



Super Essex Conference 9th Annual Indoor Individual Track and Field Championships 2017-2018

The Super Essex Conference would like to invite you and your team to participate in the **9th Annual Super Essex Conference Indoor Track and Field Championships**. The meet will be held at **Ocean Breeze Track & Field Athletic Complex** on **Saturday, December 23, 2017**. **All running events, the Shot Put, Pole Vault and the High Jump will be contested at Ocean Breeze.**

Enclosed you will find all pertinent meet information, a code of conduct for athletes and coaches and the SEC Sportsmanship Statement.

Entry into the 2017 Super Essex Conference Boys & Girls Cross Indoor Track & Field Championships must be submitted online through the Milesplit website, nj.milesplit.com no later than midnight on Sunday, December 17, 2017.

Please adhere to all meet guidelines and deadlines. They will be strictly enforced. Good luck and good skill to you and your team, we hope you have an enjoyable and rewarding indoor season.

For the Super Essex Conference,

*Bruce Essing,
Tournaments Administrator
SEC/ECADA*

1. **Eligibility:**

All schools must be members of the SEC in good standing to be eligible to enter the **2017-2018 Indoor Track and Field Championship**. The meet will be held at the **Ocean Breeze Track & Field Athletic Complex**, 625 Father Capodanno Blvd, Staten Island, NY, 10305. All events shall be competed at Ocean Breeze.

Warm-up 8:00am, competition begins for both genders at 9:00am.

No admittance prior to 8:00am

Please note scoring rules.

2. **Entry Procedure**

Your entry must be submitted online through the Milesplit website, nj.milesplit.com no later than midnight on **Sunday, December 17, 2017**.

As an SEC sponsored event there is no entry fee for this championship.

The Statement of Agreement and Sportsmanship Statement must be signed and submitted by **December 15, 2017** (sent with Winter Tournament information).

Meet Director: John Tonero

Any questions call John Tonero before 9:00 P.M.

(201) 953-9052.

**** Your team roster must be must be completed online, through the Milesplit website, nj.milesplit.com by midnight on Sunday, December 17, 2017. Please edit your roster to contain only athletes currently on your team.**

Coaches may not make changes to their roster, or to the six computer names in individual events or to the eight names in the relays events after December 17th.

This means that there will be no name changes or additions at the meet on December 23rd, as well!

3. **Limited Entries**

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

Running Events: Coaches can enter up to 6 athletes per event in individual events, and 8 athletes per relay. Coaches must scratch down to the three athletes in individual events, four in relays prior to the clerks declaring the event's seeding as closed.

NO athlete may compete in Varsity Events and run on a Novice relay, and vice versa! Penalty - Disqualification of the athlete from the Varsity Event and Disqualification of the Novice Relay team that the athlete competed on. The purpose of the Novice Events is twofold. First we are attempting to give those who would not otherwise compete in this meet an opportunity to run at a quality venue. The other purpose is to give the varsity athletes a "spacer" to gain rest time in-between events.

Field Events: Coaches will receive, according to their entry, up to 6 labels per field event in their packets. Coaches will need to affix up to three labels per field event on the three cards of those actually competing. This must be completed before the athletes report to the field event venue.

4. **Awards**

The teams finishing first will be awarded championship plaques. Medals will be awarded to top six (6) finishers in the individual events and the top three (3) teams in the 1600m Relay in each division. The two novice relays will be combined divisions. Medals will be awarded to the top three (3) teams in the novice events.

5. **Scoring**

The scoring will be done by the 10-8-6-4-2-1 system. The two novice relays will not be scored. NJSIAA rules and regulations apply to athletes and team participation. **Starting blocks are permitted in the hurdle and dash FINAL only. Only pyramid spikes 1/4 inch or less will be allowed. No needle spikes and No Christmas tree type spikes of any size permitted.**

6. **Entry Form Signatures**

In order for the Tournament Information & Statement of Agreement form to be completed, it **must be signed by the Head Coach, the Athletic Director**. The signatures indicate the school's agreement, awareness and compliance with all rules and regulations governing the **2017- 2018 SEC Boys and Girls Indoor Individual Track and Field Championship**.

Remember: No signed Agreement; No participation

7. **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.

8. **Divisions**

There will be **two** Divisions in both the Girls and Boys Meet. The **Liberty Division** will consist of Group I and Group II Schools. The **American Division** will consist of all Group III and Group IV schools. Please check with your Athletic Director regarding your school's grouping or go to NJSIAA.org for your Winter Track classification. Please indicate American (Groups 3 & 4) or Liberty (Groups 1 & 2) Division on the **entry form**.

9. **Order of Events**

Both the American Division Schools (Groups III and IV) and Liberty Division Schools (Groups I and II) will begin running events at 9:00 AM. Teams will not be admitted into the facility before 8:00 AM.

See Order of Events, next page.



ORDER OF EVENTS

All Running Events, Shot Put, Pole Vault and High Jump will be contested at the Ocean Breeze Track & Field Complex on Saturday, December 23, 2017. In the running events teams will compete in the following order; American Girls followed by Liberty Girls followed by American Boys and then Liberty Boys.

On the Infield:

9:00 AM

55 Meter Hurdles, Trials All Divisions

55 Meter Hurdle Finals, All Divisions

55 Meter Dash, Trials All Divisions

55 Meter Finals, All divisions

On the Oval:

9:00 AM

3200 Meter Run

400 Meter Run

Novice Sprint Medley

800 Meter Run

Novice Distance Medley

1600 Meter Run

4 x 400 Meter Run

Field Event Order:

Girls Shot Put, Girls American then Girls Liberty followed by

Boys Shot Put, Boys American then Boys Liberty.

Pole Vault will start with the Girls (both groups together) and the **Boys Competition** will begin (both groups competing together) as the bar is raised and reaches the boys opening height.

Note: High Jump will begin after completion of the dashes and hurdles on the infield.

Boys High Jump, Boys American then Boys Liberty followed by

Girls High Jump, Girls American then Girls Liberty.

10. Admission

There will be no admission charge for spectators at this 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 9th Annual Boys and Girls Indoor Track and Field Championship**. We hope that you are aware of the honor of competing in a Conference Championship.

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 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 tournament. We hope that your experience in our tournament will be an enjoyable and rewarding one.

Good Luck,

The Super Essex Conference



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.

**The playing of amplified music is not permitted at Ocean Breeze. Coaches are expected to confiscate these items before they enter 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 Ocean Breeze Track & Field Complex. Please clean your area of trash and debris prior to leaving the facility.

***Food and refreshments will be available for sale at a concession stand.**

****Starting blocks only for dash and hurdle FINALS. Only pyramid spikes 1/4 inch or less will be allowed.**

No needle spikes or Christmas tree type spikes of any size permitted.