



A Partnership Serving Essex County Student Athletes

34th Annual Boys and Girls Indoor Track Relays - 2018

1. **Eligibility:**

All schools must be members of the ECADA in good standing to be eligible to enter the **2018 Indoor Track Relays** championship.

All Events: Wednesday, January 3, 2018 at the Ocean Breeze Track & Field Complex, 625 Father Capodanno Blvd., Staten Island, NY at 6:00 RM. . Running events shall begin at 6:00r m. The Boys Shot Put will begin at 6:00r m, followed by the Girls Shot Put. The Girls High Jump will begin upon the completion of the Shuttle Hurdles Relay on the infield. Boys High Jump follows girls.

****Starting blocks are permitted only for the 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.**

Coaches may initiate and bring to the attention of meet management any conflict, discrepancy, error or misinformation stated in the entry information at any time until up to the day entry closure. Issues brought up the day of the meet regarding information stated in your entry must be submitted online through the Milesplit website, nj.milesplit.com no later than midnight on Tuesday, December 26, 2017.

2. **Entry Fee**

The entry fees for the tournament are Running Relays @ **\$28.00** each relay event and Field Events @ **\$20.00** each event. Please make the check payable to the **"Super Essex Conference"**. There is a minimum entry fee of \$60.00.

Mail check, **with a copy of your entry form for verification purposes** to;

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

3. **Tournament Director**

Mike Mielko

9 Parsonage Hill Road, Livingston, New Jersey 07039

(C) 973-369-3351 email anchorleg69@gmail.com

4. **Entry Procedure**

Your entry must be submitted online through the Milesplit website, nj.milesplit.com no later than midnight on **Tuesday, December 26, 2017.**

Mail entry fee to Bruce Essing, 6 Waverly Place, New Jersey 07016

Coaches can enter up to 8 athletes per running relay, and five athletes per field event relay.

Coaches will be able to fill-in seed times on Milesplit for this meet. Coaches need to be **fair and honest** in their seeds for this to work.

The Relays will be seeded according to the times submitted by December 28th. There will be no changes made to seeds at the meet. The meet file will be out of the hand of John Schwarz and Mike Mielko on December 2: th, and in the hands of the people at Ocean Breeze. The people at Ocean Breeze are not going to make any changes to the file after that.

Running Events:

Coaches must scratch down to the four athletes competing at the meet. Performance sheets will be available at the meet and those not competing must be scratched before the events are called for by the clerks for final seeding.

This is the same procedure that was used at the outdoor state sectionals last spring and last week's SEC meet.

Field events:

Coaches will receive, according to their entry, up to 5 labels per field events in their packets.

Coaches will need to affix two labels per event on the cards provided for those actually competing in the event. This must be done before the athletes report to their respective field event venues.

Again, this procedure is the same that was used at the outdoor state sectionals last spring.

Finally, coaches will not be able to make changes to their roster, to their eight relay running event names, or to their five field event relay names after December 28th. "
This means that no name changes, or additions will be made at the meet on January 3rd, as well!

5. Awards

The teams finishing in the top three positions will be awarded statue trophies. All relay races will award individual medals to the teams that finish in the first six (6) places.

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 along with tie breaking in the field events.
- A field event team consists of two (2) participants.
- A school may not compete more than one (1) team in any varsity event.
- All running events are based on time.
- The Freshmen 3200 Meter Relay is not scored.
- Shot put event will be four (4) throws and **no finals**. Indoor shots thrown will be designated by the Meet Director and referee.
- A six (6) jump rule is in effect for the high jump. Opening heights will be determined by the Meet Director and referee. Both team members must clear a height to score in the high jump.

****Starting blocks are permitted only for the uj wwg'hurdles. Only pyramid spikes 1/4 inch or less will be allowed. No needle spikes....No Christmas tree type spikes of any size permitted.**

Coaches may initiate and bring to the attention of meet management any conflict, discrepancy, error or misinformation stated in the entry information at any time until up till the day entry closure. Issues brought up the day of the meet regarding information stated in the entry will not be reviewed or addressed.

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 and submitted 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 **2018 ECT Indoor Track Relays Championship**. No signed Agreement; No participation.

9. **Order of Events**

Order of Events

Boys followed by Girls

9:00 AM

1. Shuttle Hurdles (on the infield at the same time as the lap race begin)
1. Distance Medley (1200 – 400 – 800 – 1600) ON the oval at the same time as the Shuttle Hurdles)
3. Sprint Medley (200 – 200 – 400 – 800)
4. 800 Meter Relay
5. 3200 Meter Relay
6. Freshmen 3200 Meter Relay
7. 1600 Meter Relay

Boys Shot Put followed by girls

Girls High Jump followed by boys

****Starting blocks are permitted for the shuttlehurdles only. Only pyramid spikes 1/4 inch or less will be allowed. No needle spikes....No Christmas tree type spikes of any size permitted.**

Important Please Note! In case of inclement weather check the online Essex County Track Coaches Association Website for announcement of postponement or delayed start time.

10. **Admission**

There will be no admission fee for spectators at this year's event