

# Shore Conference Indoor Championships

Friday, January 31<sup>st</sup> 2020 Start Time: 4:00 PM

Location: *Bennett Indoor Complex, Toms River*

**\*\*Online Entry Due: Wednesday January 29, 2020 8:00 pm—Paper Entry Due: January 29, 2020**

Running Events			Boys Entries For coaches use only	Girls Entries For coaches use only
Order of Events:  ( <i>Girls first in all track events followed by Boys</i> ) All running events will feature seeded section <b>LAST</b> <b>Max Three Entries Per Event</b>				
Event 1:	400m Dash	Final On Time (3 Alleys)		
Event 2:	1600m Run	Final On Time Girls Cutoff time 6:00 Boys Cutoff time 5:00		
Event 3:	55m Hurdles	Trials-8 Fastest to Final		
Event 4:	55 Meter Dash	Trials-8 Fastest to Final		
Event 5:	800m Run	Final On Time		
Event 6:	55m High Hurdles	Final		
Event 7:	55 Meter Dash	Final		
Event 8:	3200 Meter Run	Final On Time Girls Cutoff time 13:00 Boys Cutoff time 11:00		
Event 9:	4 x 400 Meter Relay	Final On Time (3 Alleys)		
Event 10:	Shot Put	Trials-Top 8 to Finals		
Event 11:	Pole Vault	Trials-Top 8 to Finals		
Event 12:	High Jump			

Field Events
<b>High Jump:</b> Boys followed by Girls Boys opening at 5' 2" & Girls opening at 4' 2" First increment will be 4" (2" increments after)
<b>Pole Vault:</b> We will be using two pits starting at the same time. Girls opening at 7'6" & Boys opening at 10'6" (6" increments)
<b>Shot Put:</b> Girls followed by Boys <b>Seeded flight throws last.</b> The top <b>Eight (8)</b> will get <b>three</b> additional throws in the Finals.  Minimum Distances to be marked will be as follows: Girls—30' Boys—42'
<b>One 4 x 400 relay team</b> is permitted per team, two per school.
<b>NOTE: The 400 &amp; 4X400 will be in 3 Alleys with a maximum of 9 participants per heat. Both events are finals on time.</b> Max of 7 in top two seeded heats
<b>NOTE: Cut off times when entering the 1Mile &amp; 2Mile</b>

**Please note that entries for the Shore Conference Indoor Track and Field Championships are online at [nj.milesplit.com](http://nj.milesplit.com) The entry has been set up to allow for each individual athlete's best FAT time over the last year in that event. Entries can be changed up to 8:00 pm January 29, 2020, Two days prior to the event on January 31<sup>st</sup>.**

**\*\*Awards** to the first **SIX Individuals** in each event and to the top **SIX Relays**.  
**Team Plaques** will be awarded to the top Boys and Girls teams in the Shore Conference.  
 Scoring for Varsity events is 10-8-6-4-2-1.

**Just a reminder the Bennett Complex allows only 1/8" PYRAMID Spikes. Blocks will be allowed in all 55m and 55mHH trials and finals.**

# Shore Conference Indoor Track & Field Championships Entry

Friday, January 31, 2020

Start Time: 4:00 PM

**\*\*Online Entry Due: January 29, 2020 8:00 pm—Paper Entry Due: January 29, 2020\*\***

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

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

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

Athletic Director's Signature: \_\_\_\_\_

<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  
Freehold High School  
2 Robertsville Rd.  
Freehold, NJ 07728  
or Scan and Email to:

[jhein@frhsd.com](mailto:jhein@frhsd.com)

Cell: (732) 859-4468

Office: (732) 431-8360 x.2014

**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 online at [nj.milesplit.com](http://nj.milesplit.com) no later than 8:00 pm Wednesday January 29, 2020.**