



SEC and ECADA

A Partnership Serving Essex County Student Athletes

2016 SUPER ESSEX CONFERENCE **7th Annual Spring Individual Track and Field Championship**

The Super Essex Conference would like to invite you and your team to participate in the 7th Annual Super Essex Conference Spring Track and Field Championships. The meet will be held **Friday, May 13, 2016 at Schools Stadium** for the **Colonial and Independence Divisions**, and **Saturday, May 14, 2016 ALSO at Schools Stadium** for the **American and Liberty Divisions**. **NOTE Change: Both days are at School Stadium.**

Schools must submit their rosters using the HY TEK Team Manager via an email attachment to j.schwarz22@verizon.net by **Friday May 6, 2016**. Refer to the Essex County Track Coaches website for directions (<http://essexcountytrack.bizland.com>) or (www.sec.powermediallc.org) if necessary for instructions. Additional copies of this entry information can be obtained from the website of the Essex County Track Coaches Association at <http://essexcountytrack.bizland.com> or the SEC website at <http://sec.powermediallc.org>. Entry materials must be submitted online through the Super Essex Conference website, <http://sec.powermediallc.org>, by midnight on **Friday May 6, 2016**.

Additional copies of this entry information for coaches "*to print for their use only*" can be obtained from the website of the Essex County Track Coaches Association.

Only electronic entries done on the SEC website at <http://sec.powermediallc.org> shall be accepted for entry into the meet.

Meet Director:

John Toner
11 Hillside Avenue
Livingston, New Jersey 07039
Any questions call John Toner before 9:00 P.M.
973) 994-7188 or (201) 953-9052.

Please adhere to all meet guidelines and deadlines. They will be strictly enforced. Good luck and good skill to you and your team throughout the spring season.

For the Conference,

Ted D'Alessio, Athletic Director
Millburn High School
973 564-7165

Super Essex Conference
7th Annual Spring Boys and Girls Track Championship

1. **Eligibility:**

All schools must be members of the **SEC** in good standing to be eligible to enter the **2016 Spring Track and Field Championship**. There are no entry fees for this meet.

2. **Entry Procedure**

Your entry must be submitted online through the Super Essex Conference website, <http://sec.powermediallc.org>, by midnight on **Friday May 6, 2016**.

The Statement of Agreement and Sportsmanship Statement must be mailed to the Meet Director, John Tonerio by **Friday, May 6, 2016** 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 email attachment to j.schwarz22@verizon.net by **Friday, May 6 2016**. See the Essex County Track Coaches website for directions if necessary. (<http://essexcountytrack.bizland.com>). Entries will be posted on the website.

There will be a maximum of three entries per individual event and one 1600m. Relay per school.

3. **Awards**

The boys and girls team that finishes in first place in each division (American, Liberty, Colonial and Independence) will be awarded a championship plaque. Medals will be awarded to the first SIX (6) finishers in each individual event and the first three (3) teams in the 1600m Relay.

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

5. **Entry Form Signatures**

The "Tournament Information & Statement of Agreement" form **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 **2016 SEC Boys and Girls Spring Individual Track and Field Championship**. No signed Agreement; No participation.

6. **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.

PLEASE NOTE: Additional copies of this entry information for coaches *"to print for their use only"* can be obtained from the website of the Essex County Track Coaches Association.

Only electronic entries done on the SEC website at <http://sec.powermediallc.org> shall be accepted for entry into the meet.

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 7th Annual Boys and Girls Spring Track and Field Championship**. We hope that you are aware of the honor of competing in the Super Essex Conference Championship Meet.

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 just 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 competition. 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

School: _____

Return this signed statement with your entry. Retain a copy for reading.

SUPER ESSEX CONFERENCE
TRACK & FIELD CHAMPIONSHIP MEET
ORDER OF EVENTS
MAY 13, 2016 @ SCHOOLS STADIUM

Colonial and Independence Divisions

Throwing Events - 3:30, Jumping Events - 4:00, Running Events - 4:30

Running Events (Independence followed by Colonial) – 4:30 Start.

400m IH (Independence Boys then Colonial Boys, followed by Independence Girls then Colonial Girls.)

100 Trials (B/G)

1600 Boys

100 Finals (B/G)

1600 Girls

400 (B/G)

100m/110m High hurdle trials (B/G)

800 (Boys)

100m/110m High Hurdle final (Girls-Boys)

800 (Girls)

200 (B/G)

3200 (B/G)

Relays (B/G)

Field Events

Throwing Events - 3:30 Start

3:30 Boys Javelin Colonial & Independence will throw together in trials.
Finals will be competed separately.

Girls SP Independence & Colonial will throw together in trials.
Finals will be competed separately.

5:00* Girls Javelin Independence & Colonial will throw together in trials.
Finals will be competed separately

Boys Discus Colonial & Independence will throw together in trials.
Finals will be competed separately

Boys SP Independence & Colonial will throw together in trials.
Finals will be competed separately

6:30* Girls Discus Colonial & Independence will throw together in trials.
Finals will be competed separately

*Approximate time.

(OVER)

Jumping Events - 4:00 Start

- Long Jump: Girls followed by Boys
75 Minute Open Pit – Combined Independence & Colonial
Followed by Independence Finals then Colonial Finals
- Triple Jump: Boys followed by Girls
75 Minute Open Pit – Combined Independence & Colonial
Followed by Colonial Finals then Independence Finals
- High Jump: Girls (Combined Independence & Colonial) – Opening Height 4' 2"
Boys (Combined Independence & Colonial) – Opening Height 5' 2"
The bar will go up in 2" increments
- Pole Vault: Boys Combined Divisions followed by Girls Combined Divisions
Opening height determined by officials at the event
The bar will go up in 6" increments

SUPER ESSEX CONFERENCE
TRACK & FIELD CHAMPIONSHIP MEET
ORDER OF EVENTS
MAY 14, 2016 @ SCHOOLS STADIUM
Facility opens at 7:30am

American and Liberty Divisions

All Field Events - 9:00AM, Running Events - 10:00 AM

Running Events Liberty followed by American – 10:00 Start.

400m IH (Liberty Boys then American Boys, followed by Liberty Girls then American Girls.)

100 Trials (B/G)

1600 Boys

100 Finals (B/G)

1600 Girls

400 (B/G)

100m/110m High hurdle trials (B/G)

800 (Boys)

100m/110m High Hurdle final (Girls-Boys)

800 (Girls)

200 (B/G)

3200 (B/G)

Relays (B/G)

Field Events 9:00 Start

9:00 Boys Javelin American trials followed by finals

Liberty trials followed by finals

Girls Shot Put Liberty trials followed by finals

American trials followed by finals

11:15* Girls Javelin Liberty trials followed by finals

American trials followed by finals

Boys Discus American trials followed by finals

Liberty trials followed by finals

Boys Shot Put Liberty trials followed by finals

American trials followed by finals

1:30* Girls Discus American trials followed by finals

Liberty trials followed by finals

*Approximate time.

(OVER)

- Long Jump: Girls followed by Boys
75 Minute Open Pit – Combined Liberty & American
Followed by American Finals then Liberty Finals
- Triple Jump: Boys followed by Girls
75 Minute Open Pit – Combined Liberty & American
Followed by Liberty Finals then American Finals
- High Jump: Girls (Combined Liberty & American) – Opening Height 4' 2"
Boys (Combined Liberty & American)– Opening height 5 '2"
The bar will go up in 2" increments
- Pole Vault: Boys Combined Divisions followed by Girls Combined Divisions
Opening height determined by officials at the event
The bar will go up in 6" increments

Super Essex Conference

7th Annual Outdoor Boys and Girls Track Championship

Tournament Information & Statement of Agreement

You are invited to apply for entry into the 7th Annual Super Essex Conference Spring Track and Field Championship for the 2016 school year

The following is pertinent information in regard to the tournament:

Dates and Times:

Small Schools (Colonial & Independence) – May 13, 2016 @ Schools Stadium

Large Schools (American & Liberty) – May 14, 2016 @ School Stadium

(NOTE – NEW LOCATION).

Entry Deadline / Information: Deadline is Friday, May 6, 2016, No signed Agreement; No participation.
Statement of Agreement

National Federation and NJSIAA rules and regulations, NJSIAA Bylaws, Article V and NJSIAA rules and regulations govern all schools participating in all **SEC** sponsored tournaments. For **NJISAA** member schools, **NJISAA** start of season dates are approved. The following are specific participation rules for **NJISAA** member schools:

Track

Maximum of three meets per week.

_____ 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 Tonero
11 Hillside Avenue
Livingston NJ, 07039**

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, personal electronic devices are not allowed in the facility. Coaches are expected to confiscate 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 hosting schools.

****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