



**S E C and E C A D A**  
A Joint Partnership

2015

Dear Coach and Athletic Director:

Your school is invited to participate in the **2015 Essex County Boys and Girls Cross Country Championship** sponsored by the Essex County Athletic Directors Association.

**Date: Friday, October 30, 2015**

**Place:** Brookdale Park, Bloomfield and Montclair

<b>Time:</b> Girls Junior Varsity	5000 meters	2:15 PM
Girls Varsity Championship	5000 meters	2:50 PM
Boys Junior Varsity	5000 meters	3:20 PM
Boys Varsity Championship	5000 meters	3:50 PM
Boys Freshmen	5000 meters	4:25 PM

(NJSIAA eligibility rules will be followed.)

**Prizes:** Boys and Girls Championship Races – Individual medals to the first twenty (20) finishers. Team statue awarded to the first place teams. Seven (7) team medals awarded to the first, second and third place team.

Boys and Girls Junior Varsity, Boys Freshman Races – Individual medals awarded to the first ten (10) finishers. Team plaque awarded to the winning team.

**SPORTSMANSHIP:** Run a varsity team before you run Junior Varsity athletes.

**Entry Fees:** \$75.00 for each separate full team or \$15.00 per individual entry if you do not have a complete team. **Mail entry fee to:**

**Bruce Essing, 6 Waverly Place, Cranford, New Jersey 07016**

**Entry Limits:** Championship races are limited to a maximum of seven (7) persons. The Junior Varsity and Freshman races allow unlimited entries.

**Entry Check:** Make the check payable to “Super Essex Conference” and mail to Bruce Essing.

**Deadline:** Entries are due online **by noon on Friday, October 23, 2015.**

**Scoring:** The scoring is done by computer. All schools need to submit their rosters to John Schwarz at [j.schwarz22@verizon.net](mailto:j.schwarz22@verizon.net). If you have any questions on how to submit your roster, consult the Essex County Track Coaches’ Association website at <http://essexcountytrack.bizland.com>. **Please edit your roster to only include athletes still on your team.**

**SPORTSMANSHIP:** Only run Junior Varsity if you first run a Varsity Team.

**Entry Fees:** \$75.00 for each separate full team or \$15.00 per individual if you do not have a full team.

**Make Checks Payable To:** Super Essex Conference

### **ECT Boys and Girls Cross Country Rules and Regulations**

1. **Entry Fee**

The entry fee for the tournament is \$75.00 for a full team and \$15.00 for individuals if you do not have a full team. Please make the check payable to the Super Essex Conference. \*\*\*\*\***Entry fees should be mailed to:**

**\*\*Bruce Essing, 6 Waverly Place, Cranford, New Jersey 07016\*\***

2. **Tournament Director**

Paul Williams  
21 North End Terrace  
Bloomfield, New Jersey 07003-5518  
973-338-9089

3. **Entry Procedure**

Entry into the 2015 Essex County Boys & Girls Cross Country Championships must be submitted online through the Super Essex Conference website, [www.sec.powermediallc.org](http://www.sec.powermediallc.org) no later than noon on Friday, October 23, 2015.

- Your team roster must be sent to John Schwarz. Please edit your roster to contain only athletes currently on your team.

4. **ECT Statement of Agreement.**

The “**Tournament Information & Statement of Agreement**” form **must be signed and submitted** 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 **2015 Essex County Boys and Girls Cross Country Championships**.

5. **Automated External Defibrillator.**

Pursuant to NJ state law, Janet’s Law, schools hosting any ECT game, match or contest must provide an AED on site. For events held at predetermined neutral sites all contestants must bring and have available for immediate need an AED for their team.

6. **Deadlines**

Please adhere to all the tournament deadlines.

7. **Proper completion of Entry Forms**

Properly complete all required entry forms and adhere to the instructions on each form and/or the instruction within the aforementioned tournament rules and regulations.

*Good Luck, Paul Williams, Tournament Director*