



ESSEX COUNTY ATHLETIC DIRECTORS ASSOCIATION

32th Annual Boys and Girls Indoor Track Relays - 2016

1. **Eligibility:**

All schools must be members of the ECADA in good standing to be eligible to enter the **2016 Indoor Track Relays** championship.

All Events: Sunday, January 3, 2016 at the Jersey City Armory, 678 Montgomery Street, Jersey City, NJ at 9:00 AM. The Boys and Girls Shot Put and the Girls High Jump will begin at 9:00 AM. Boys High Jump follows girls. Running events shall begin at 9:00am

****Starting blocks are prohibited. Only pyramid spikes 1/4 inch or less will be allowed.
No needle spikes....No Christmas tree type spikes of any size permitted.**

2. **Entry Fee**

The entry fees for the tournament are Running Relays @ \$28.00 each relay event and Field Events @ \$20.00 each event. Please make the check payable to the **"Super Essex Conference"**. There is a minimum entry fee of \$60.00.

Mail check, with a copy of your entry form for verification purposes to;

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

3. **Tournament Director**

Mike Mielko

9 Parsonage Hill Road, Livingston, New Jersey 07039

(H) 732-492-4012 (S) 973-325-PREP-x5043

anchorleg69@gmail.com

4. **Entry Procedure**

Entry into the 2014 ECADA Indoor Track Relays Championship must be submitted online through the Super Essex Conference website, www.sec.powermediallc.org no later than noon on Wednesday, December 30 2015.

Mail entry fee to Bruce Essing, 6 Waverly Place, New Jersey 07016

Schools must submit their rosters using the HY TEK Team Manager via an email attachment to j.schwarz22@verizon.net by **Monday, December 28, 2015**. See the Essex County Track Coaches website for directions if necessary. (<http://essexcountytrack.bizland.com>)

5. **Awards**

The teams finishing in the top three positions will be awarded statue trophies. All relay races will award individual medals to the teams that finish in the first six (6) places.

6. **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 along with tie breaking in the field events.
- A field event team consists of two (2) participants.
- A school may not compete more than one (1) team in any varsity event.
- All running events are based on time.
- Shot put event will be four (4) throws and **no finals**. Indoor shots thrown will be designated by the Meet Director and referee.
- A six (6) jump rule is in effect for the high jump. Opening heights will be determined by the Meet Director and referee. Both team members must clear a height to score in the high jump.

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7. **Publicity and Results**

The Meet Director is responsible for calling the Star-Ledger (1-800-285-1960) and any other appropriate media service.

8. **Entry Form Signatures**

The "Tournament Information & Statement of Agreement" form **must be signed and submitted by the Head Coach and the Athletic Director.** The signatures indicate the school's agreement, awareness and compliance with all rules and regulations governing the **2016 ECT Indoor Track Relays Championship**. No signed Agreement; No participation.

9. **Order of Events**

Boys running events will compete first. Boys and girls events will be scored separately. Freshmen races are non-scoring.

1. **Distance Medley (1200 – 400 – 800 – 1600)**
2. **Shuttle Hurdles**
3. **Sprint Medley (200 – 200 – 400 – 800)**
4. **800 Meter Relay**
5. **3200 Meter Relay**
6. **Freshmen 3200 Meter Relay**
7. **1600 Meter Relay**

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Important Please Note! In case of inclement weather check the online Essex County Track Coaches Association Website for announcement of postponement or delayed start time.

10. **Admission**

Admission at the Armory will be \$5.00 general admission and \$2.00 senior citizens and students.