

Shore Conference Outdoor Track & Field Championships

Sponsored by the: Shore Conference of High Schools @ Central Regional High School

Wednesday May 16, 2018 4:00pm start (Rain Date Thursday May 17, 2018)

Online entries are due at nj.milesplit.com no later than 8:00pm Tuesday May 15, 2018

Running Events

Order of Events:

(Boys first in all track events followed by Girls)

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:	400mHurdles	Final on time
Event 3:	100m Dash	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: Girls followed by Boys.

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

Pole Vault: Boys followed by the Girls.

Girls opening at 8'0" & Boys opening at 10'6" (6" increments) **4:00pm Start**

Triple Jump: Girls followed by Boys

Open Pit—Top 8 to Finals
Two hours to complete trials followed by finals.
Minimum Distance: Girls—29'0"; Boys—36'0"
Girls 4:00pm-6:00pm; Boys 6:30pm-8:30pm

Long Jump: Boys followed by Girls

Open Pit—Top 8 to Finals
Two hours to complete trials followed by finals.
Minimum Distance: Girls—14'6"; Boys—18'0"
Boys 4:00pm-6:00pm; Girls 6:30pm-8:30pm

Shot Put: 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—29'0"; Boys—40'0"
4:00pm Start

Discus: 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—80'0"; Boys—110'0"
4:00pm 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—75'0"; Boys—125'0"
4:00pm Start

This meet has been set-up to allow only FAT bests from this season. You will be allowed to enter up to six individuals, but only three can compete in any one event (same as States).

There will be no day of changes or additions to your entry.

Checks Payable To: The Shore Conference

1. Minimum distances have been established in the Long & Triple Jump, Shot, Discus and Javelin. Athletes will have their first jumps or throws marked and then those unable to attain these qualifying distances will not be marked.
2. Teams should supply their own starting blocks.
3. 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

Mail Checks to:

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