



## SEC and ECADA

A Partnership Serving Essex County Student Athletes

### 2017

Dear Coach and Athletic Director:

Your school is invited to participate in the **2017 Essex County Boys and Girls Cross Country Championships** sponsored by the Essex County Athletic Directors Association.

**Eligibility:**

All schools must be members of the ECADA in good standing to be eligible to enter the **2017 Boys and Girls Cross Country Championships**.

**Date:** Friday, October 27, 2017

**Place:** Brookdale Park, Bloomfield and Montclair

<b>Time:</b> Boys Freshmen	5000 meters	2:15 PM
Girls Junior Varsity	5000 meters	2:50 PM
Boys Junior Varsity	5000 meters	3:25 PM
Girls Varsity Championship	5000 meters	3:55 PM
Boys Varsity Championship	5000 meters	4:25 PM

(NJSIAA eligibility rules will be followed.)

**Prizes:** Boys and Girls Championship Races – Individual medals to the first twenty (20) finishers. Team statue awarded to the first place teams. Seven (7) team medals awarded to the first, second and third place team.

Boys and Girls Junior Varsity, Boys Freshman Races – Individual medals awarded to the first ten (10) finishers. Team plaque awarded to the winning team.

**SPORTSMANSHIP:** Run a varsity team before you run Junior Varsity athletes.

**Entry Fees:** \$75.00 for each separate full team (Boys Freshman is a team race) or \$15.00 per individual entry if you do not have a complete team. **Mail entry fee to:**

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

**Entry Limits:** Championship races are limited to a maximum of seven (7) persons. The Junior Varsity and Freshman races allow unlimited entries.

**Entry Check:** Make the check payable to “Super Essex Conference” and mail to Bruce Essing.

**Deadline:** Entries are due online **by noon on Friday, October 20, 2017.**

**Scoring:** The scoring is done by computer.

**Roster Procedure:**

Coaches must claim their team and make sure their roster is complete on Milesplit by noon on **Tuesday, October 24, 2017**. 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 JOHN SCHWARZ YOUR ROSTER for this meet using Hytek!!!!

**Entry Fees:** \$75.00 for each separate full team or \$15.00 per individual if you do not have a full team. Reminder Freshmen Boys Race is included beginning this year.

\*\*\*\*\***Entry fees should be mailed to:**

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

**Tournament Director**

Paul Williams  
21 North End Terrace  
Bloomfield, New Jersey 07003-5518  
973-338-9089

**Entry Procedure**

Entry into the 2017 Essex County Boys & Girls Cross Country Championships must be submitted online through the Super Essex Conference website,

[www.sec.powermediallc.org](http://www.sec.powermediallc.org) no later than noon on Friday, October 20, 2017.

\*\* Your team roster must be completed online, through the Milesplit website, [nj.milesplit.com](http://nj.milesplit.com) by noon on **Tuesday, October 24, 2017**. Please edit your roster to contain only athletes currently on your team.

**ECT Statement of Agreement.**

The "**Tournament Information & Statement of Agreement**" form **must be signed and submitted** 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 **2017 Essex County Boys and Girls Cross Country Championships**.

**Automated External Defibrillator.**

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

**Deadlines**

Please adhere to all the tournament deadlines.

**Proper completion of Entry Forms**

Properly complete all required entry forms and adhere to the instructions on each form and/or the instruction within the aforementioned tournament rules and regulations.

*Good Luck, Paul Williams, Tournament Director*