



S E C a n d E C A D A

A Partnership Serving Essex County Student Athletes

2019 SUPER ESSEX CONFERENCE 10th Annual Spring Individual Track and Field Championships

The Super Essex Conference would like to invite you and your team to participate in the **10th Annual Super Essex Conference Spring Track and Field Championships**. The meet will be held **Friday, May 10** at Schools Stadium for the Colonial and Independence Divisions, and **Saturday, May 11** at Schools Stadium for the American and Liberty Divisions.

IMPORTANT, PLEASE NOTE: The Javelin competition shall be held along with the divisional meets at Schools Stadium. A new redesign of the field area has allowed us to include the javelin within the confines of a one day meet for your division.

Entry into the 2019 Super Essex Conference Boys & Girls Spring Track & Field Championships must be submitted online through the Milesplit website, nj.milesplit.com no later than noon on **Tuesday, May 7, 2019**.

Additional copies of this entry information for coaches "*to print for their use only*" can be obtained from the website of the Essex County Track Coaches Association.

Meet Director:

John Tonerio

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

Please adhere to all meet guidelines and deadlines. They will be strictly enforced. Good luck and good skill to you and your team throughout the spring season.

For the Conference,

*Liz Aranyo, Athletic Director, Shabazz High School,
SEC Spring Track Sports Director*

Super Essex Conference
10th Annual Spring Boys and Girls Track Championships

1. **Eligibility:**

All schools must be members of the **SEC** in good standing to be eligible to enter the **2019 Spring Track and Field Championships**. There are **no entry fees** for this meet.

2. **Entry Procedure**

Your entry must be submitted online through the NJ Milesplit website, <http://nj.milesplit.com> by noon on Tuesday **May 7, 2019**.

Entries will be posted on the website. There will be a maximum of three entries per individual event and one 1600m. Relay per school.

3. **Awards**

The boys and girls team that finishes in first place in each division (American, Liberty, Colonial and Independence) will be awarded a championship plaque. Medals will be awarded to the first SIX (6) finishers in each individual event and the first three (3) teams in the 1600m Relay.

4. **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. **Only pyramid spikes 1/4 inch or less will be allowed. No needle or tree type spikes of any size are permitted.**

5. **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.

PLEASE NOTE: Additional copies of this entry information for coaches *"to print for their use only"* can be obtained from the website of the Essex County Track Coaches Association. (<http://essexcountytrack.bizland.com>).

SUPER ESSEX CONFERENCE
TRACK & FIELD CHAMPIONSHIP MEET
ORDER OF EVENTS

FRIDAY, MAY 10, 2019 @ SCHOOLS STADIUM

Colonial and Independence Divisions

All Events will begin 3:30PM

Throwing Events - 3:30, Jumping Events – 3:30, Running Events - 3:30

Running Events (Colonial followed by Independence) – 3:30 Start.

400m IH (Colonial Girls then Independence Girls, followed by Colonial Boys then Independence Boys)

100 Trials (G/B)

1600 Girls

100 Finals (G/B)

1600 Boys

400 (G/B)

100m/110m High hurdle trials (G/B)

800 (Girls)

100m/110m High Hurdle final (Boys-Girls)

800 (Boys)

200 (G/B)

3200 (G/B)

Relays (G/B)

Field Events

Throwing Events – 3:30 Start

Javelin: Colonial Girls, Colonial Boys, Independence Girls, Independence Boys

Shot Put: Colonial Boys, Colonial Girls, Independence Boys, Independence Girls.

Discus: Independence Boys, Independence Girls, Colonial Boys, Colonial Girls

Jumping Events - 4:00 Start

Long Jump: Boys followed by Girls

75 Minute Open Pit – Combined Colonial and Independence

Followed by Colonial Finals then Independence Finals

Triple Jump- Girls followed by Boys

75 Minute Open Pit – Combined Colonial and Independence

Followed by Colonial Finals then Independence Finals

High Jump: Girls (Combined Colonial and Independence) – Opening height 4' 2"

Boys (Combined Colonial and Independence) – Opening Height 5' 2"

The bar will go up in 2" increments

Pole Vault: Girls Combined Divisions followed by Boys Combined Divisions

Opening height determined by officials at the event

Heights increasing by 1" to 8' 6" and the 6" thereafter.

SUPER ESSEX CONFERENCE
TRACK & FIELD CHAMPIONSHIP MEET
ORDER OF EVENTS

SATURDAY, MAY 11, 2019 @ Schools Stadium

Facility opens at 7:30am

American and Liberty Divisions

All Events will begin at 9:00AM

All field events-9:00 AM, Running events- 9:00 AM

Running Events (American followed by Liberty– 9:00 Start

400m IH (American then Liberty Girls, followed by American then Liberty Boys.)

100 Trials (G/B)

1600 Girls

100 Finals (G/B)

1600 Boys

400 (G/B)

100m/110m High hurdle trials (G/B)

800 (Girls)

100m/110m High Hurdle final (Boys-Girls)

800 (Boys)

200 (G/B)

3200 (G/B)

Relays (G/B)

Field Events – 9:00 Start

Javelin: Girls American, Boys American, Girls Liberty, Boys Liberty

Shot Put: Boys American, Girls American, Boys Liberty, Girls Liberty

Discus: Boys Liberty, Girls Liberty, Boys American, Girls American

Long Jump: Girls followed by Boys

75 Minute Open Pit – Combined American & Liberty

Followed by American Finals then Liberty Finals

Triple Jump- Boys followed by Girls

75 Minute Open Pit – Combined American & Liberty

Followed by American Finals then Liberty Finals

High Jump: Girls Combined - Opening height 4'2"

Boys Combined – Opening height 5'2"

Then 2" increments thereafter.

Pole Vault: Girls Combined Divisions followed by Boys Combined Divisions

Opening height determined by officials at the event

Heights increasing by 1" to 8'6" and the 6" thereafter.

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.

*Food, personal electronic devices are not allowed in the facility. Coaches are expected to confiscate these 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 hosting schools.

****Starting blocks are prohibited except for 100m Final and the High Hurdles.**

Only pyramid spikes 1/4 inch or less will be allowed.

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

Good Luck