



S E C and E C A D A

A Partnership Serving Essex County Student Athletes

Boys and Girls Indoor Individual Track and Field Championships - 2017

The Essex County Athletic Directors Association would like to invite you and your team to participate in the **2017 Essex County Indoor Track and Field Championships**. The meet will be held at the Jersey City Armory, on **Sunday, January 29, 2017**. **All running events, the Shot Put and the High Jump will be contested at the Armory.**

The Pole Vault (Boys and Girls) will be contested at Apex Vaulting, Fairfield, NJ on Friday, January 27, 2017. Warm Ups begin at 3:00 PM, competition begins at 4:00 PM.

Roster and events must be submitted online, through the Milesplit website nj.milesplit.com by noon on **Wednesday, January 25, 2017**.

Please adhere to all meet guidelines and deadlines. They will be strictly enforced. Good luck to you and your team during the remainder of the indoor season.

Sincerely

John Toner

Meet Director

- Eligibility:**
All schools must be members of the ECADA in good standing to be eligible to enter the 2017 Indoor Individual Track and Field Championships. The meet will be held at the **Jersey City Armory, 678 Montgomery Street, Jersey City, on Sunday, January 29, 2017**. Both running and field events will begin at 9:00 AM.
- Entry Fee**
The entry fees for the tournament are \$28.00 each relay team and \$12.00 per individual per event. Please make the entry check payable to the "**Super Essex Conference**". There will be a maximum of three entries per individual events and one 1600 m relay per school.
Mail check, with a copy of your entry form for verification purposes to;
****Bruce Essing, 6 Waverly Place, Cranford, New Jersey 07016**
- Tournament Director**
John Toner
11 Hillside Avenue
Livingston, New Jersey 07039
(973) 994-7188 or (201) 953-9052. Any questions call John Toner before 9:00 P.M.

4. **Entry Procedure**

Your official entry into the 2017 ECADA Indoor Track Individual Championship must be submitted online through, njmilesplit.com no later than Midnight on **Wednesday, January 25, 2017**.

Roster and events must be submitted online, through the Milesplit website, nj.milesplit.com by Midnight on **Wednesday, January 25, 2017**. You must enter your athletes' names in each event. The athlete names are necessary because like the state meets, each athlete's seeds, will be done automatically by Milesplit. There will be no seeding lists for any event.

You have all claimed your team on milesplit, so there is no need to claim your team again. Just make sure your roster is up-to date on nj.milesplit.com. When you are ready to do your entry on nj.milesplit.com, click on the word "Calendar" in the Menu bar across the top of the home page. Scroll down and find the "Essex County Championships (January28th)". 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 midnight on Wednesday, January 25, 2017. Your entries are viewable along with their seeds, at any time, by going back to the meet page and walking through the entry procedure described in this paragraph above, until Midnight on January 25th. Each time an athlete improves their performance at a meet, their seeds will be updated automatically until Midnight on January 25th. As always, no performances from dual meets or running relays will be used for seeding individual events in this meet. However, Milesplit will factor in individual performances in field event relays for seeding in this meet.

Your roster should be done on Milesplit at this point. If you need to update your roster because you added new athlete(s) to your team between January 8th and January 25th, you can do so at any time before Midnight, January 25th. There is no need to wait until the deadline to up-date your roster. Entry fees are determined by the events you enter on Milesplit, not the size of your team's roster. You do not have to notify John Schwarz of any athletes you make "inactive" on your roster. Remember, you cannot delete athletes from your roster once you put them online. You can only make athletes "inactive" even though there is an option on your team roster to delete athletes. The "delete" option does not work- (that is Milesplit's doing, not ours). These procedures for rosters and entries on Milesplit's website for our county meet are basically the same as they are for the state meets, and any other meet that accepts Milesplit entries. The only real difference between our county meet and the state meet is that at our county meet, you can only enter three athletes per event. We cannot allow more names because you will be billed for additional names. You will however be able to enter athletes as substitutes in individual events on the day of the meet, but they will be not be put in seeded heats and/or sections.

AS always – Each School will be entitled to a maximum of THREE entries per individual event and one 1600m Relay per school.

5. **Awards**

The teams finishing in the top three (3) positions will be awarded statue trophies. Medals will be awarded to first six (6) finishers in the individual events and the first six (6) teams in the 1600m. Relay.

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. **Starting blocks shall be used only for the finals of the Dash and Hurdles. Only pyramid spikes 1/4 inch or less will be allowed. No needle spikes or Christmas tree type spikes of any size permitted.**
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 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 **2017 ECADA Boy and Girls Indoor Individual Track and Field Tournament.** No signed Agreement; No participation.
9. **Order of Events**
The **Boys Shot Put, followed by Girls, and the Girls High Jump, followed by Boys, will be contested beginning at 9:00 AM. Running events will begin at 9:00 AM, Girls events followed by Boys.**

ORDER OF EVENTS

400m. Run _____	Final
1600m. Run _____	Final
55m. Hurdles _____	Trial
55m. Dash _____	Trial
55m. Hurdles _____	Semi*
55m. Dash _____	Semi*
55m. Hurdles _____	Final
55m. Dash _____	Final
800m. Run _____	Final
200m. Dash _____	Final
3200m. Run _____	Final
4 x 400m Relay _____	Final

*If we manage to get automatic times on all heats in the trials of the hurdles and dashes there will be no semifinals. Eight fastest qualifiers will go directly to the finals.

Note: Starting blocks shall be used only for the finals of the Dash and Hurdles

10. **Admission**
Admission at the Armory will be \$5.00 general admission and \$2.00 for senior citizens and students. Please note **only valid 2016-2017 ECADA passes shall be accepted for individuals wishing to avoid admission fee.**
11. **The Pole Vault Competition**
The ECADA will sponsor the Pole Vault for all member schools in the **2017 ECADA Indoor Track and Field Championships under the following conditions.**

Boys and Girls

1. If a gender has five (5) or more teams competing on the day of the event;
 - a. competition will take place.
 - b. medals to Top 6 place winners.
 - c. team points WILL be awarded.

2. If a gender has less than five (5) teams competing on the day of the event:
- a. competition will take place.
 - b. medals to Top 6 place winners.
 - c. team points WILL NOT be awarded.

Please Note:

The event official has the right to remove a contestant from the event if he/she believes that the contestant does not possess the necessary skills to perform the event safely.

The Pole Vault (Boys and Girls) will be contested at Apex Vaulting, Fairfield, NJ on January 27, 2017. Warm Up for boys and girls will begin at 3:00 PM. Competition for both genders will begin at 4:00 PM.
The actual address is listed below:

**Apex Vaulting, LLC,
6 Evans Street
Fairfield NJ. 07004
Phone 201-669-1828.**

12 Automated External Defibrillator.

Pursuant to NJ state law, Janet's Law, schools hosting any ECADA 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.

Important Please Note! In case of extreme weather conditions call John Tonerio at 201-953-9052 (after 6am), or check the website of the Essex County Track Coaches Association for an announcement of postponement or delayed start time. Announcements shall be posted after 12 noon on Friday, for the Pole Vault, or after 6:00 AM on Sunday for the Armory.

CODE OF CONDUCT FOR ATHLETES & COACHES

Purpose: Prevention and Education

- Any coach or athlete found taunting or trash-talking will be excluded from participation for the remainder of the meet.
- 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 locker room. Athletes must arrive dressed for competition.

* Playing of amplified music is not allowed anywhere in the arena. Coaches are expected to confiscate any 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 Jersey City Armory.

*******Starting blocks only for Dash and Hurdles Final. Only pyramid spikes 1/4 inch or less will be allowed. No needle spikes.....No Christmas tree type spikes of any size permitted.**

Good Luck