2026-27 Boys & Girls Indoor Track & Field Tournament

NJSIAA reserves the right to adjust, change or cancel dates, times, and locations for any round of competition during 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.

State tournament sites will not be declared unsuitable merely because conditions are less than perfect unless Leagues or Conferences have ruled such sites unsuitable for League or Conference play. However, NJSIAA reserves the right to move an event to another facility if the playing conditions are not considered suitable for that competition, or if the facility will significantly limit anticipated attendance at the event.

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 3-team DQ rule is not applicable during participation 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 NJSIAA tournament regulations and any relevant procedures found in the state tournament operating procedures handbook should not enter the tournament. Member schools are encouraged to review NJSIAA tournament regulations with the school administration. Coaches must have a copy of the tournament regulations as well as a copy of the rule modifications (if any) available at all contests. Copies of these documents are available on the NJSIAA website.

Indoor Track & Field Tournament Staff

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Important Dates

Event	Date
First practice	November 30, 2026
Competition May Begin:	December 7, 2026
MileSplit opens for all events	December 7, 2026
MileSplit State Relay Meet entries close	January 10, 2027
MileSplit Sectional Meet entries close (sectional dates 2/2-2/7)	February 1, 2027
MileSplit Sectional Meet entries close (sectional dates 2/9-2/14)	February 8, 2027
MileSplit MOC (TJ, LJ, 4x800, 200) entries open	February 8, 2027
MileSplit Group Entries Close (Non-Publics)	February 15, 2027
MileSplit MOC (TJ, LJ, 4x800, 200) entries close	March 3, 2027
Regular season competition ends	March 7, 2027

Tournament Dates

State Relays	Date	Location
Non-Public A/B	January 12, 2027 @ 4:30pm	Bennett Center
Group 1	January 13, 2027 @ 4:30pm	Bennett Center
Group 2	January 14, 2027 @ 4:30pm	Bennett Center
Group 3	January 15, 2027 @ 4:30am	Bennett Center
Group 4	January 16, 2027 @ 9:00am	Bennett Center
Public State Sectionals	**Date**	**Location**
North I Group 4	February 2, 2027 @ 4:30pm	Bennett Center
North II Group 4	February 3, 2027 @ 4:30pm	Bennett Center
Central Group 4	February 4, 2027 @ 4:30pm	Bennett Center
South Group 4	February 5, 2027 @ 4:30am	Bennett Center
North I Group 1 & 2	February 6, 2027 @ 10:00am	Bennett Center
North II Group 1 & 2	February 7, 2027 @ 10:00am	Bennett Center
Weather Make-up	February 8, 2027 @ 4:30pm	Bennett Center
North I Group 3	February 9, 2027 @ 4:30pm	Bennett Center
North II Group 3	February 10, 2027 @ 4:30pm	Bennett Center
Central Group 3	February 11, 2027 @ 4:30pm	Bennett Center
South Group 3	February 12, 2027 @ 4:30am	Bennett Center
Central Group 1 & 2	February 13, 2027 @ 10:00am	Bennett Center
South Group 1 & 2	February 14, 2027 @ 10:00am	Bennett Center
Weather Make-up	February 15, 2027 @ 4:30pm	Bennett Center
State Championships	**Date**	**Location**
Non-Public A & B	February 19, 2027 @ 4:30pm	Bennett Center
Groups 1 & 4	February 20, 2027 @ 10:00am	Bennett Center
Groups 2 & 3	February 21, 2027 @ 10:00am	Bennett Center
Meet of Champions	March 7, 2027 @ 10:00am	Ocean Breeze

New for This Year's State Tournament
N/A

Tournament Eligibility
1. Teams must be competing on a varsity interscholastic basis.
2. Sixty percent (60%) of the games played on or before the cutoff date must be against New Jersey schools.
3. Any player with two (2) or more disqualifications in the current season, prior to the start of the tournament, will be unable to compete in the state tournament.
4. Any varsity team accumulating three (3) or more player or coach disqualifications prior to the start of the tournament will not be permitted to participate in the state tournament.

Tournament Qualifications
1. There are no qualifying standards for schools entering the state relays or the state sectionals.
2. For the state relays, schools may enter one (1) team per relay.
3. For the state sectionals, schools may enter three (3) individuals per event and one (1) team per relay.
4. After the state sectionals, qualifications are through advancement (see below).

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.

- Non-Public Schools - Non-public schools may enter only three (3) contestants in each individual event in the State Group Championship meet.

To advance to the Meet Championships
- Public Schools - A contestant must qualify in the Group Meet by placing in one of the first three (3) places for each event. All ties for the third (3rd) place will advance.

- Non-Public Schools - A contestant must qualify in the Group Meet by placing in one of the first three (3) places for each event. All ties for the third (3rd) place will advance.

- Wildcards – The top twelve (12) performances that did not place in the top three (3) in the Group Meet will advance to the Meet of Champions. The top twelve (12) performances will be taken from all the groups (Public 1, 2, 3, 4, and Non-Public A and B) combined. In the 55 meter dash, 55 meter hurdles and the shot put, selection of the wildcards will be from the finalists at the group meet. Performances from athletes that did not make the finals will not be considered.

To qualify for the Showcase events at the Meet Championships
To qualify for the Long Jump, Triple Jump, 4 x 800m relay & 200meter Showcase events, the top 24 boys and top 24 girls as ranked on MileSplit are invited to participate. The invitation must be accepted by 12:00pm on the date listed on page 2. The 200 meters will be run in lanes 3,4,5, and 6, which is the reason for using 24 as the optimal number of entries.

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

Independent Athletes
An Independent athlete is a student enrolled in a NJSIAA member school that does not sponsor a particular sports program and would like to enter a state individual tournament. Independent athletes are permitted, provided the school follows all independent entry requirements listed in the tournament regulations for their sport. In addition to the sports-specific tournament entry regulations, the following general procedures for all sports must be followed.

Independent Athlete Procedures

1. All independent athletes must be accompanied by a certified faculty member (chaperone), or a coach approved by the schools administration.
2. The independent athlete will be disqualified if they are not accompanied by a certified faculty member (chaperone), or a coach approved by the schools administration.
3. The chaperone must have with them written authority from the school's administration and remain with the athlete throughout all contests.
4. Independent athletes will not be able to check-in to the event with a parent; a coach/chaperone must be present at the time of check-in.
5. Any properly appointed “coach” will be subject to all out-of-season practice rules.
6. The school district must be able to certify that the independent athlete has met the required six (6) practices.
7. The school district must be able to certify that the independent athlete has a completed physical on file.
8. The penalty for failure to comply will be the disqualification of the athlete.
9. If you compete on a co-ed team, you cannot be an independent athlete. You will have to follow the tournament regulations on how to qualify as an individual.
10. Member schools with independent track & Field athletes may enter the individual tournament at the sectional level. They will be assigned a section at a later date.
11. The maximum number of independent athletes per school is 3 per gender.
12. An independent athlete may enter as many events as the rules allow.
13. Independent athletes will not qualify for team scoring.
14. Independent athletes will not qualify for awards until the meet of champions.

Entry Procedure

1. There are no paper entries for these championships. Schools must be mindful of all entry deadlines listed.
2. All schools entering the state relays, the public state sectionals, and the non-public state groups must register on MileSplit at **nj.milesplit.com.** In addition, all rosters must also be completed in MileSplit at **nj.milesplit.com.** MileSplit directions can be found on the NJSIAA website under the winter track page.
3. All eligible teams and individuals must complete all entry information by the due dates listed.
4. Once entries have been submitted, no refunds will be made for any entrants failing to compete, regardless of the reason.
5. State Relay Entries
    a. Running relays: 8 online entries, 4 competitors, 4 alternates
    b. Field Relays: 4 online entries, 2 competitors, 2 alternates
6. State Sectional Entries (Public Schools Only)
    a. Individual Events: 6 online entries, 3 competitors, 3 alternates
    b. Relays: 8 online entries, 4 competitors, 4 alternates
    c. Field Events: 6 online entries, 3 competitors, 3 alternates
7. State Group Entries (Non-Public Schools Only)
    a. Individual Events: 6 online entries, 3 competitors, 3 alternates
    b. Relays: 8 online entries, 4 competitors, 4 alternates
    c. Field Events: 6 online entries, 3 competitors, 3 alternates
8. Upon your entry on MileSplit, a voucher will be generated (from MileSplit) for your school which can be used as your invoice for payment. This is different from an official NJSIAA invoice which will be sent to you upon completion of the tournament if payment has not yet been received.
9. Any athlete who competes in more than 4 events at the Public Sectional or Non-Public Group Meet will be disqualified from those events and any points earned will be forfeited. If the athlete is disqualified from a relay event in the meets listed above or the State Relays, then the entire relay team will be disqualified and any points earned will be forfeited.
10. ALL times/distances used for seeding must be from an NFHS or NJSIAA approved and sanctioned competition.
11. 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.

Entry Fee (State Relays)
- $25 per relay, per gender, payable to the NJSIAA (Please note Winter Track Tournament).
- Forward all entry fees to the NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691

Entry Fee (Public State Sectionals & Non-Public State Groups)
- $20 per individual event, per gender, payable to the NJSIAA (Please note Winter Track Tournament).
- $25 per relay, per gender, payable to the NJSIAA (Please note Winter Track Tournament).
- Forward all entry fees to the NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691

Entry Fee (Showcase Events)
- $20 per individual event, per gender, payable to the NJSIAA (Please note Winter Track Tournament).
- $25 per relay, per gender, payable to the NJSIAA (Please note Winter Track Tournament).
- Forward all entry fees to the NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691

Tournament Seeding
1. Seeding procedures for the State Relay Championship, the Sectionals, the State Group Championships, and the State Championships (Meet of Champions) have been established by the NJSIAA Track Committee.
2. There will be no additions or re-seeding when an event has been declared closed.
3. No updated seeds will be accepted after the entry deadline for each of the relays and sectionals. Updated seeds will be accepted as per the regs for the Meet of Champions on page 4 item 13.
4. In all meets, the highest-seeded sections will compete last. This includes both track and field events.
5. All seeds must be from the current season. (Last season times are not acceptable.)
6. No outdoor seeds or relay splits will be accepted.
7. Seeds must have been done on 200m or 400m tracks at the correct distances. No converted times (example: a converted 1500-meter time is not acceptable for the 1600 meters; however, conversions from a mile or two miles to 1600 and 3200 will be accepted.) in meets involving five or more teams of the same gender. The only exception would be meets with less than five teams that use fully automatic timing.
8. Only fully automatic times will be accepted.
9. MileSplit will be used to create a verification list of running event relays and will be used as a basis for seeding the meets.
10. A performance list of the relay/contestants in the State Relays, Public Sectionals, and Non-public Group meets will be displayed at the clerking table on the day of each meet.
11. There will be no semi-finals in the Group Meet. Advancement from the trials will be based on time only as long as fully automatic timing is available.
12. State Relays:
    - Coaches are to check in each Relay (in Relay Championships) or each contestant which indicates the athlete's best time/height/distance from the current season based on those submitted entries via MileSplit.
    - The relay teams/contestants will check in with the clerk (or field event judge). Heats (or flights in field events) will be determined from the performance list. If no time/distance/height is provided on the list, the relay team/contestant will not be seeded. Seeding for final heats will be determined by time from the list and/or trials. Once a contestant checks in, the contestant is considered as having competed whether or not he/she actually does.
    - Athletes MUST Check in with clerk and be escorted to the line by the line clerk(s).
13. Meet of Champions
    - Seeding for the Meet of Champions will be determined based on the results of the State Group meet from the trials and finals among those who make the finals at the group meet.
    - Shot put seeding for the Meet of Champions will be determined based on the results of the State Group meet from the trials and finals among those who make the finals at the group meet.
    - In the field events, State Group results will be used to determine flights and order of performance.
    - For running events only, the clerks will give each runner two hip numbers, which are to be worn on the left hip and the left chest. Please caution athletes to dispose of these hip numbers properly.
    - Meet of Champions seeding will be done on time, 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 state group meets.

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 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 who have indicated through their school profile that they offer winter track into four (4) groups, based on enrollment.
5. Please carefully check the classification listing for winter 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 the 2022 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. Any athlete who competes in more than 4 events at the Public Sectional or Non-Public Group Meet will be disqualified from those events and any points earned will be forfeited. If the athlete is disqualified from a relay event in the meets listed above or the State Relays, then the entire relay team will be disqualified and any points earned will be forfeited.
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. First events close 20 minutes before the listed start time for all meets.
15. Only water is permitted on the main floors and check-in areas.
16. Food and beverage for Toms River must be consumed in the area designated.
17. 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.
18. The NJSIAA will not be responsible for stolen or lost articles.
19. 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 competitors who are in uniform.
20. 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.
21. No admittance to Bennett Center until one (1) hour before the start of your meet.
22. Any cancelations or postponement dates will be communicated via the NJSIAA website @ www.njsiaa.org

Coaches Restrictions

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. The 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. Its only purpose is to allow the coaches to observe their jumpers. Contestants may come over to the box and talk with their coaches, but coaches must remain in the “box.” To use this box, each coach must wear his/her coach’s pass (provided) in such a way that it is clearly visible to security personnel. The 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.
5. At Ocean Breeze there will be no coaches box on the infield. Coaches will be permitted to stand outside of the track along the railing.

Contestant Entry Procedure

1. Any athlete who competes in more than 4 events at the Public Sectional or Non-Public Group Meet will be disqualified from those events and any points earned will be forfeited. If the athlete is disqualified from a relay event in the meets listed above or the State Relays, then the entire relay team will be disqualified and any points earned will be forfeited.
2. 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.
3. 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, 8 entries in the running relays of which only 4 may participate. In the Field Event Relays schools may have up to 4 entries and only two are allowed to compete the day of the meet.
4. Special Cards will be used for the field events (High Jump, 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)
5. Check-in process and Reporting

    a. On the day of the meet coaches must inform the field officials specifically which three of the athletes that are competing . The officials will place the athlete's stickers on the field event cards.
    b. Teams must have entered both the MileSplit process and submitted an NJSIAA entry form to be listed on the performance list.
    c. 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 inform the officials which athletes will be competing.
    d. **WE ARE HIGHLIGHTING ANY ATHLETE PARTICIPATING.** If athletes are left unhighlighted they can and will be scratched from those events.
    e. Athletes **must report back** to the clerking area for their numbers and lane assignments.
    f. An event is closed when the performance sheet is passed to the timer's table and is re-seeded based on that information. At this point, no changes will be made under any circumstances.
    g. All athletes listed on this sheet are considered to 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.
    h. The updated event sheet is given to the clerk to assemble the athletes, and give them their heat assignments, lane assignment, and hip numbers.
    i. The line clerk will organize the athletes, check uniforms, and guide them to the track.
    j. 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.
    k. Once an event is closed there will be no changes or additions

Meet Procedures

1. State Relays

    a. The Distance Medley and the Sprint Medley will be run in the order as shown in parentheses as noted on page 10.
    b. In the Distance Medley and 4x800m Relay there will be a "California Start".
    c. Starting blocks will not be permitted in any events at the state relays.
    d. Shot Put Relay
        - Each team {two (2) contestants} will be allowed three (3) throws (no Finals).
        - The total distance of contestants' best throws will count as the final score for the team.
        - Both contestants must have a measured throw to be eligible for a place.

e. High Jump/Pole Vault Relays
   - Each member of the team will remain active until they have accumulated three consecutive misses.
   - The “one remaining” rule and the “3 or less” rule do not apply to the high jump and pole vault relays.
   - A contestant cannot ask the bar to be raised to any different height than the designated increments, nor does the contestant receive extra time to complete an attempt. Otherwise, the event will be contested following the same rules as the individual high jump event.
   - In the High Jump and Pole Vault both team members must clear a qualifying height for the team to score. The competition for the team ends immediately as soon as the final team member “No Heights.”
   - No limits on attempts and no three-total-misses rule.
   - The combined best height for each contestant counts for the total of the team. Both contestants must clear a height to be eligible for a place.
   - A jumper does not remain active if his/her partner fails to clear a height.
   - No team member may pass more than two consecutive heights starting at the opening height.
   - After both team members have cleared a height, they may pass to a height of their choosing. Exception, if it can be verified by MileSplit that in another meet the athlete has performed above that height they may enter at a higher height.
   - The Meet Director will determine the opening heights and progression of the crossbar elevation based on the entry information provided by the coaches and verified by MileSplit
   - Ties will be broken using the same criteria used in the individual event, but by combining the two competitors’ misses.
     - First, the number of misses at last heights made. The team with the fewer number of misses is awarded the higher place.
     - If still tied, then the team with the fewer number of misses throughout the competition.
     - If still tied, the tie shall remain.
     - Under no condition will there be a jump-off.

2. State Sectionals Championships

a. 55 Meter Dash & 55 Meter Hurdle Lane assignments will be 4, 5, 3, 6, 2, 7, 1, 8.
b. 400 Meter Final: 6 runners in each section, lanes 3, 4, 2, 5, 1, 6
c. 4 X 400 Final: Six (6) teams in each section, lanes 3, 4, 2, 5, 1, 6
d. In the following events: 4 X 800, DMR, 1600, and 3200, the following rule may be implemented:
   - When the next to last runner completes their race and the last runner has more than one lap left to complete, the runner, at the discretion of the meet officials may be removed from the track.
f. Blocks will be permitted in the 55 Meter Dash & 55 Meter Hurdle **Finals Only**. All starting blocks will be provided by the Bennett Center.
g. High Jump/Pole Vault
   - The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided by the coaches and verified by MileSplit.
   - The opening heights will be no lower than:
     - High Jump (Boys 5’ Girls 4’)
     - Pole Vault (Boys 8’ Girls 6’).
   - Ties will be broken using the criteria as established in the NFHS Rulebook
     - First, the number of misses at last heights made. The athlete with the fewer number of misses is awarded the higher place.
     - If still tied, then the competitor with the fewer number of misses throughout the competition gets the higher place.
     - If there is still a tie and it is for first place there will be a jump off.
h. Shot Put
   - All competitors will receive three (3) throws in the trials.
   - The top eight (8) athletes plus all ties for 8th place will receive three (3) more throws in the finals.

3. **State Group Championships**
   a. 55 Meter Dash & 55 Meter Hurdle Lane assignments will be 4, 5, 3, 6, 2, 7, 1, 8.
   b. 400 Meter Final: 6 runners in each section, lanes 3, 4, 2, 5, 1, 6
   c. 4 X 400 Final: Six (6) teams in each section, lanes 3, 4, 2, 5, 1, 6
   d. Starting blocks will be allowed for all events. All starting blocks will be provided by the Bennett Center.
   e. High Jump/Pole Vault
      - The starting heights from the sectional meet will apply to the Non-Public schools at the group meet.
      - The starting height for public schools will be no higher than the 12th seed from the Sectional meets.

4. **Meet of Champions**
   a. 55 Meter Dash & 55 Meter Hurdle lane assignments will be 4, 5, 3, 6, 2, 7, 1, 8.
   b. 400 Meter Final: 6 runners in each section, lanes 5, 6, 4, 3, 2, 1
   c. 4 X 400 Final: Six (6) teams in each section, lanes 5, 6, 4, 3, 2, 1
   d. 200 Meter Invitational: 4 runners in each section, lanes 5, 6, 4, 3
   e. All starting blocks will be provided by Ocean Breeze.
   f. High Jump/Pole Vault
      - High Jump starting heights will be no higher than the 21st seed of the qualifiers from the group meets.
      - Pole vault starting heights will be no higher than the 21st seed of the qualifiers from group meets.
      - The Meet Director reserves the right to adjust starting heights based on athlete's information provided by the coaches.

Equipment Regulations

1. Uniforms
   - The NFHS uniform rule 4, section 3, articles 1 2 & 3 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, trunks, and same color undergarment (for those wearing a visible undergarment).
2. Jewelry
   - Jewelry will be permitted. this also includes any type of wrist bands.
   - Religious medals/medical alert medals may be worn if taped to the body.
   - Watches are 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
   - All 12 lb. shot-puts (boys) and 4 k shots (girls) will be supplied by meet management.
   - They will be soft indoor shots.
   - All warm-ups must be done with these shots.
5. Shoes
   - Pyramid spikes [maximum 1/8" in length] will be permitted.
   - Spikes will be checked. Schools found to be using illegally spiked shoes not properly tagged will be fined $150.00, payable to the facility for the damage done by spikes that are too long and/or not the correct style (pyramid spikes only).
   - No spikes are to be worn in the intermediate east building anywhere, at any time.
   - No tape on the track surface. This will also result in the same fine as above.

6. Starting blocks
   - Starting blocks or other aids, including the use of personnel to support the feet of the contestant, will not be permitted, except for the finals of the dash and hurdles at the Sectional Championships.
   - Starting blocks will be permitted in the group meet and the meet of champions in the trials and finals of 55m hurdles and 55m, the 200m showcase, the 400m, and 4x400m relay.

Awards

State Relay Champions:

- Trophy and 35 certificates for the 1st place team in each group.
- Medals to the top three (3) places in each event.

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.

Individual Meet of Champions

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

NJSIAA State Relay Championships
Public Schools
Order of Running Events

Girls Distance Medley Relay (1200-400-800-1600)	Final on Time
Boys Distance Medley Relay (1200-400-800-1600)	Final on Time
Girls Shuttle Hurdle Relay (4x51.2m @ 39")	Final on Time
Boys Shuttle Hurdle Relay (4x55m @ 33")	Final on Time
Girls 4X200 Meter Relay	Final on Time
Boys 4x200 Meter Relay	Final on Time
Girls 4x800 Meter Relay	Final on Time
Boys 4x800 Meter Relay	Final on Time
Girls Sprint Medley Relay (400-200-200-800)	Final on Time
Boys Sprint Medley Relay (400-200-200-800)	Final on Time
Girls 4 x400 Meter Relay	Final on Time
Boys 4 x400 Meter Relay	Final on Time

Meet Notes

1. The first event closes 20 minutes before the listed start time for the meet.
2. Only the shuttle hurdles and 4x200 will be run in lanes and all other events will run in alleys.
3. The Phototimer (FinishLynx) is the final authority on time and/or places (when available).
4. No tape is permitted on the track surface
5. No starting blocks permitted in any event
6. 1/8" pyramid spikes permitted in all events except the shot put. Violation of the spike rules may result in a fine.

Field Events

1. Two competitors per event.
2. Warm-up time between field event groups will be limited to 30 minutes. This time may be extended only with permission from the Meet Director or Meet Referee.
3. There will be two (2) high jump, pole vault, and shot-put areas available. Boys and girls will be performing at the same time. The Shot Put will be conducted in the bubble.
4. The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided by the coaches and verified by MileSplit. Opening heights will be no lower than the following: High Jump (Boys 5' Girls 4'), Pole Vault (Boys 8' Girls 6')

Field Event	Area 1	Area 2
High Jump	Boys	Girls
Pole Vault	Boys	Girls
Shot Put	Boys	Girls

NJSIAA State Relay Championships
Non-Public Schools
Order of Running Events

Distance Medley Relay (1200-400-800-1600)	Final on Time
Shuttle Hurdle Relay	Final on Time
4X200 Meter Relay	Final on Time
4x800 Meter Relay	Final on Time
Sprint Medley Relay (400-200-200-800)	Final on Time
4 x400 Meter Relay	Final on Time

Running Order:
1. Non-Public A - Girls
2. Non-Public B - Girls
3. Non-Public A - Boys
4. Non-Public B - Boys

Meet Notes
1. The first event closes 20 minutes before the listed start time for the meet.
2. Only the shuttle hurdles and 4x200 will be run in lanes and all other events will run in alleys.
3. The Phototimer (FinishLynx) is the final authority on time and/or places (when available).
4. No tape is permitted on the track surface
5. No starting blocks permitted in any event
6. 1/8" pyramid spikes permitted in all events except the shot put. Violation of the spike rules may result in a fine.

Field Events
1. Two competitors per event.
2. Warm-up time between field event groups will be limited to 30 minutes. This time may be extended only with permission from the Meet Director or Meet Referee.
3. There will be two (2) high jump, pole vault, and shot-put areas available. Boys and girls will be performing at the same time. The Shot Put will be conducted in the bubble.
4. The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided by the coaches and verified by MileSplit. Opening heights will be no lower than the following: High Jump (Boys 5' Girls 4'), Pole Vault (Boys 8' Girls 6')

Field Event	Area 1	Area 2
High Jump	Non-public A Boys followed by B Boys	Non-public A Girls followed by B Girls
Pole Vault	Non-public B Boys followed by A Boys	Non-public B Girls followed by A Girls
Shot Put	Non-public A Boys followed by B Boys	Non-public A Girls followed by B Girls

NJSIAA State Sectional Championships
Groups 3 & 4
Order of Running Events

400 Meter Dash***	Girls followed by Boys	Final on Time
1600 Meter Run	Girls	Final on Time
55 Meter High Hurdles	Girls followed by Boys	Trials*
1600 Meter Run	Boys	Final on Time
55 Meter High Hurdles	Boys followed by Girls	Finals
800 Meter Run	Girls	Final on Time
55 Meter Dash	Girls followed by Boys	Trials*
800 Meter Run	Boys	Final on Time
55 Meter Dash	Girls followed by Boys	Finals
3200 Meter Run	Girls followed by Boys	Final on Time
4x400 Meter Relay***	Girls followed by Boys	Final on Time

*****The eight (8) fastest times will advance to the finals.
***The 400 Meter Dash and 4x400 Meter Relay will be run in lanes.

Meet Notes:
1. The first event closes 20 minutes before the listed start time for the meet.
2. Photo-Timer (FinishLynx) is the final authority on time and/or places (when available).
3. No tape is permitted on the track surface
4. 1/8" pyramid spikes permitted in all events except the shot put. Violation of the spike rules may result in a fine.

Field Events
There will be only one (1) high jump, pole vault, and shot-put area available. The Shot Put will be conducted in the bubble. See schedule below:

Field Event	Area 1	Area 2
High Jump	Group 3 Boys followed by Group 4 Boys	Group 4 Girls followed by Group 3 Girls
Pole Vault	Group 4 Boys followed by Group 3 Boys	Group 3 Girls followed by Group 4 Girls
Shot Put	Group 4 Boys followed by Group 3 Boys	Group 3 Girls followed by Group 4 Girls

NJSIAA State Sectional Championships
Groups 1 & 2 (Combined)
Order of Running Events

Girls 400 Meter Dash***	Group 2 followed by Group 1	Final on Time
Boys 400 Meter Dash***	Group 2 followed by Group 1	Final on Time
Girls 1600 Meter Run	Group 2 followed by Group 1	Finals on Time
Girls 55 Meter Hurdles	Group 2 followed by Group 1	Trials*
Boys 55 Meter Hurdles	Group 2 followed by Group 1	Trials*
Boys 1600 Meter Run	Group 2 followed by Group 1	Final on Time
Boys 55 Meter Hurdles	Group 2 followed by Group 1	Finals
Girls 55 Meter Hurdles	Group 2 followed by Group 1	Finals
Girls 800 Meter Run	Group 2 followed by Group 1	Final on Time
Girls 55 Meter Dash	Group 2 followed by Group 1	Trials*
Boys 55 Meter Dash	Group 2 followed by Group 1	Trials*
Boys 800 Meter Run	Group 2 followed by Group 1	Final on Time
Girls 55 Meter Dash	Group 2 followed by Group 1	Finals
Boys 55 Meter Dash	Group 2 followed by Group 1	Finals
Girls 3200 Meter Run**	Group 2 Only	Final on Time
Boys 3200 Meter Run**	Group 2 Only	Final on Time
Girls 4x400 Meter Relay***	Group 2 Only	Final on Time
Boys 4x400 Meter Relay***	Group 2 Only	Final on Time
Girls 3200 Meter Run**	Group 1 Only	Final on Time
Boys 3200 Meter Run**	Group 1 Only	Final on Time
Girls 4x400 Meter Relay***	Group 1 Only	Final on Time
Boys 4x400 Meter Relay***	Group 1 Only	Final on Time

*The eight (8) fastest times will advance to the finals.
**If the total entries in the 3200m for two different groups are eighteen (18) or less, the two groups will be combined into one section and separated at the finish for scoring purposes. Likewise, unseeded sections in the 3200 may be combined even when the seeded section is not. If unseeded sections are combined, these sections would run before either seeded section is run.
***The 400 Meter Dash and 4x400 Meter Relay will be run in lanes in all sections of all Group Meets.

Meet Notes:
1. The first event closes 20 minutes before the listed start time for the meet.
2. Photo-Timer (FinishLynx) is the final authority on time and/or places (when available).
3. No tape is permitted on the track surface
4. 1/8” pyramid spikes permitted in all events except the shot put. Violation of the spike rules may result in a fine.

Field Events
There will be two (2) high jump, pole vault, and shot-put areas available. The Shot Put will be conducted in the bubble. See schedule below:

Field Event	Area 1	Area 2
High Jump	Group 1 Boys followed by Group 2 Boys	Group 2 Girls followed by Group 1 Girls
Pole Vault	Group 2 Boys followed by Group 1 Boys	Group 1 Girls followed by Group 2 Girls
Shot Put	Group 2 Boys followed by Group 1 Boys	Group 1 Girls followed by Group 2 Girls

The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided by the coaches and verified by MileSplit. Opening heights will be no lower than the following: High Jump (Boys 5’ Girls 4’), Pole Vault (Boys 8’ Girls 6’)

NJSIAA State Group Championship
Order of Running Events

Girls 400 Meter Dash***	Group L followed by Group S	Final on Time
Boys 400 Meter Dash***	Group L followed by Group S	Final on Time
Girls 1600 Meter Run	Group L followed by Group S	Finals on Time
Girls 55 Meter Hurdles	Group L followed by Group S	Trials*
Boys 55 Meter Hurdles	Group L followed by Group S	Trials*
Boys 1600 Meter Run	Group L followed by Group S	Final on Time
Boys 55 Meter Hurdles	Group L followed by Group S	Finals
Girls 55 Meter Hurdles	Group L followed by Group S	Finals
Girls 800 Meter Run	Group L followed by Group S	Final on Time
Girls 55 Meter Dash	Group L followed by Group S	Trials*
Boys 55 Meter Dash	Group L followed by Group S	Trials*
Boys 800 Meter Run	Group L followed by Group S	Final on Time
Girls 55 Meter Dash	Group L followed by Group S	Finals
Boys 55 Meter Dash	Group L followed by Group S	Finals
Girls 3200 Meter Run**	Group L followed by Group S	Final on Time
Boys 3200 Meter Run**	Group L followed by Group S	Final on Time
Girls 4x400 Meter Relay***	Group L followed by Group S	Final on Time
Boys 4x400 Meter Relay***	Group L followed by Group S	Final on Time

Group S = NP B, Groups 1 & 2 & Group L = NP A, Groups 3 & 4

*The eight (8) fastest times will advance to the finals.
**If the total entries in the 3200m for two different groups are eighteen (18) or less, the two groups will be combined into one section and separated at the finish for scoring purposes. Likewise, unseeded sections in the 3200 may be combined even when the seeded section is not. If unseeded sections are combined, these sections would run before either seed section is run.
***The 400 Meter Dash and 4x400 Meter Relay will be run in lanes in all sections of all Group Meets.

Meet Notes:
1. The first event closes 20 minutes before the listed start time for the meet.
2. Photo-Timer (FinishLynx) is the final authority on time and/or places (when available).
3. No tape is permitted on the track surface
4. 1/8” pyramid spikes permitted in all events except the shot put. Violation of the spike rules may result in a fine.

Field Events
There will be two (2) high jump, pole vault, and shot-put areas available. The Shot Put will be conducted in the bubble. See schedule below:

Field Event	Area 1	Area 2
High Jump	Group L Boys followed by Group S Boys	Group S Girls followed by Group L Girls
Pole Vault	Group S Boys followed by Group L Boys	Group L Girls followed by Group S Girls
Shot Put	Group S Boys followed by Group L Boys	Group L Girls followed by Group S Girls

The Meet Director will set the opening heights and the elevation progression (which may include double increments) of the crossbars based on the entry Information provided by the coaches and verified by MileSplit. Opening heights will be no lower than the following: High Jump (Boys 5’ Girls 4’), Pole Vault (Boys 8’ Girls 6’). Starting Heights for Public Schools in High Jump and Pole Vault will be no higher than 12th Place height from the Sectional Performance Lists

NJSIAA Meet of Championships
Order of Running Events

55 Meter High Hurdles	Girls followed by Boys	Trials*
55 Meter Dash	Girls followed by Boys	Trials*
4x800 Meter Relay (Showcase)	Girls followed by Boys	Final on Time
55 Meter High Hurdles	Girls followed by Boys	Finals
55 Meter Dash	Girls followed by Boys	Finals
400 Meter Dash	Girls followed by Boys	Final on Time
1600 Meter Run	Girls followed by Boys	Final on Time
800 Meter Run	Girls followed by Boys	Final on Time
200 Meter Dash (Showcase)	Girls followed by Boys	Final on Time
3200 Meter Run	Girls followed by Boys	Final on Time
4x400 Meter Relay	Girls followed by Boys	Final on Time

*The eight (8) fastest times will advance to the finals.

Meet Notes:
1. Seeding in the Meet of Champions will be based strictly on performances made in the Group Meet.
2. The first event closes 20 minutes before the listed start time for the meet.
3. Photo-Timer (FinishLynx) is the final authority on time and/or places (when available).
4. No tape is permitted on the track surface
5. 1/8" pyramid spikes permitted in all events except the shot put. Violation of the spike rules may result in a fine.

Field Events

There will be two (2) high jump, and pole vault, areas available. The High Jump will be contested after the conclusion of the running events on the infield. Both the boys and girls shot-put will take place in the large cage. Boys followed by the Girls.

Field Event	Area 1	Area 2
High Jump	Boys	Girls
Pole Vault	Boys	Girls

High Jump - Starting height will be the 21st seed of the qualifiers from the group meet. Bar elevation will be two inches (2").

Pole Vault - 21st seed of the qualifiers from the group meets. Bar elevation will be six inches (6").

Triple Jump (Showcase Event) - Boys followed by Girls - (60 Minute open pit) Top eight jumpers advance to the finals, for three additional jumps

Long Jump (Showcase Event) - Girls followed by Boys - (60 Minute open pit) Top eight jumpers advance to the finals, for three additional jumps