

# Shore Conference Outdoor Track & Field Championships

Sponsored by the: Shore Conference of High Schools @ Neptune High School  
Saturday May 20, 2017 9:00 am Start (Rain Date Sunday May 21, 2017)

**Online Milesplit and Paper Entries Due: Wednesday May 17, 2017 8:00pm**

## Running Events

### Order of Events:

**(Girls first in all track events followed by Boys)**

All running events will feature seeded section first **except** the 4x400m Relay where the seeded section will be featured last.

### Max Three Entries Per Event

Event 1:	100m Dash	Trials-8 Fastest to Final
Event 2:	400m Hurdles	Final on time
Event 3:	100m Dash	Trials-8 Fastest to Final
Event 4:	1600m Run	Final on time
Event 5:	100m Hurdles	Trials-8 Fastest to Final
Event 6:	110m Hurdles	Trials-8 Fastest to Final
Event 7:	400m Dash	Final on time
Event 8:	100m Hurdles	Final
Event 9:	110m Hurdles	Final
Event 10:	800m Run	Final on time
Event 11:	200m Dash	Final on time
Event 12:	3200m Run	Final on time
Event 13:	4x400m Relay	Final on time

## Field Events

### High Jump: Boys followed by Girls.

Girls opening at 4'8" and Boys opening at 5' 8"  
(2" increments) **9:00 am Start**

### Pole Vault: Girls followed by the Boys.

Girls opening at 8'0" & Boys opening at 10'6" (6" increments)  
**9:00 am Start**

### Triple Jump: Girls followed by Boys

Open Pit—Top 8 to Finals  
Two hours to complete trials followed by finals.  
**Minimum Distance: Girls—26'0"; Boys—34'0"**  
**Girls 9:00am-11:30am; Boys 12:00pm-2:30pm**

### Long Jump: Boys followed by Girls

Open Pit—Top 8 to Finals  
Two hours to complete trials followed by finals.  
**Minimum Distance: Girls—13'0"; Boys—17'0"**  
**Boys 9:00am-11:30am; Girls 12:00pm-2:30pm**

### Shot Put: Girls followed by Boys.

Trials with top 8 going to Finals, three additional throws in the Finals. Best flight will throw last.  
**Minimum Distances: Girls—32'0"; Boys—44'0"**  
**9:00 am Start**

### Discus: Boys followed by Girls.

Trials with top 8 going to Finals, three additional throws in the Finals. Best flight will throw last.  
**Minimum Distances: Girls—80'0"; Boys—110'0"**  
**9:00 am Start**

### Javelin: Boys and Girls at the same time.

Two throwing areas starting at the same time. Trials with top 8 going to Finals, three additional throws in the Finals. Best flight will throw last.  
**Minimum Distances: Girls—90'0"; Boys—120'0"**  
**10:00 am Start**

## Please Note the Following

- All athletes wishing to be entered in seeded heats must have FAT times available online from either Winter or Spring of this year in that event.**
- Although this is an online entered meet, limited changes with cards the day of the meet will be allowed, but these athletes must be in your Milesplit roster, and they will not be allowed in seeded heats.**

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Saturday May 20, 2017 9:00 am Start (Rain Date Sunday May 21, 2017)

**\*\*Online/Paper Entries Due: Wednesday May 17, 2017 8:00 pm\*\***

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

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

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

<b>Boys Entry</b>	Boys Running #_____	Boys Jumps #_____	Boys Throws #_____	Total Number of Boys Entries #_____
<b>Girls Entry</b>	Girls Running #_____	Girls Jumps #_____	Girls Throws #_____	Total Number of Girls Entries #_____

Individual Entries \_\_\_\_\_ x \$10 + Relay Entries \_\_\_\_\_ x \$12=Total Entry \$ \_\_\_\_\_

Checks Payable To: **Shore Conference**

**Mail Paper Entries to:**

John Hein  
Manalapan High School  
20 Church Lane  
Manalapan, NJ 07726  
[jhein@frhsd.com](mailto:jhein@frhsd.com)  
Cell: (732) 859-4468  
Office: (732) 792-7200 x.5011

**Mail Checks to:**

Joe Montano  
Red Bank Catholic High School  
112 Broad St.  
Red Bank, NJ 07701  
Office: (732) 747-1211

**Online entries are due at [nj.milesplit.com](http://nj.milesplit.com) no later than 8:00 pm Wednesday May 18, 2017.**

1. Only spikes ¼ inch or less will be allowed. Anyone found wearing longer spikes risks disqualification from the meet.
2. Minimum distances have been established in the Shot, Discus and Javelin. Athletes will have their first throws marked and then those unable to attain these qualifying distances will not be marked.
3. Teams should supply their own starting blocks.
4. Medals to the first six place winners in all events, including the relay, with team plaques awarded to the top Boys and Girls teams in the Shore Conference. Team scoring is 10-8-6-4-2-1 for first through sixth places.