



2024-25 Boys & Girls Spring Track & Field Tournament

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, unless agreed upon by both schools. During the spring tournament season, we will make every effort to accommodate schools that have a conflict with their graduation.

Member schools will not be eligible to participate in any NJSIAA Tournaments if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, or Procedures. Any student-athlete who transfers after the competition start date will not be eligible for this tournament (Bylaws, Article V, Section 4.K. 5).

Schools are to be reminded of the 3-team DQ rule for state tournament eligibility, which states “Any varsity team accumulating three or more player or coach disqualifications prior to the team’s participation in the state tournament will not be permitted to participate in the state tournament.”

The NJSIAA will follow the procedure below for schools that are disqualified from state tournament competition:

1. If a school is disqualified, either for the use of an ineligible player or violating the 3-team DQ rule, from state tournament competition after the tournament has been seeded but prior to the bracket being final, then the bracket will be reseeded and the next ranked school who entered the tournament will be included.
2. If a school is disqualified, either for the use of an ineligible player or violating the 3-team DQ rule, from state tournament competition after the tournament has been seeded and after the bracket is final, then the bracket will not be reseeded, and no additional school will be included.
3. If a school is disqualified from state tournament competition due to the use of an ineligible player during the state tournament, then the school will be removed from the tournament immediately and their last opponent will advance in their place.

Schools participating in any NJSIAA tournament are responsible for the actions and behaviors of their spectators. Schools are required to provide adequate staff security to ensure there is proper oversight of their spectators. In addition, schools are financially responsible for any damage to the property or premises caused by their student-athletes, staff, or spectators (spectators include, but are not limited to, cheerleaders, marching band participants, students, and other fans).

NJSIAA requires Certified Athletic Trainers at all its tournament events. The ATC must document all injuries on an injury report form. This form must be available to the NJSIAA upon request.

Member schools that are not willing or able to comply with these tournament regulations and any relevant procedures found in the Operating Procedures Handbook should not enter the tournament. Member schools are encouraged to review these tournament regulations with the school administration. Coaches must have a copy of these regulations as well as a copy of the Rule Modifications (if any) for this tournament available at all contests. Copies of these documents are available on the NJSIAA website.

NJSIAA Spring Track Tournament Staff

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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 April 22nd **and will close on May 11th at midnight for public schools, and then it will close on May 25th at midnight for the non-public schools.** 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 **public state sectional meets and the non-public group meets, coaches can enter any of the athletes listed on the entry to compete in the meet.**
4. For the Public Group Meet and the MOC any athlete listed on the Public Sectional Relay Entry Card or Non-Public Group Meet 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 their own site this year.**
6. **The Meet of Champions will be on Wednesday, June 4th at Pennsauken High School with a rain date of Thursday, June 5th at Pennsauken High School.**
7. **In all meets, each contestant will have each of their legal throws/jumps measured.**

Spring Track & Field Important Dates:

<u>Event</u>	<u>Dates</u>
First Practice:	March 10, 2025
Competition May Begin:	March 17, 2025
MileSplit Opens (All Schools):	April 22, 2025
MileSplit Closes (Public Schools):	May 11, 2025*
MileSplit Closes (Non-Public Schools):	May 25, 2025*
Regular Season Competition Ends:	June 15, 2025
Post-Season Committee Meeting:	TBD

*ALL ENTRIES BECOME FINAL AT MIDNIGHT

Spring Track & Field Tournament Dates:

<u>Event</u>	<u>Dates</u>	<u>Location</u>
Sectional Championships (Public Only):		
North I, Groups 1 & 4	May 16, 2025	Livingston H.S.
North I, Groups 2 & 3	May 16, 2025	Vernon H.S.
North II, Groups 1 & 4	May 16, 2025	Ridge H.S.
North II, Groups 2 & 3	May 16, 2025	Warren Hills H.S.
Central, Groups 1 & 4	May 16, 2025	Hillsborough H.S.
Central, Groups 2 & 3	May 16, 2025	Jackson Liberty H.S.
South, Groups 1 & 4	May 16, 2025	Pennsauken H.S.
South, Groups 2 & 3	May 16, 2025	Delsea H.S.
North I, Groups 1 & 4	May 17, 2025	Livingston H. S.
North I, Groups 2 & 3	May 17, 2025	Vernon H.S.
North II, Groups 1 & 4	May 17, 2025	Ridge H.S.
North II, Groups 2 & 3	May 17, 2025	Warren Hills H.S.
Central, Groups 1 & 4	May 17, 2025	Hillsborough H.S.
Central, Groups 2 & 3	May 17, 2025	Jackson Liberty H.S.
South, Groups 1 & 4	May 17, 2025	Pennsauken H.S.
South, Groups 2 & 3	May 17, 2025	Delsea H.S.
Group Championships:		
Groups 1 & 4	May 30, 2025	Franklin H.S.
Groups 2 & 3	May 30, 2025	Delsea H.S.
Non-Public A & B	May 30, 2025	Stockton University
Groups 1 & 4	May 31, 2025	Franklin H.S.
Groups 2 & 3	May 31, 2025	Delsea H.S.
Non-Public A & B	May 31, 2025	Stockton University
Meet of Champions:	June 4, 2025	Pennsauken 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 public school teams may participate in the state public sectional championships and non-public school teams may participate in the state non-public group meet.
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 PUBLIC AND NON-PUBLIC coaches to claim their teams on April 22nd and will close on May 11th FOR ALL PUBLIC SCHOOLS, and close on May 25th FOR ALL NON-PUBLIC SCHOOLS. The NJSIAA may approve late entries (entire team or individuals) that are submitted after midnight, May 11th, 2025 for the public schools and after midnight, May 25th, 2025 for the non-public schools, however, there will be a \$150 late entry fee. There will be no changes made and/or replacements from the original athletes entered in Milesplit on the day of the meet. *Please note that for the public Sectional meets, the times/distances listed on MileSplit on May 11th will be used for seeding purposes. No updates after May 11th, 2025 for public schools. Please note that for the non-public Group meet, the times/distances listed on MileSplit on May 25th will be used for seeding purposes. No updates after May 25, 2025 for non-public schools.***
4. All Individual events should have a maximum of 3 athletes per event and all relays should 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 public sectional meet and non-public group 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 2025 spring season or from the 2025 winter season.** Only fully automatic times that can be verified will be accepted.
5. MileSplit will be used to create a verification list of running events and will be used as a basis for seeding.
6. 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 and scratch those not competing when checking in at the clerking area.**
7. Seeding for the public group meet will be determined based on the results of the public sectional championships.
8. Seeding for the Meet of Champions will be determined based on the results of the group championships.
9. 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 of Champions – 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.
- **Top 2 finishers in each event from each of the three group sites advance as automatic qualifiers.**
- **Wildcards will be selected from the next best 18 in each event overall regardless of which site they competed at.**
- **Total number of athletes in each event will be at a maximum of 30 unless a tie can't be broken by NFHS rules.**
 - **For the events (long jump, triple jump, shot put, discus, javelin, 100m and High Hurdles) where athletes must advance and compete in a final flight or heat, the wildcards will only be chosen from the athletes who competed in those finals. The best mark or time from the trial or finals will be used for advancement.**

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

Tournament Rules & Information

1. The NFHS Track & Field Rules along with any NJSIAA rule modifications will govern this tournament.
2. Public and non-public teams will compete in different brackets for all meets, except for the Meet of Champions.
3. You may only compete in your assigned section or group, if you compete in another group, you will be disqualified from that event.
4. 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.
5. Please carefully check the classification listing for spring track.
6. MileSplit lists will be used to seed all races in the Sectionals (Public Schools) and Group Meet (Non-Public Schools).
7. The NJSIAA track committee reserves the right to eliminate any event, the running of which is not warranted by a sufficient number of entries.
8. 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.
9. 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.
10. When "California" starts are used, they will be one-turn staggerers.
11. Contestants who appear at any of the tournament events without their coach (or certified member of the faculty) will be disqualified.
12. Team members will not be admitted in advance of the arrival of the coach.
13. 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.
14. 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.

15. Entries for the first running and field events on Friday and Saturday will close **15 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. The 2nd group throwing or jumping at a field event should check in prior to the meet starting just like the 1st group in order to prevent any significant down time in between the ending of the first group and the start of the 2nd group.
16. Electronic devices like radios, tape recorders, cellphones, 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. **This will include the personnel holding the starting blocks.**
17. The NJSIAA will not be responsible for stolen or lost articles.
18. 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.
19. The coach must inform the gate personnel how many additional coaches/athletes will arrive later when the entire team does not report.
20. Any cancellations or postponement dates will be communicated via the NJSIAA website @ www.njsiaa.org
21. **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 compete 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 Public State Sectionals and the Non-Public Group Meet). At the Public Groups and the MOC jumpers will be placed in flights based on their performances in the prior state meet.**
5. The triple jump and long jump will be run as open pits with one group at a time at the Public State Sectionals and Non-Public Group Meet. 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 all meets, competitors will have each legal throw/jump measured.**
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 **at the public state sectionals and the non-public group meet.** They will also determine how many double elevations, if any, there will be in each event. **For the public group meet, the opening heights for the pole vault and high jump will be determined by taking the 12th best finisher who advanced from the sectional level and going down one increment. For the Meet of Champions, the opening heights for the pole vault and high jump will be determined by taking the 15th best finisher who advanced from the group meets and going down one increment. Meet management reserves the right to change the opening height criteria listed above if weather or an unforeseen circumstance dictates a change.**
8. Time excused from a field event to participate in another event is 10 minutes. The underlying principle behind this procedure 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 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 Board of Education approved 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. **NO PRIVATE COACHES and/or PARENTS ARE ALLOWED IN THIS AREA, ANY NON- BOARD OF EDUCATION APPROVED PERSONNEL FOUND IN THESE AREAS WITH A COACHES PASS WILL BE REMOVED FROM THE AREA AND THE SCHOOL'S COACHING STAFF WILL BE PENALIZED.** These coaching passes are not admission tickets. No food or drink is allowed in coaches boxes.

3. 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 and watches will be permitted. This also includes any type of wristbands.
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.
 - Schools must provide their own throwing implements and all shot-puts, discus and javelins (both boys and girls) will be checked and weighed by meet management. Illegal implements will be impounded by meet management and will not be returned until the final throw of the particular group has taken place.
 - 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 should be used.** If the host site cannot supply starting blocks, schools may use their own starting blocks **if 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

Public School State Sectional Champions:

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

Public and Non-Public 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 @ Livingston H. S.	North I, Groups 2 & 3 @ Vernon H.S.
Day 1: Friday, May 16, 2025 at 3:30pm	Day 1: Friday, May 16, 2025 at 3:30pm
Day 2: Saturday, May 17, 2025 at 9:30am	Day 2: Saturday, May 17, 2025 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: mmacnaughton3889@gmail.com
Track: 8 lanes straight, 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 @ Warren Hills H.S.
Day 1: Friday, May 16, 2025 at 3:30pm	Day 1: Friday, May 16, 2025 at 3:30pm
Day 2: Saturday, May 17, 2025 at 9:30 am	Day 2: Saturday, May 17, 2025 at 9:30am
Meet Directors: John Schwarz & John Tornero	Meet Director: Bill Malone
Phone: 862-812-5659 & 201-953-9052	Phone: 908-752-9073
j.schwarz22@verizon.net & johntonero@msn.com	E-mail: b2milone@comcast.net
Track: 8 lanes straight, ¼ inch spikes	Track: 8 lanes straight, ¼ inch spikes
Javelin Runway: Grass	Javelin Runway: Grass
Central, Groups 1 & 4 @ Hillsborough HS	Central, Groups 2 & 3 @ Jackson Liberty
Day 1: Friday, May 16, 2025 at 2:00 PM	Day 1: Friday, May 16, 2025 at 3:30pm
Day 2: Saturday, May 17, 2025 at 9:30am	Day 2: Saturday, May 17, 2025 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
<i>Please note start time change for Friday Meet.</i>	
South, Groups 1 & 4 @ Pennsauken HS	South, Groups 2 & 3 @ Delsea H.S.
Day 1: Friday, May 16, 2025 at 3:30pm	Day 1: Friday, May 16, 2025 at 3:30pm
Day 2: Saturday, May 17, 2025 at 9:30am	Day 2: Saturday, May 17, 2025 at 9:30am
Meet Director: Kathy Hunter	Meet Director: Chris Callinan
Phone: 609-707-3138	Phone: 609-254-0826
E-mail: kholdmoron@gmail.com	E-mail: tomahawktiming@yahoo.com
Track: 8 lanes , ¼ inch spikes	Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass	Javelin Runway: Grass

Public State Sectionals Order of Running Events Girls EVENTS FIRST IN 2025

Day 1 – Running Events (Friday)		Day 2 – Running Events (Saturday)	
Small then large group		Small then large 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 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 State Sectionals Order of Field Events			
Day 1 – Field Events (Friday)		Day 2 – Field Events (Saturday)	
Boys Shot Put	Group S then L	Girls Shot Put	Group S then L
Boys Javelin	Group L then S	Girls Javelin	Group L then S
Girls Discus	Group S then L	Boys Discus	Group S then L
Boys Long Jump	Group L then S	Girls Long Jump	Group S then L
Girls Triple Jump	Group S then L	Boys Triple Jump	Group L then S
Boys High Jump	Group S then L	Girls High Jump	Group L then S
Girls Pole Vault	Group L then S	Boys Pole Vault	Group S then L

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

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

***** PLEASE NOTE- BASED ON INDIVIDUAL SITES- THE FIELD EVENTS ORDER MAY BE CHANGED- IT WILL BE ANNOUNCED WELL IN ADVANCE OF THE MEET. *****

IF AN ENTIRE DAY IS FORCED TO BE CANCELED FOR ANY REASON, THEN SUNDAY, MAY 18th, 2025 WILL BE THE DAY THE CANCELED DAY IS MADE UP @ 10AM

Public State Group Championships

Groups 2 & 3 @ Delsea
Day 1: Friday, May 30, 2025 at 2:30pm, except for both high jump pits starting at 3pm
Day 2: Saturday, May 31, 2024 at 10:30am, except for both high jump pits starting at 11am
IF AN ENTIRE DAY IS FORCED TO BE CANCELED FOR ANY REASON THEN SUNDAY JUNE 1st, 2025 WILL BE THE DAY THE CANCELED DAY IS MADE UP @ 10AM
Meet Director: Sean Dowd
Phone: 732-779-1155
E-mail: seandowd19@gmail.com
Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass

Public Groups Order of Running Events-GIRLS EVENTS FIRST IN 2025

Day 1 – Running Events (Friday) Small then Large Group		Day 2 – Running Events (Saturday) Small then Large 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 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 Groups 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
Girls Triple Jump	Group S then L	Boys Triple Jump	Group L then S
Boys Long Jump	Group L then S	Girls Long Jump	Group S then L
Boys High Jump	Groups S & L at the same time at 2 different venues	Girls High Jump	Group S and L at the same time at 2 different venues
Girls Pole Vault	Group S & L at the same time at 2 different venues	Boys Pole Vault	Group S & L at the same time at 2 different venues

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

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

Public State Group Championships

Groups 1 & 4 @ Franklin H.S.
Day 1: Friday, May 30, 2025 at 2:30pm, except for both high jump pits starting at 3pm
Day 2: Saturday, May 31, 2025 at 10:30am, except for both high jump pits starting at 11am
IF AN ENTIRE DAY IS FORCED TO BE CANCELLED FOR ANY REASON THEN SUNDAY, JUNE 1st, 2025 WILL BE THE DAY THE CANCELED DAY IS MADE UP @ 10AM
Meet Director: Bill Malone
Phone: 908-752-9073
E-mail: b2milone@comcast.net
Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass

Public Groups Order of Running Events- GIRLS EVENTS FIRST IN 2025

Day 1 – Running Events (Friday) Small then Large Group		Day 2 – Running Events (Saturday) Small then Large 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 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

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

Public Groups 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
Girls Triple Jump	Group S then L	Boys Triple Jump	Group L then S
Boys Long Jump	Group L then S	Girls Long Jump	Group S then L
Boys High Jump	Groups S & L at the same time at 2 different venues	Girls High Jump	Group S and L at the same time at 2 different venues
Girls Pole Vault	Group S & L at the same time at 2 different venues	Boys Pole Vault	Group S & L at the same time at 2 different venues

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

Non-Public State Group Championships

Groups NP A and NP B @ Stockton University
Day 1: Friday, May 30, 2025 at 2:30pm
Day 2: Saturday, May 31, 2024 at 10:30am
IF AN ENTIRE DAY IS FORCED TO BE CANCELED FOR ANY REASON THEN SUNDAY, JUNE 1st, 2025 WILL BE THE DAY THE CANCELED DAY IS MADE UP @ 10AM
Meet Director: Dave Pfeifer
Phone: 609-380-0609
E-mail: dpfeifer@holyspirithighschool.com
Track: 8 lanes, ¼ inch spikes
Javelin Runway: Track Surface

Non-Public Groups Order of Running Events-GIRLS EVENTS FIRST IN 2025			
Day 1 – Running Events (Friday) Small then Large Group		Day 2 – Running Events (Saturday) Small then Large 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 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

Non-Public Groups 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
Girls Triple Jump	Group S then L	Boys Triple Jump	Group L then S
Boys Long Jump	Group L then S	Girls Long Jump	Group S then L
Boys High Jump	Groups S then L	Girls High Jump	Group L then S
Girls Pole Vault	Group L then S	Boys Pole Vault	Group S then L

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

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

Pennsauken High School
Wednesday, June 4, 2024 – TEAMS CANNOT BE ON SITE UNTIL 12:00PM
Rain Date Thursday, June 5, 2025- TEAMS CANNOT BE ON SITE UNTIL 12:00PM
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	Girls then Boys
110 Meter Hurdles- Boys	Trials	Javelin	Girls then Boys
100 Meters	Trials	Discus	Boys then Girls
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	
Wheelchair 100 Meters	Final on Time	Pole Vault	
100 Meters	Finals	BOYS AND GIRLS WILL COMPETE AT THE SAME TIME USING TWO VENUES IN THE HIGH JUMP AND POLE VAULT ONLY	
100 Meters	Finals		
1600 Meters	Final on Time		
Wheelchair 1600 Meters	Final on Time		
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		
Wheelchair 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.

One Day Format for Public Sectional and/or Group Meet (ONLY IF NEEDED)

RUNNING EVENTS- GIRLS RUN FIRST		ROTATION IF ONLY ONE VENUE PER EVENT	
Running Events Small then Large Group		Field Events	
3200 Meters	Final on Time		
3200 Meters	Final on Time		
100 Meters	Trials	Shot Put	Girls S, then L, then Boys S, then L
100 Meters	Trials	Javelin	Girls L, then S, then Boys L then S
800 Meters	Final on Time	Discus	Boys S, then L, then Girls S then L
800 Meters	Final on Time	Long Jump	Girls L, then S, then Boys S then L
100 Meter	Finals	Triple Jump	Boys S, then L, then Girls L, the S
100 Meter	Finals	High Jump	Boys L, then S, then Girls S, then L
400 Meter Hurdles	Final on Time	Pole Vault	Girls S, then L, then Boys L, then S
400 Meter Hurdles	Final on Time		
4x100 Meter Relay	Final on Time		
4x100 Meter Relay	Final on Time		Public Group Meet - Double Venues for Pole Vault and High Jump Will Be Used Based on Officials we will have and venues available to us
400 Meters	Final on Time		
400 Meters	Final on Time		
110 Meter Hurdles - Boys	Trials	Pole Vault	Boys L, then S at one pit and the other pit Girls S, then L
100 Meter Hurdles- Girls	Trials	High Jump	Boys S, then L at one pit and the other pit Girls L, then S.
4x800 Meter Relay	Final on Time		
4x800 Meter Relay	Final on Time		
100 Meter Hurdles - Girls	Finals		
110 Meter Hurdles - Boys	Finals		
200 Meters	Final on Time		
200 Meters	Final on Time		
1600 Meters	Final on Time		
1600 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.

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