



**Super Essex Conference
6th Annual Indoor Individual Track and Field Championship
2014-2015**

The Super Essex Conference would like to invite you and your team to participate in the **6th Annual Super Essex Conference Indoor Track and Field Championships**. The meet will be held at Jersey City Armory on **Saturday, December 27, 2014**. All running events, the Shot Put and the High Jump will be contested at The Armory.

The Pole Vault (Boys and Girls) will be contested on Dec. 19, 2014 @ Apex Vaulting in Fairfield, NJ. Warm Up for boys and girls will begin at 3:00 PM. Competition for both genders will begin at 4:00 PM. Please note: As it has been in the past 5 of more schools must compete in each division (by gender) in order for the points to count. Medals will be awarded to place winners at the Championship Meet.

**Apex Vaulting, LLC
6 Evans St.
Fairfield, NJ. 07004
Phone # 201 644-0372**

Enclosed you will find all pertinent meet information, including an Order of Events, a code of conduct for athletes and coaches and a Statement of Agreement. Schools must submit their rosters using the HY TEK Team Manager via an e-mail attachment to j.schwarz22@verizon.net on or before **Wednesday, December 17, 2014**. Refer to the Essex County Track Coaches website for directions if needed at (<http://essexcountytrack.bizland.com>) Additional copies of this entry packet can be obtained from the website of the Essex County Track Coaches Association at <http://essexcountytrack.bizland.com>.

Entry of events must be submitted online through the Super Essex Conference website, <http://sec.powermediallc.org> , by midnight on **Wednesday, December 17, 2014**.

Please adhere to all meet guidelines and deadlines. They will be strictly enforced. Good luck and good skill to you and your team, we hope you have an enjoyable and rewarding indoor season.

For the Super Essex Conference,
Ted D'Alessio
Meet Director
Director of Athletics
Millburn High School

1. **Eligibility:**
All schools must be members of the SEC in good standing to be eligible to enter the **2014-2015 Indoor Track and Field Championship**. The meet will be held at the Jersey City Armory on **Saturday, December 27, 2014**. **The Pole Vault (Boys and Girls) will be contested on Dec. 19, 2014 @ Apex Vaulting, 6 Evans St. Fairfield, NJ, 07004. Warm-up 3:00 pm, competition begins for both genders at 4:00 pm.**
Please note scoring rules.

2. **Entry Procedure**
Your entry must be submitted online through the Super Essex Conference website, <http://sec.powermediallc.org>, by midnight on **Wednesday, December 17, 2014**.

The Statement of Agreement and Sportsmanship Statement must be mailed to the Meet Director, John Tonerio by **Wednesday, December 17, 2014** to:

John Tonerio
11 Hillside Avenue
Livingston, New Jersey 07039

Any questions call John Tonerio before 9:00 P.M.
(973) 994-7188 or (201) 953-9052.

Schools must submit their rosters using the HY TEK Team Manager via an e-mail attachment to j.schwarz22@verizon.net on or before Wednesday, **December 17, 2014**. See the Essex County Track Coaches website for directions if necessary. (<http://essexcountytrack.bizland.com>)

NOTE: There are no entry fees for Super Essex Conference Championship meets.

3. **Limited Entries**
There will be a maximum of three entries per individual event and one 1600m Relay per school.
4. **Awards**
The teams finishing first will be awarded championship plaques. Medals will be awarded to top six (6) finishers in the individual events and the top three (3) teams in the 1600m Relay in each division.
5. **Scoring**
The scoring will be done by the 10-8-6-4-2-1 system. NJSIAA rules and regulations apply to athletes and team participation. **Starting blocks are prohibited. Only pyramid spikes 1/4 inch or less will be allowed. No needle spikes and No Christmas tree type spikes of any size permitted.**
6. **Entry Form Signatures**
In order for the Tournament Information & Statement of Agreement form to be completed, it **must be signed by the Head Coach, the Athletic Director and the School Principal**. The signatures indicate the school's agreement, awareness and compliance with all rules and regulations governing the **2014- 2015 SEC Boys and Girls Indoor Individual Track and Field Championship**.

Remember: No signed Agreement; No participation.

7. **Trainer's Services**
A trainer will be present to assist in immediate care and first aid. They are also available for taping. For those in need of taping; we ask that you bring your own tape to be used. You provide the supplies; we provide the service.
8. **Divisions**
There will be **two** Divisions in both the Girls and Boys Meet. The **Liberty Division** consists of all Group I and Group II Schools. The **American Division** comprises all Group III and Group IV schools. **Please**

check with your Athletic Director regarding your school's grouping or go to NJSIAA.org for your Winter Track classification (Revised 10/15/14). Please indicate American (Groups 3 & 4) or Liberty (Groups 1 & 2) Division on the entry form.

9. **Order of Events**

Both the American Division Schools (Groups III and IV) and Liberty Division Schools (Groups I and II) will begin running events at 9:00 AM. Teams will not be admitted into the facility before 8:00 AM.

ORDER OF EVENTS

All Running Events, Shot Put and High Jump will be contested on December 27, 2014. American Boys followed by American Girls followed by Liberty Boys and then followed by Liberty Girls. Except in the hurdle and shot put events.

55m. Hurdles _____ Trials

400m. Run _____ Final

55m. Hurdles _____ Final

1600m. Run _____ Final

55m. Dash _____ Trial

800m. Run _____ Final

55m. Dash _____ Final

3200m. Run _____ Final

4x400m. Relay _____ Final

- **Pole Vault** – At Apex Vaulting on December 19, 2014. Boys and girls from both divisions compete at 4:00. Please note scoring rules.
- **High Jump** - Boy's Liberty followed by Girls Liberty followed by Boys American and then followed by Girls American all contested at the Jersey City Armory on December, 27, 2014.
- **Shot Put** - Girl's Liberty followed by Boys Liberty followed by Boys American and then followed by Girls American all contested at the Jersey City Armory on December 27, 2014.



Super Essex Conference
6th Annual Indoor Boys and Girls Track Championship
Tournament Information & Statement of Agreement

You are invited to apply for entry into the **6th Annual Super Essex Conference Indoor Individual Track and Field Championship** for the **2014 -2015** school year.

The following is pertinent information in regard to the tournament:

Dates and Times: Running Events, High Jump and Shot Put: Saturday, December 27, 2014.

Site: Running Events, High Jump and Shot Put at Jersey City Armory.

Meet will begin at 9:00 AM, teams will not be admitted into the facility before **8:00 AM.**

Pole Vault: will be contested on Dec. 19, 2014 @ Apex Vaulting in Fairfield, NJ 07004.

Entry Information is now available online: Deadline is on or before Wednesday, December 17, 2014.

Remember: No signed Agreement; No participation.

Statement of Agreement

National Federation and NJSIAA rules and regulations, NJSIAA Bylaws, Article V govern all schools participating in all **SEC** sponsored tournaments.

_____ High School hereby agrees to abide by the aforementioned Statement of Agreement and all other tournament rules and regulations.

Principal

Director of Athletics

Coach

Mail Entry Form and Statement of Agreement to:

John Tonerio
11 Hillside Avenue
Livingston NJ, 07039



SUPER ESSEX CONFERENCE SPORTSMANSHIP STATEMENT

(To be read to your team prior to the start of the tournament. Retain a copy for that purpose.)

Congratulations, shortly, you will compete in the **Super Essex Conference 6th Annual Boys and Girls Indoor Track and Field Championship**. We hope that you are aware of the honor of competing in a Conference Championship.

Along with the honor of competing in the conference championship, there is a responsibility that each and every student athlete, coach, administrator and spectator has; the duty to honor the traditions of the sport and to treat the other participants with respect. As a member of a team you are expected to conduct yourself in a matter that will bring respect to you, your teammates, coaches, parents, school and community. May no act of yours bring shame to the important things we have mentioned.

Sportsmanship is about attitude and behavior. Always keep in mind that as a student athlete your actions and behaviors are being observed by everyone around you. Unsportsmanlike conduct has a very damaging effect on your team's reputation. With this in mind the **SEC** requests that all participants:

1. Demonstrate respect at all times for coaches, opponents and event officials.
2. Avoid offensive gestures or language.
3. Display modesty in victory and graciousness in defeat.
4. Accept officials' decisions and abide by them.
5. Demonstrate a helping hand to other competitors as fellow athletes.
6. Show respect for public property and equipment.

As a competitor and student of the sport, compete with the highest forms and standards of sportsmanship, respect and discipline no matter the outcome. Participation in this championship meet is one of the most exciting experiences of a young person's life. Keep it positive.

The **SEC** wishes all of you the best during the tournament. We hope that your experience in our tournament will be an enjoyable and rewarding one.

Good Luck,

The Super Essex Conference

(I have/will read the Sportsmanship Statement to our team prior to the start of this meet. The signatures indicate the school's compliance in reading this statement as requested.)

Principal

Director of Athletics

Coach



CODE OF CONDUCT FOR ATHLETES & COACHES

Purpose: Prevention and Education

- Any coach or athlete found taunting or trash-talking at the meet will be removed from the arena.
- Any gesture at the end of the race may cost the athlete/team the victory or place.
- State rules for unsportsmanlike conduct and ejection will be enforced.
- Coaches are responsible for the actions of their athletes.
- Educate your athletes as to what is accepted as good sportsmanship.

Some Examples:

“Nice Race”

“Good Job”

“You really ran well today”

“You tried hard, and that’s all that counts”

*Athletes are not allowed to hang out or dress in the rest rooms. Athletes must arrive dressed for competition.

*Food, walkmans, and radios are not allowed in the Armory. Coaches are expected to collect these items before entry into the facility.

NOTE: This notice is to be read to all members of the team at practice prior to the meet and repeated on the bus prior to departing for the meet. Please remind all coaches and athletes that we are guests of the Jersey City Armory.

****Starting blocks are prohibited. Only pyramid spikes 1/4 inch or less will be allowed.**

No needle spikes or Christmas tree type spikes of any size permitted.

Good Luck