

Ocean County Indoor Championships

Sponsored by the: Shore Track Coaches Association

Thursday, January 19th, 2012

Start Time: 4:00 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 except 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
High Jump: : Boys followed by Girls Boys opening at 5' 6" & Girls opening at 4' 6" (2" increments)
Pole Vault: Girls followed by Boys Girls opening at 7' 6" & Boys opening at 10' 0" (6" increments)
Shot Put: Boys followed by Girls Seeded flight throws last. The top Eight (8) will get 3 additional throws in the Finals JV Boys Shot Put Followed by JV Girls will follow the conclusion of the varsity shot put.

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

(They are due by Monday, January 16th)

In Case of Inclement Weather, call the Meet Director or check: 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:

Michael Jordan
1501 Mizzen Ave
Beachwood, NJ 08722
Cell: (732) 600-8437
email: mjordan@centralreg.k12.nj.us
Fax #: (732) 837-3054

HY-TEK ROSTERS are to be sent to 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!!