

Ocean County Indoor Relay Championships

Sponsored by the: Shore Track Coaches Association

Saturday, January 7th, 2012

Start Time: 9:00 am

Location: *Bennett Indoor Complex*

Entry Due: *Monday January 2nd, 2012*

Order of Events: (<i>Girls</i> first in all Running 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:	Varsity 4 x 800 Meter Relay	
Event 2:	Varsity Shuttle Hurdle Relay	
Event 3:	JV 4 x 200 Meter Relay	
Event 4:	Varsity 4 x 200 Meter Relay	
Event 5:	JV 4 x 800 Meter Relay	
Event 6:	Varsity Sprint Medley (200, 200, 400, 800)	
Event 7:	Varsity Distance Medley (1200, 400, 800, 1600)	
Event 8:	JV 4 x 400 Meter Relay	
Event 9:	Varsity 4 x 400 Meter Relay	

Field Events <i>(All field event relays are 2-persons)</i>
High Jump: Boys followed by Girls Boys opening at 5' 4" & Girls opening at 4' 4" (2" increments)
Pole Vault: Girls followed by Boys Girls opening at 7' 0" & Boys opening at 9' 0" (6" increments)
Shot Put: Boys followed by Girls Seeded flight throws last. <i>JV Shot Put to Follow conclusion of Varsity.</i> <i>JV Boys followed by JV Girls</i>

Varsity Entries are limited to **ONE Team per Event.

Junior Varsity Entries are **Unlimited.

- 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 top six (6) teams in each varsity event and top three (3) in each JV event.

Tie will NOT be broken

Team plaques will be awarded to the top three (3) teams in each county.

Varsity scoring is 10-8-6-4-2-1 (*Ties will not be broken - points will be split*)

****Note:** *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 2nd)

In Case of Inclement Weather, call the Meet Director or check www.shoretrackcoaches.com 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: _____

Enter Card Breakdown Below:

Total # Boys Cards Needed	Total # Girls Cards Needed

Checks Payable To: The Shore Track Coaches Association

Relay Teams= _____ x \$20.00 = \$_____

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(s)** in the body of the email)

PLEASE ONLY SUBMIT/FAX THIS SHEET!!