

Skyland Conference

Track & Field Championships

May 20, 2021

Warren Hills High School – 2:00pm – ALL EVENTS

SCORING:

- The Top Six Athletes Overall in each event will be awarded medals.
- This Meet will be used to decide each of our Four Division Champions.
- **There will be no overall team champion.**
- Flights, Heats, and Finals will be mixed between divisions. The computer will glean the top six from each division at the conclusion of event and calculate team scores from the results.
 - The exception to this will be the 100 Meter Dash and the 100/110 Hurdles
 - Preliminaries will be seeded and separated by division, and they will determine division scoring.
 - Finals will only determine the top 6 individuals.

DIVISIONS

Delaware	Raritan	Valley	Mountain
Hunterdon Central	Ridge	Warren Hills	Delaware Valley
Bridgewater	Phillipsburg	Somerville	Bound Brook
Hillsborough	Montgomery	Voorhees	Belvidere
Franklin	North Hunterdon	North Plainfield	Manville
Watchung Hills		Bernards	South Hunterdon
		Pingry	Mt. St. Mary (girls only)
			Gill St. Bernard's
			Immaculata

COVID RESTRICTIONS:

- ***NO SPECTATORS WILL BE ALLOWED AT THE MEET due to the large number of Athletes.***
- ***Each school will be responsible for submitting a signed letter from an administrator stating that all the athletes have been cleared through the school's screening process.***
- ***All Athletes and Coaches should follow NJSIAA protocols in regard to Covid-19. All information can be found on NJSIAA.org***
- ***Upon arrival, teams should set up camp comfortably spaced out from other programs.***

ENTRIES:

- Each School is allowed 3 competitors per event.
- Coaches can should only enter three competitors per event on MileSplit
 - <https://nj.milesplit.com/meets/427972-skyland-conference-championships-2021/info#.YJAQA7XYPEU>
 - Substitutions can be made upon arrival at the truck
- Emergency Substitutions can be made up to the "Last Call" of the event.
- Please forward Rosters and entries to MileSplit NJ by May 19th – 8PM

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ORDER OF RUNNING EVENTS

(With Automatic Timing System)

Girls Events Go First on Even Years, Boys on Odd years

400 Meter Intermediate Hurdles

1600 Meters (Seeded)

100 Meter Dash Trials

100/110 Meter Hurdle Trials

- The prelims for the 100 Dash & 100/110 Hurdles will be seeded by division and those results will be used for scoring the Divisional Team Standings.
- Top 9 Fastest Overall times in the 100 Dash & 100/110 Hurdles will go to the finals

1600 Meters (Unseeded)

100 Meter Dash Final – 9 in Finals

- These times will have no bearing on the divisional scoring

400 Meters

100/110 Meter Hurdle Final- First – 9 in Finals

- These times will have no bearing on the divisional scoring
- The gender order will be swapped so we do not have to adjust hurdles twice

800 Meters

200 Meters

3200 Meters

1600 Meter Relay

All Races are FINAL ON TIME unless noted otherwise.

Seeded heats will run last unless noted otherwise

COACHES: Please inform your athletes to report to their events promptly when called. As always, the track events take precedence over the field events. Athletes MUST inform the officials if they need to be excused from a field event to run.

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JUMPING EVENTS

Pole Vault / Girls at 2:00 – Open at 7'6"

Pole Vault / Boys to follow – Open at 9'6"

*Bar will move up 1 foot after opening height, **another foot after that**, and 6 inches thereafter.*

So Girls will be 7'6, 8'6, 9'6, 10', 10'6, 11'...etc

And Boys will be 9'6, 10'6, 11'6, 12, 12'6, 13'...etc.

Boys High Jump at 2:00– Open at 5'6"

Girls High Jump to follow – Open at 4'6"

Run-throughs/Warmups – 1:30 – 2:00

Open Pit Long Jump (1 pit) - 2:00 to 5:00

No Finals

Run-throughs/Warmups –5:00 – 5:30

Open Pit Triple Jump (1 pit) 5:30 to 8:30

No Finals

Please Note: **The finals start times as well as the beginning of the Triple Jump may be moved up if the event progresses quicker than normal.**

Boys Minimum for Measurement LJ=16' – TJ=32'

Girls Minimum for Measurement LJ=12' – TJ=26'

Top 7 Move to Finals for Both Events

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Concerning the Long and Triple Jumps

As per the rule (6.9.9.f), if the competitor “fails to attempt the purposeful action of completing the requirements of the athletic challenge (jump/trial) of the event within 1 minute (or prescribed time limit) after the competitor’s name is called” the attempt will be recorded as a foul.

We will have four officials per pit. We will start with the 1-minute rule per jump and re-evaluate that time halfway through the event. It can either be extended or reduced based on how many total attempts are left in the competition.

Please Note: The finals start time may be moved up if the event progresses quicker than normal.

The minimum measures for the long jump and triple jump will be adhered to once the event begins.

The minimum measures for the long jump, triple jump, high jump and pole vault can be adjusted by the meet director if deemed necessary.

****NO RUNBACKS...once an official has shown up to the pit, runbacks are not allowed****

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Throwing Events Rotation

GIRLS (Minimum Measurements – Shot Put 26' – Discus 70' – Javelin – 70')
Each Thrower will get 1 Measurement

BOYS (Minimum Measurements – Shot Put 38' – Discus 100' – Javelin – 100')
Each Thrower will get 1 Measurement

Girls SHOT PUT will start at 2:00 pm – Boys to Follow

Boys DISCUS will start at 2:00 pm – Girls to Follow

Girls JAVELIN will start at 2:00 pm – Boys to Follow

NO GROUPS --- All Flights will be set up from low seed to high seed.

NO FINALS

Throwers should report to each of the events they are throwing in to check in and see what flight they are in.

Throwers need to manage their conflicts with other events as best they can. First and foremost, they should politely communicate with the officials if they need to get throws in early or be bumped to a later flight.