



S E C a n d E C A D A

A Partnership Serving Essex County Student Athletes

2016 Outdoor Track & Field Championships

The Essex County Athletic Directors Association invites your team to the **2016 Essex County Outdoor Track Individual Championships**. You must be a member of the ECADA and in good-standing and have your roster and entry form submitted no later than **Tuesday, May 17, 2016**.

1. **Eligibility:**

All schools must be members of the ECADA in good standing to be eligible to enter the **2016 Outdoor Track Individual Championships**. The tournament will be held on the following dates:

Friday, May 20, 2016 at Montclair Woodman Field – 4:00 PM

Saturday, May 21, 2016 at Montclair Woodman Field – 10:30 AM

The Tournament Director shall oversee any necessary rescheduling.

If there are extreme weather conditions on Friday, call 201-953-9052 after 12 Noon or go to <http://essexcountytrack.bizland.com> . On Saturday, call after 7:30 AM or go to web site.

2. **Entry Fee**

The entry fees are \$12.00 per individual for running events (maximum of 3 entries per event) and \$28.00 per relay (maximum one team) with an \$84.00 Minimum. An invoice will be returned to your school's athletic director upon submission of online entry.

Please make the check payable to the **Super Essex Conference**.

Mail entry fees to:

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

3. **Tournament Director**

John Tonero, 11 Hillside Avenue, Livingston, New Jersey 07039

(H) 973-994-7188 (after 6:00 PM but before 9:00 PM) Cell: 201-953-9052

4. **Roster Procedure**

Coaches must claim their team and make sure their roster is complete on Mylesplit by noon on **Tuesday, May 17, 2016**. If you have already claimed your team for the state meets, or another invitational meet, you only need to make sure your team's roster is up-to-date on the site. No need to email your roster anywhere! Do not email your roster to Lou Fraulo for the state meets, or to John Schwarz for the county meet!

DO NOT email JOHN SCHWARZ YOUR ROSTER for this meet using Hytek!!!!

Below is a link to a five-minute YouTube video tutorial using the 2015 State Indoor Relay Meet to show you how to claim your team and do your roster on Milesplit. This is for those who have never claimed their team or edited their roster on Milesplit. (There is less work to this than you think!)

[2015 MileSplit Registration Tutorial: Claiming Team and Team Manager - YouTube](#)

5. **Entry Procedure**

Entry materials must be submitted online, through the Milesplit website, **nj.milesplit.com** by noon on **Tuesday, May 17, 2016**. Unlike in the past you must enter your athletes' names in each event. In the past you just entered the number of people in each event. The athlete names are necessary because like the state meets, each athlete's seeds, will be done automatically by Milesplit. No more need for doing seeding lists.

After you have claimed your team and completed your roster you can enter the county meet by going to nj.milesplit.com. Click on the word "Calendar" in the Menu bar across the top of the page. Scroll down and find the "Essex County Championships". Click on the logo. A page will open where you will see "Register Online Now". Click on the link. This will take you to another page where you will click on "Enter School" – Here you only need to complete the fields that are not already filled-in. Finally, click "Next" and this will take you to the page where the events are listed and you can do your entries. The people you enter in each event can be changed whenever you want until noon on Tuesday, May 17, 2016. Your entries, are viewable along with their seeds, at anytime, by going back to the meet page and walking through the entry procedure described in this paragraph above until noon on May 17th. Each time an athlete improves their performance at a meet, their seeds will be updated automatically until noon on May 17th. As always, no performances from indoors, dual meets or running relays will be used for seeding at this meet. However, Milesplit will factor in individual performances in the 400-meter hurdles and field events at relays for seeding.

Below is a link to a 4-minute YouTube video tutorial using the 2015 State Indoor Relay Meet to show you how to enter any meet that is accepting online entries on Milesplit. Including of course, the The Essex County Track and Field Championships on May 20th and May 21st.

[2015 Milesplit Registration Tutorial: Entering a Meet - New Jersey State Relays Example](#)

You are encouraged do your roster on Milesplit as soon as possible. There is no need to wait until the deadline. Entry fees are determined by the events you enter, not the size of your team's roster. You do not have to notify John Schwarz of any athletes deleted from your roster. These procedures for rosters and entries on Milesplit's website for our county meet are the same as they are for the State meets and any other meet that accepts Milesplit entries. The only real difference is that at our county meet, like most meets, you will only enter three athletes per event. While you will be able to enter six athletes per event for the state sectionals.

Links to the two YouTube video sites are also available on the Essex County Track and Field Coaches website.

The results of the meet will be available on the worldwide web by Saturday evening following the meet. The address for this meet's results as well as other county meets is <http://essexcountytrack.bizland.com>. As always, Milesplit will post the results after they are posted to our coaches website. And your athletes' performances will then be eligible to be used as seeds for the sectionals.

Note: Upon submission the coach will receive a confirmation/invoice of the entry. The ECT will subsequently send each entering school athletic director an invoice copy.

6. **Awards**

Championship and runner-up teams will receive trophies. Individuals who score will be awarded individual medals.

7. **Site Procedures**

All buses, including minivans, shall drop off teams at the entrance to Woodman Field on Essex Street. The buses shall then proceed to Chestnut Street and turn right in front of the Clary Anderson Skating Arena, proceed under the rail trestle, continue two blocks north to Fullerton Street. Buses should then turn right and proceed approximately 200 yards and enter the parking lot on the left at the Montclair High School Annex. No buses shall park on the streets around the field. Tickets will be issued. There will be Montclair personnel who will call for your team's bus when you inform them that your team is finished for the day and needs to be picked up.

8. **Entry Form Signatures**

The "Tournament Information & Statement of Agreement" form **must be submitted, prior to the meet, 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 **2016 ECADA Outdoor Track Individual Championships.**

9. **Conclusion**

Any questions can be directed to John Tonero (973-994-7188) and any Hy-Tek questions directed to John Schwarz (973-338-6451). **Please call only between 6:00 PM and 9:00 PM.** It is important for you to fully comprehend the procedures and adhere to all the rules and regulations. Please follow the bus parking procedure as instructed.

2016 Essex County Spring Track Individual Championship Order of Events

Friday – 5/20 at 4:00 PM **Do not arrive at Woodman Field prior to 3:00 PM

Order of Running Events

1. Boys 400 M Intermediate Hurdles Finals on Time
2. Girls 400 M Intermediate Hurdles Finals on Time
3. Boys 100 M Dash Trials (top 8 Fastest to Final)
4. Girls 100 M Dash Trials (top 8 Fastest to Final
5. Boys 1600 M Run Finals on Time
6. Boys 100 M Dash Finals
7. Girls 100 M Dash Finals
8. Girls 1600 M Run Finals on Time
9. Boys 400 M Dash Finals on Time
10. Girls 400 M Dash Finals on Time

Order of Field Events

1. Girls Triple Jump and Boys Long Jump
2. Girls Pole Vault
3. Boys Javelin and Girls Javelin
4. Boys High Jump

Saturday – 5/21 at 10:30 AMDo not arrive at Woodman Field prior to 9:00 AM**

Order of Running Events (11:00 AM)

1. Boys 100 M High Hurdles Trials
2. Girls 110 M High Hurdles Trials
3. Boys 800 M Run Finals on Time
4. Girls 110 M High Hurdles Finals
5. Boys 100 M High Hurdles Finals
6. Girls 800 M Run Finals on Time
7. Boys 100 M Dash Finals
8. Girls 100 M Dash Finals
9. Boys 3200 M Run on Time Finals
10. Boys 200 M Dash Finals on Time
11. Girls 200 M Dash Finals on Time
12. Girls 3200 M Run Finals on Time
13. Boys 1600 M Relay Finals on Time
14. Girls 1600 M Relay Finals on Time

Order of Field Events (10:30 AM)

1. Girls Long Jump and Boys Triple Jump
2. Boys Pole Vault
3. Girls Shot Put followed by Boys Shot Put
4. Boys Discus followed by the Girls Discus
5. Girls High Jump

****If there are extreme weather conditions on Friday, call 201-953-9052 after 12 Noon or go to <http://essexcountytrack.bizland.com> . On Saturday, call after 7:30 AM or go to web site.**

Standards for **Essex County Championship**

**Below are listed the maximum allowable times, in running events,
and the minimum distances allowable in jumps and throws for entry
into the 2016 Essex County Spring Track & Field Individual
Championships.**

	Boys	Girls
100m	12.0	14.0
200m	24.5	28.0
400m	55.0	65.0
800m	2:15.0	2:35.0
1600m	5:05.0	5:50.0
3200m	11:00.0	13:00.0
HH	17.0	20.0
IH	1:03.0	1:17.0
4 x 400m	3:45.0	4:25.0
Long Jump	18' 0"	14' 0"
Triple Jump	37' 0"	28' 6"
High Jump	Open @ 5' 6"	Open @ 4' 6"
Pole Vault	Open @ 9' 0"	Open @ 7' 0"
Shot Put	37' 0"	25' 0"
Discus	100' 0"	75' 0"
Javelin	115' 0"	70' 0"

Please read this to your athletes before they arrive at the meet



Code of Conduct for Athletes & Coaches

Purpose - Prevention and Education

1. Any coach or athlete found taunting or trash talking on the field or in the stands will be removed from the stadium. Any gesture at the end of a race may cost your athlete victory or place. State rules for sportsmanship and ejection will be imposed.
2. Athletes are expected to practice good sportsmanship. For example, “good job;” “you really ran well today;” “you tried hard, and that’s all that counts.”
3. No Radios or personal music devices will be permitted at the meet.
4. Please use proper receptacles to dispose of your garbage.
5. All Teams - Please police your areas before leaving the meet. We are responsible for clean up. It is extremely important that you cooperate with us in this important matter.

Reminder:

Coaches are responsible for their athletes’ actions.

Entry fees are payable to “Super Essex Conference” and sent to Bruce Essing.

Please do not arrive at Woodman Field prior to 3:00 PM on Friday and 9:00 AM on

Saturday.

****If there are extreme weather conditions on Friday, call 201-953-9052 after 12 Noon or go to <http://essexcountytrack.bizland.com> . On Saturday, call after 7:30 AM or go to web site.**