2. The coach will provide all information for entry into the track events through the MileSplit entry process. Coaches are strongly encouraged to enter the maximum number allowed in each event. (**6** entries in the individual events of which only **3** may participate and **8** entries in the running relays of which only **4** may participate, and **6** entries in the field events of which only **3** may participate)
3. Special Cards will be used for all the field events (High Jump, TJ, LJ, Discus, Javelin, Pole Vault, and Shot Put). Coaches must enter their athletes through the MileSplit entry process. Again, coaches are reminded to enter the maximum number of athletes allowed in these events (**6 entries** in each event of which only **3** may participate)
4. Check-in process and Reporting
 - Teams must have entered in MileSplit to be listed on the performance list.
 - The performance list of events will be generated from the coach’s information and located at the clerking table for the running events. The check-in for the field events is at each event site. Coaches need to check in each athlete and if needed scratch from those events.
 - Once an event is seeded, the performance sheet is passed to the timer’s table and is re-seeded based on that information. All athletes that are listed on this sheet are considered competitors that have entered the event, and it becomes one of the four events in which they may participate. Athletes are then called to report for the event.
 - The updated event sheet is given to the clerk to assemble the athletes, and give them their heat assignments, lane assignment, and hip numbers.
 - The line clerk will organize the athletes, check uniforms, and guide them to the track.

- The field event check-in process has the coach pick up a blank field card and a pre-printed label for each athlete from the official. The coach then must submit the completed card to the field event official. The coach must sign the Pole Vault card to verify the weight of the vaulter.
- Once an event is seeded there will be no changes or additions.

Equipment Regulations

1. Uniforms
 - The NFHS uniform rule 4, section 3, articles 1-2-3-4-5 will be enforced.
 - Each contestant must be properly attired in the school's issued uniform (i.e., jersey, running trunks, and shoes) during the meet.
 - **ALL RELAY TEAM MEMBERS MUST WEAR THE SAME COLOR JERSEY AND TRUNKS.**
 - Field event contestants must be properly attired in school-issued, legal track uniforms.
 - Because of automatic timing, every runner must wear the jersey tucked into his/her uniform's shorts.
2. Jewelry
 - Jewelry will be permitted. this also includes any type of wrist bands.
 - Watches, however, are still not allowed to be worn.
3. Batons
 - Schools must provide their own batons for all meets.
 - Please refer to national federation rule 5-4, art. 3, concerning baton specifications.
4. Shots, Discus and Javelins.
 - All shot-puts, discus and javelins (both boys and girls) will be checked by meet management.
 - All warm-ups must be done with the checked implements.
5. Shoes
 - Each site has standards for the type of spike and length that may be used. ***These regulations must be followed.***
 - Each site will be responsible for checking spikes.
6. Starting blocks
 - Starting blocks will be permitted at all meets and locations. The host site will attempt to supply starting blocks. ***If the host site supplies the starting blocks they must be used.*** If the host site cannot supply starting blocks schools may use their own starting blocks ***as long as they conform to the host sites' spike length.***
 - Please check the site to determine what length and whether pins or needle spikes are allowed to anchor the starting blocks.
 - ***The coach is responsible to make sure that any starting block used by his/her team meets the host sites' requirements. Any coach in violation of this policy will be fined \$150.00.***

Awards

State Sectional Champions:

- Trophy and 35 certificates for the 1st place team in each group in each section.
- Medals to the top six (6) places in each event.

State Group Championships:

- Trophy and 35 certificates for the 1st place team in each group.
- Medals to the top six (6) places in each event.

Meet of Champions

- Medals to the top eight (8) places in each event.

Public State Sectional Championships

North I, Groups 1 & 4 @ Clifton H.S.	North I, Groups 2 & 3 @ Vernon H.S.
Day 1: Friday, June 2, 2023 at 3:30pm	Day 1: Friday, June 2, 2023 at 3:30pm
Day 2: Saturday, June 3, 2023 at 9:30am	Day 2: Saturday, June 3, 2023 at 9:30am
Meet Director: Frank & Flo Calise	Meet Director: Marc MacNaughton
Phone: 973-460-5336	Phone: 201-213-1149
E-mail: fjcalise@yahoo.com	Email: mamacnaughton3889@gmail.com
Track: 8 lanes, ¼ inch spikes	Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass	Javelin Runway: Grass
North II, Groups 1 & 4 @ Ridge H.S.	North II, Groups 2 & 3 @ South Plainfield
Day 1: Friday, June 2, 2023 at 3:30pm	Day 1: Friday, June 2, 2023 at 3:30pm
Day 2: Saturday, June 3, 2023 at 1:00pm	Day 2: Saturday, June 3, 2023 at 9:30am
Meet Directors: John Schwarz & John Toreno	Meet Director: Bill Malone
Phone: 862-812-5659 & 201-953-9502	Phone: 908-782-4288
j.schwarz22@verizon.net & johntonero@msn.com	E-mail: b2milone@comcast.net
Track: 8 lanes, ¼ inch spikes	Track: 6 lanes, ¼ inch spikes
Javelin Runway: Grass	Javelin Runway: Grass
Central, Groups 1 & 4 @ Hillsborough HS	Central, Groups 2 & 3 @ Jackson Liberty
Day 1: Friday, June 2, 2023 at 3:30pm	Day 1: Friday, June 2, 2023 at 3:30pm
Day 2: Saturday, June 3, 2023 at 9:30am	Day 2: Saturday, June 3, 2023 at 9:30am
Meet Director: John MacGillivray	Meet Director: Sean Dowd
Phone: 732-865- 2825	Phone: 732-779-1155
E-mail: JMacTrack@yahoo.com	E-mail: seandowd19@gmail.com
Track: 6 lanes (6 on the turns), ¼ inch spikes	Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass	Javelin Runway: Grass
South, Groups 1 & 4 @ Pennsauken HS	South, Groups 2 & 3 @ Delsea H.S.
Day 1: Friday, June 2, 2023 at 3:30pm	Day 1: Friday, June 2, 2023 at 3:30pm
Day 2: Saturday, June 3, 2023 at 9:30am	Day 2: Saturday, June 3, 2023 at 9:30am
Meet Director: Kathy Hunter	Meet Director: Chris Callinan
Phone: 609-707-3138	Phone: 609-2540826
E-mail: kholdmoron@gmail.com	E-mail: tomahawktiming@yahoo.com
Track: 8 lanes spikes ¼ inch	Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass	Javelin Runway: Grass

Public State Sectionals Order of Running Events – GIRLS EVENTS FIRST

Day 1 – Running Events (Friday) Large then Small group		Day 2 – Running Events (Saturday) Large then Small Group	
4x100 Meter Relay	Final on Time	400 Meters	Final on Time
4x100 Meter Relay	Final on Time	400 Meters	Final on Time
800 Meters	Final on Time	100 Meter Hurdles- Girls	Trials
800 Meters	Final on Time	110 Meter Hurdles-Boys	Trials
100 Meters	Trials	4x800 Meter Relay	Final on Time
100 Meters	Trials	110 Meter Hurdles- Boys	Finals
400 Meter Hurdles	Final on Time	100 Meter Hurdles- Girls	Finals
400 Meter Hurdles	Final on Time	4x800 Metter Relay	Final on Time
100 Meters	Finals	200 Meters	Final on Time
100 Meters	Finals	200 Meters	Final on Time
3200 Meters	Final on Time	1600 Meters	Final on Time
3200 Meters	Final on Time	1600 Meters	Final on Time
		4x400 Meter Relay	Final on Time
		4x400 Meter Relay	Final on Time

Public State Sectionals Order of Field Events

Day 1 – Field Events (Friday)		Day 2 – Field Events (Saturday)	
Boys Shot Put	Group L then S	Girls Shot Put	Group L then S
Boys Javelin	Group S then L	Girls Javelin	Group S then L
Girls Discus	Group L then S	Boys Discus	Group L then S
Boys Long Jump	Group S then L	Girls Long Jump	Group S then L
Girls Triple Jump	Group L then S	Boys Triple Jump	Group L then S
Girls High Jump	Group S then L	Boys High Jump	Group S then L
Boys Pole Vault	Group L then S	Girls Pole Vault	Group L then S
BOYS AND GIRLS HIGH JUMP AND POLE VAULT	REVISED 5/2/2003		

All heats and Flights will be set up with the fastest heat running last.

Public and Non- Public State Group Championships

Groups 2 & 3 AND NON -PUBLIC B @ Delsea
Day 1: Friday, June 9, 2023 at 2:30pm
Day 2: Saturday, June 10, 2023 at 10:30am
Meet Director: SEAN DOWD
Phone: 732-779-1155
E-mail: seandowd19@gmail.com
Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass

Public Groups and NON Public Order of Running Events- GIRLS EVENTS FIRST

Day 1 – Running Events (Friday)		Day 2 – Running Events (Saturday)	
4x100 Meter Relay	Final on Time	400 Meters	Final on Time
4x100 Meter Relay	Final on Time	400 Meters	Final on Time
800 Meters	Final on Time	100 Meter Hurdles- Girls	Trials
800 Meters	Final on Time	110 Meter Hurdles- Boys	Trials
100 Meters	Trials	4x800 Meter Relay	Final on Time
100 Meters	Trials	110 Meter Hurdles- Boys	Finals
400 Meter Hurdles	Final on Time	100 Meter Hurdles- Girls	Finals
400 Meter Hurdles	Final on Time	4x800 Meter Relay	Final on Time
100 Meters	Finals	200 Meters	Final on Time
100 Meters	Finals	200 Meters	Final on Time
3200 Meters	Final on Time	1600 Meters	Final on Time
3200 Meters	Final on Time	1600 Meters	Final on Time
		4x400 Meter Relay	Final on Time
		4x400 Meter Relay	Final on Time

Public and Non Public Groups Order of Field Events

Day 1 – Field Events (Friday)		Day 2 – Field Events (Saturday)	
Boys Shot Put	NP and Group L then S	Girls Shot Put	NP and Group L then S
Boys Javelin	Group S & L then NP	Girls Javelin	Group S & L then NP
Girls Discus	Group L & S then NP	Boys Discus	Group L & S then NP
Boys Long Jump	NP then Group S then L	Girls Long Jump	NP then Group S then L
Girls Triple Jump	Group S then L then NP	Boys Triple Jump	Group S then L then NP
Girls High Jump	Group L & S then NP	Boys High Jump	Group L & S then NP

Boys Pole Vault	Group S & L then NP	Girls Pole Vault	Group S & L then NP
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All heats and Flights will be set up with the fastest heat running last.

FOR ALL FIELD EVENTS-the third group will compete at the venue that is completed first.

For all running events, group L (Large Schools) will run first followed by group S (Small Schools) followed by Non Public

Public State Group Championships

Groups 1 & 4 AND NP A @ Franklin H.S.
Day 1: Friday, June 9, 2023 at 2:30pm
Day 2: Saturday, June 10, 2023 at 10:30am
Meet Director: Bill Malone
Phone: 908-782-4288
E-mail: b2milone@comcast.net
Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass

Public and Non- Public Groups Order of Running Events- GIRLS EVENTS FIRST

Day 1 – Running Events (Friday)		Day 2 – Running Events (Saturday)	
4x100 Meter Relay	Final on Time	400 Meters	Final on Time
4x100 Meter Relay	Final on Time	400 Meters	Final on Time
800 Meters	Final on Time	100 Meter Hurdles- Girls	Trials
800 Meters	Final on Time	110 Meter Hurdles- Boys	Trials
100 Meters	Trials	4x800 Meter Relay	Final on Time
100 Meters	Trials	110 Meter Hurdles- Boys	Finals
400 Meter Hurdles	Final on Time	100 Meter Hurdles-Girls	Finals
400 Meter Hurdles	Final on Time	4x800 Metter Relay	Final on Time
100 Meters	Finals	200 Meters	Final on Time
100 Meters	Finals	200 Meters	Final on Time
3200 Meters	Final on Time	1600 Meters	Final on Time
3200 Meters	Final on Time	1600 Meters	Final on Time
		4x400 Meter Relay	Final on Time
		4x400 Meter Relay	Final on Time

Public Groups Order of Field Events

Day 1 – Field Events (Friday)		Day 2 – Field Events (Saturday)	
Boys Shot Put	NP and Group L then S	Girls Shot Put	NP and Group L then S
Boys Javelin	Group S & L then NP	Girls Javelin	Group S & L then NP
Girls Discus	Group L & S then NP	Boys Discus	Group L & S then NP
Boys Long Jump	NP then Group S then L	Girls Long Jump	NP then Group S then L
Girls Triple Jump	Group S then L then NP	Boys Triple Jump	Group S then L then NP
Girls High Jump	Group L & S then NP	Boys High Jump	Group L & S then NP
Boys Pole Vault	Group S & L then NP	Girls Pole Vault	Group S & L then NP

All heats and Flights will be set up with the fastest heat running last.

FOR ALL FIELD EVENTS- the third group will compete at the venue that is completed first

For all running events, group L (Large Schools) will run first followed by group S (Small Schools) followed by NP

Meet of Championships

Franklin High School
Wednesday, June 14, 2022 – TEAMS CANNOT BE ON SITE UNTIL 12:30
ALL Events Start at 2:00pm – RUNNING EVENTS- GIRLS RUN FIRST
Meet Director: Sean Dowd
Phone: 732-779-1155
E-mail: seandowd19@gmail.com
Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass

Meet of Champions Events			
Running Events		Field Events	
4x800 Meter Relay	Final on Time		
4x800 Meter Relay	Final on Time		
100 Meter Hurdles- Girls	Trials	Shot Put	
110 Meter Hurdles- Boys	Trials	Javelin	
100 Meters	Trials	Discus	
100 Meters	Trials	Long Jump	Boys then Girls
400 Meter Hurdles	Final on Time	Triple Jump	Girls then Boys
400 Meter Hurdles	Final on Time	High Jump	
		Pole Vault	
100 Meters	Finals	<i>BOYS AND GIRLS WILL COMPETE IN THE FIELD EVENTS AT THE SAME TIME USING TWO VENUES. Except for the Long Jump and Triple Jump</i>	
100 Meters	Finals		
1600 Meters	Final on Time		
		Wheelchair events have been removed.	
1600 Meters	Final on Time		
110 Meter Hurdles- Boys	Finals		
100 Meter Hurdles- Girls	Finals		
400 Meters	Final on Time		
400 Meters	Final on Time		
4x100 Meter Relay	Final on Time		
4x100 Meter Relay	Final on Time		
800 Meters	Final on Time		
800 Meters	Final on Time		
200 Meters	Final on Time		
200 Meters	Final on Time		
3200 Meters	Final on Time		
3200 Meters	Final on Time		
4x400 Meter Relay	Final on Time		
4x400 Meter Relay	Final on Time		

All heats and Flights will be set up with the fastest heat running last.

