



## **S E C and E C A D A**

### **A Partnership Serving Essex County Student Athletes**

#### **Spring Track Relays**

The Essex County Athletic Directors Association invites your team to the 40th annual, **2016 Essex County Spring Relay Championships**. You must be a member of the ECADA and in good-standing to enter.

**Date:** Friday, May 6, 2016

**Place:** Livingston High School

**Time:** Field events begin at 3:30 PM. Running events begin at 4:00 PM. **Please do not arrive at Livingston prior to 3:00 PM. You shall incur a penalty.**

**Events:** All events are for boys and girls. All field event relays are for two persons.

**Prizes:** Team trophy awarded to the first, second and third place Boys and Girls teams. Individual medals awarded to the first six (6) place finishers in each event.

**Scoring and Seeding:** Scoring is 10-8-6-4-2-1. Seeding for the running events will be done from cards.

**Roster:** Please send a roster to John Schwarz. Rosters must be submitted electronically using the Hy-Tek Team Manager program via attaching the roster file to an e-mail addressed to [j.schwarz22@verizon.net](mailto:j.schwarz22@verizon.net). Rosters must be submitted by Friday, April 29, 2016.

**Spikes:** Pyramid spikes no greater than ¼ inch are permitted on track and all jumping areas.

**Shotput, Discus and Javelin:** Shotput and discus circles are cement, therefore sneakers are appropriate footwear. Javelin is thrown off a grass runway.

**Entry Fees:** \$28.00 per running event - \$20.00 per field event. Minimum fee: \$96.00.

**Entry Limits:** Limit of one team per event per school.

**Entry Check:** Upon submission of entry an invoice shall be emailed to your school's athletic director. Make the check payable to the **Super Essex Conference**, include a copy of the invoice and mail to:

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

**Deadline:** Entry materials must be submitted online through the Super Essex Conference website, [www.sec.powermediallc.org](http://www.sec.powermediallc.org), by midnight on **Friday, April 29, 2016**.

**Meet Director:** Paul Williams

21 North End Terrace

Bloomfield, New Jersey 07003-5518

973-338-9089

(Good luck, I'm in and out but most likely home in the evening.)



## SEC and ECADA

### A Partnership Serving Essex County Student Athletes

#### 2016 Essex County Spring Track Relay Championship

##### Order of Field Events

(Beginning at 3:30 PM)

|                                      |  |              |
|--------------------------------------|--|--------------|
| Long Jump – Boys followed by Girls   | (LJ & TJ will be run simultaneously)               | Three jumps  |
| Triple Jump – Girls followed by Boys |  | Three jumps  |
| Pole Vault – Girls followed by Boys  | Six jump rule. Waived if six or fewer teams enter. |              |
| High Jump – Boys followed by Girls   | Six jump rule. Waived if six or fewer teams enter. |              |
| Shot Put – Girls followed by Boys    |  | Three throws |
| Discus – Boys followed by Girls      |  | Three throws |
| Javelin – Girls followed by Boys     |  | Three throws |

##### Jumps:

- Boys High Jump – 5’3” and go up by 3” until 6’ and then by 2”.
- Girls High Jump – 4’ and go up by 3” until 5’ and then by 2”.
- Boys Pole Vault – 8’6” and go up by 6”.
- Girls Pole Vault – 7’ and go up by 6”.
- The six (6) jump rule applies to both the high jump and the pole vault – the six (6) jump rule will be waived if six (6) or fewer teams compete.
- Ties in the jumps will be broken (if possible) by adding the number of misses by both jumpers at their last height cleared.

##### Order of Running Events

(Beginning at 4:00 PM)

|     |   |               |
|-----|---|---------------|
| 1.  | 4 x 1600 – Boys                         | Final         |
| 2.  | 4 x 1600 – Girls                        | Final         |
| 3.  | 3 x 400 IH – Boys                       | Final on time |
| 4.  | 3 x 400 IH – Girls                      | Final on time |
| 5.  | 4 x 800 – Boys                          | Final         |
| 6.  | 4 x 800 – Girls                         | Final         |
| 7.  | 4 x 100 – Boys                          | Final on time |
| 8.  | 4 x 100 – Girls                         | Final on time |
| 9.  | 4 x 110 HH – Boys                       | Final on time |
| 10. | 4 x 100 HH – Girls                      | Final on time |
| 11. | 4 x 400 – Boys                          | Final on time |
| 12. | 4 x 400 – Girls                         | Final on time |
| 13. | 4000 Medley – Boys (1200-400-800-1600)  | Final         |
| 14. | 4000 Medley – Girls (1200-400-800-1600) | Final         |
| 15. | 1600 Medley – Boys (200-200-400-800)    | Final on time |
| 16. | 1600 Medley – Girls (200-200-400-800)   | Final on time |
| 17. | 4 x 200 – Boys                          | Final on time |
| 18. | 4 x 200 – Girls                         | Final on time |

Meet Director retains right to revise order of events so as to benefit the meet.

1. All buses, including minivans, shall drop off teams in front of the school, not at the field or parking lot, at the entrance to Livingston High School. **You shall not arrive prior to 3:00 PM without incurring a penalty.**
2. **Appropriate Footwear**  
Shotput and discus circles are cement, therefore sneakers are appropriate footwear. Javelin is thrown off a grass runway. Pyramid spikes no greater than ¼ inch are permitted on the track and all jumping areas.
3. **Entry Form Signatures**  
The “Tournament Information & Statement of Agreement” forms **must be signed by the Head Coach, the Athletic Director and the School Principal prior to the meet.** The signatures indicate the school’s agreement, awareness and compliance with all rules and regulations governing the **2016 ECT Outdoor Track Relay Championships.**
4. **Deadlines**  
Please adhere to all the tournament deadlines. They will be strictly enforced.
5. **Proper completion of Entry Forms**  
Properly complete all required entry forms and adhere to the instructions on each form or the instruction within the aforementioned rules and regulations.
6. **Parking Procedures**  
Please read and fully comprehend the bus drop-off and parking procedures. Discuss them with your coaches and have them adhere to the procedures. Any school not in compliance shall incur a penalty.

*Good Luck,*

*Paul Williams*

**Meet Director**