

# Monmouth County Indoor Championships

Sponsored by the: Shore Track Coaches Association

Friday, January 20th, 2012

Start Time: 5:00 pm

**Location:** Bennett Indoor Complex

**Entry Due:** Monday January 16th, 2012

Order of Events: (Girls first in all track events) All running events will feature seeded section 1st <b>except</b> 4 x 400 Meter Relay where seeded section will be featured last			For your use only
Event 1:	400 Meter Dash	Final On Time	
Event 2:	JV 400 Meter Dash	Final On Time	
Event 3:	High Hurdles	Trial - 8 Fastest to Final	
Event 4:	1600 Meter Run	Final On Time	
Event 5:	JV 1600 Meter Run	Final On Time	
Event 6:	55 Meter Dash	Trial - 8 Fastest to Final	
Event 7:	JV 55 Meter Dash	Trial - 8 Fastest to Final	
Event 8:	800 Meter Dash	Final On Time	
Event 9:	High Hurdles	Finals	
Event 10:	55 Meter Dash	Finals	
Event 11:	JV 55 Meter Dash	Finals	
Event 12:	3200 Meter Run	Final On Time	
Event 13:	4 x 400 Meter Relay	Final On Time	

Field Events
<b>High Jump:</b> : Boys followed by Girls Boys opening at 5' 6" & Girls opening at 4' 6" (2" increments)
<b>Pole Vault:</b> Girls followed by Boys Girls opening at 7' 6" & Boys opening at 10' 0" (6" increments)
<b>Shot Put:</b> Boys followed by Girls <b>Seeded flight throws last.</b> The top <b>Eight (8)</b> will get <b>3</b> additional throws in the Finals <b>JV Boys Shot Put Followed by JV Girls will follow the conclusion of the varsity shot puts.</b>

Varsity Entries are limited to **5 per Event.**

Junior Varsity Entries are limited to **5 per Event.**

Only **one** 4 x 400 Relay team is permitted per school.

Seeding will be based on the Times/Marks submitted on Entry Cards on the day of the meet. This is a Championship Meet so please use accurate and verifiable times/marks. Flagrant mis-seeding of your athletes will result in punitive actions taken by the games committee.

**\*\*Awards** to the first six (6) individuals in each event and to the top six (6) relay teams in the 4 x 400 Meter Relay.

**Team Plaques** will be awarded to the TOP THREE (3) Team in each county.

Scoring for Varsity events is 10-8-6-4-2-1

*Athletes can compete in 4 events total, they may mix and match JV and Varsity,*

**However they cannot compete for the same event in JV and Varsity!!**

Meets will be governed by the Rules of the NJSIAA.

Food, Drink, Radios and/or Amplified Music Components are PROHIBITED inside the Toms River Field House.

**Only 1/8" PYRAMID Spikes will be allowed!**

HY-TEK ROSTERS are to be sent to [rosters@trschoools.com](mailto:rosters@trschoools.com)

(They are due by Monday, January 16<sup>th</sup>)

\*\*In Case of Inclement Weather, call the Meet Director or check: [www.shoretrackcoaches.com](http://www.shoretrackcoaches.com) for information about cancelations and/or delays\*\*

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School: \_\_\_\_\_ Team: Boys or Girls or Both (Circle)

Coach: \_\_\_\_\_ Coach's Phone: \_\_\_\_\_

Coach's Email: \_\_\_\_\_

Total number of Boys Entry Cards (not including relay)	Total number of Girls Entry Cards (not including relay)

**Checks Payable To:** The Shore Track Coaches Association

# of Individual Cards = \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

# Relay Teams = \_\_\_\_\_ x \$20.00 = \$ \_\_\_\_\_ (Limit one (1) per Gender)

Total = \$ \_\_\_\_\_

\*\*Note: Just like in the State Meets, you are paying for the number of cards that you need and may use them in **ANY EVENT** the day of the meet. (Subject to meet limitations)

## **Mail paper entry and checks to:**

Sam Turner  
547 Alexander Ave  
Brick, NJ 08724  
Cell: (732) 829-3581  
email: [sturner@marsd.k12.nj.us](mailto:sturner@marsd.k12.nj.us)  
Fax #: (732) 837-3054

HY-TEK ROSTERS are to be sent to [rosters@trschoools.com](mailto:rosters@trschoools.com)

(Be sure to list the NAME OF THE MEET in the body of the e-mail)

***PLEASE ONLY SUBMIT/FAX THIS SHEET!!***