



## **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 - 2018**

The Essex County Athletic Directors Association would like to invite you and your team to participate in the **2018 Essex County Indoor Track and Field Championships**. All Events: **Monday, January 22, 2018 at the Ocean Breeze Track & Field Complex, 625 Father Capodanno Blvd., Staten Island, NY. Warm Ups begin at 3:00 PM, competition begins at 4:00 PM.**

Your entry must be submitted online, through the Milesplit website [nj.milesplit.com](http://nj.milesplit.com) by midnight on **Monday, January 15, 2018.**

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 Tonerio*

Meet Director

1. **Eligibility:**

All schools must be members of the ECADA in good standing to be eligible to enter the **2018 Indoor Individual Track & Field Championships**. Running and field events shall begin at 4:00pm.

**\*\*Starting blocks are permitted only for the Hurdles and Dash 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 closing of entries at midnight on Monday, January 15, 2018. Issues brought up the day of the meet regarding information stated in the entry will not be reviewed or addressed.**

Your entry must be submitted online through the Milesplit website, [nj.milesplit.com](http://nj.milesplit.com) no later than midnight on **Monday, January 15, 2018.**

2. **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, Tournaments Administrator**

3. **Tournament Director**  
John Tonero

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

4. **Entry Procedure**

Your official entry into the 2018 ECADA Indoor Track Individual Championship must be submitted online through, [nj.milesplit.com](http://nj.milesplit.com) no later than midnight on **Monday, January 15, 2018**.

As always – Each school will be entitled to a maximum of THREE entries per individual event and one 1600m Relay per school on the day of the meet. But to allow coaches greater flexibility in putting their entries together, you can enter up to 6 athletes per event in individual events, and 8 athletes per relay.

You must enter your athletes' names in each event on Milesplit. The athlete names are necessary because like the state meets, each athlete's seeds, will be done automatically by Milesplit.

At the meet, in the:

**Running Events:** you will **HIGHLIGHT** the three athletes actually competing in each running event. You must also **HIGHLIGHT** your four relay team members on the "Performance lists". The lists will be available in the clerking area.

**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.

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 **2018**

**ECADA Boy and Girls Indoor Individual Track and Field Tournament.** No signed Agreement; No participation.

9. **Order of Events**

**Running events and Field events will begin at 4:00 PM, Boys events followed by Girls.**

**Running Events: 4:00pm**

**Track**

**Infield**

B 3200 (Unseeded) Final  
G 3200 (Unseeded) Final

B-55m. High Hurdles Semis (8 Fastest to Final)  
G-55m. High Hurdles Semis (8 Fastest to Final)  
B-55m. High Hurdles Final  
G-55m. High Hurdles Final

***Upon completion of Hurdle Finals***

B-800m Run Final

B-55m. Dash Semis (8 Fastest to Final)  
G-55m. Dash Semis (8 Fastest to Final)

***Upon Completion of 55m trials***

G-800m Run Final

B-55m. Dash Final  
G-55m. Dash Final

B-200m. Dash Final  
G-200m. Dash Final

B-1600m. Run  
G-1600m. Run

B-400m. Dash Final  
G-400m. Dash Final

B-3200m Run (Seeded Section)  
G-3200m Run (Seeded Section)

B-4 x 400m Relay  
G-4 x 400m Relay

**Note: Starting blocks will be allowed only in the finals of the Dash and Hurdles**

**FIELD EVENTS 4:00 PM**

Shot Put – Boys followed by Girls

High Jump – Boys and Girls will jump concurrently using two pits. High Jump will begin at the conclusion of the running events on the infield. Opening height for girls will be 4 ft.4 in. and for boys 5 ft.4in.

Pole Vault – Girls will begin vaulting with an opening height of 5 feet. Boys will enter the event at any height after the bar has been raised to 8 feet.

10. **Admission**

There will be no admission fee for this year's meet.

11. **The Pole Vault Competition**

The ECADA will sponsor the Pole Vault for all member schools in the **2018 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.**

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 Tonero (after 12:00 PM), or check the website of the Essex County Track Coaches Association for an announcement of postponement or delayed start time.**

# 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 Ocean Breeze Track & Field Athletic Complex.

**\*\*\*\*\*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**