**Hudson County Track Coaches Association**

**2020 COUNTY OUTDOOR TRACK & FIELD CHAMPIONSHIP**

# at Secaucus High School

**Thursday, May 14th @ 4:15 PM & Saturday, May 16th @ 10:00 AM**

**Timing:** F.A.T. will be provided by: Morris County Track Coaches mctca@mctrack.org

**Entry Limits:** VarsityLimit (3) entries per individual event and (1) relay per school.

Underclass is unlimited entry in all events.

**On Line Entry:** Coaches **MUST** enter their team on line at **NJ MileSplit**. This is in addition to a paper entry declaration. Although there is a 3 athlete max for Varsity the site will allow coaches to enter additional entries. This will allow coaches to make scratches and select the 3 competitors the day of the meet. However, only those athletes entered on-line by the deadline date will be permitted to run.

**Awards:** Championship Plaque to the winning Varsity Boys & Girls team.

Plaque to the winning Fr/So Girls & Freshman Boys team.

Medals to the top 6 places in all events / divisions.

Fr/Soph division is intended for non-varsity caliber athletes, please comply.

**Scoring:** 1st – 6th Place. Points will be awarded 10, 8, 6, 4, 2, 1

**Seeding:** F.A.T. times (<http://nj.milesplit.com/>) will be used to seed the 200m, 400m & 400m IH seeds – no overwrites accepted without verification.

**Finals:** In the 100m Dash and 100/110m Hurdlesthe Top 8 on TIME will advance to

**TRACK** Final. Qualifiers 6-7-8 will run heat 1 and qualifiers 1-2-3-4-5 will run heat 2.

**FIELD:** In the Long Jump, Triple Jump, Shot Put, Discus and Javelin the Top 8 in Varsity will advance to 3 throw / jump final. All underclass will be 3 jumps / throws no final.

**Deadline:** Entry must be received by **Wednesday – 5/6/20**

**Rain Date:** In the event of postponement on 5/14/20 the rain date is 5/15/20 at 4:15 pm.

There will be a posting on the HCTCA message board and a mass e-mailing to all coaches and AD’s by 1:30 pm only if there is a postponement. Please do not call.

Varsity events scheduled for 5/16/20 are rain or shine and will notbe postponed.

**Spikes:** 1/4" spikes or flats only on the track and jumping surfaces

**Check-in:** Failure to check in on time may result in athlete(s) being closed out of an event and/or being shut out of seeded heats.

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**ENTRY BLANK**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Varsity Boys** | **JV Boys** | **Frosh Boys** | **Varsity Girls** | **JV Girls** | **Fr/So Girls** |
| **100** |  | **N/A** |  |  | **N/A** |  |
| **100/110 Hurdles** |  | **N/A** |  |  | **N/A** |  |
| **200** |  | **N/A** |  |  | **N/A** |  |
| **400** |  |  |  |  |  |  |
| **400m Hurdles** |  | **N/A** |  |  | **N/A** |  |
| **800** |  |  |  |  |  |  |
| **1600** |  |  |  |  |  |  |
| **3200** |  | **N/A** |  |  | **N/A** |  |
| **Triple Jump** |  | **N/A** | **N/A** |  | **N/A** | **N/A** |
| **Long Jump** |  |  |  |  |  |  |
| **High Jump** |  | **N/A** |  |  | **N/A** |  |
| **Shot Put** |  | **N/A** |  |  | **N/A** |  |
| **Discus** |  | **N/A** |  |  | **N/A** |  |
| **Javelin** |  |  |  |  |  |  |
| **4x400 Relay** |  | **N/A** | **N/A** |  | **N/A** | **N/A** |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **# of Entries** |  |  |
| **Varsity** |  | **x $9.00** | **= $** |
| **Underclass** |  | **x $6.00** | **= $** |
| **Relays** |  | **x $25.00** | **= $** |
| **TOTAL** | | | **= $** |

## School Coach

**Coaches E-Mail**: Phone:

If Thursday’s events are postponed there will be a 1:30 p.m. posting on HCTCA Message Board and mass e-mail announcement will be made to coaches and AD’s. Please supply current e-mail address above.

## ENTRY deadline: Wednesday – May 6th

## Submit ENTRY To: U.S. Mail Entry : Len PIetrewicz 1011 Sussex Turnpike Randolph, NJ 07869

**-OR- E-Mail entry**: [MCTCA@MCTCA.org](mailto:MCTCA@MCTCA.org)

**CHECK Payable To: HCTCA**

**Mail CHECK ONLY To**: John E. Nagel, 10 Cherry Street, Jersey City, NJ 07305

**ORDER OF EVENTS**

**THURSDAY, MAY 14TH – 4:15 PM**

**TRACK – 4:00 PM**

Varsity Girls 400m IH

Fr/So Girls 400m IH

Varsity Boys 400m IH

Frosh Boys 400m IH

VG 100m Trials

VB 100m Trials

F/SG 100m Trials

FB 100m Trials

VG 1600m

VB 1600m

F/SG 1600m

FB 1600m

VG 100m Final

VB 100m Final

F/SG 100m Final

FB 100m Final

JV Girls 1600m

JV Boys 1600m

VG 400m

VB 400m

F/SG 400m

FB 400m

JV Girls 400m

JV Boys 400m

**FIELD – 4:30 PM**

Varsity Boys Javelin

Fr/So Girls Javelin

Varsity Girls Javelin

Frosh Boys Javelin

*JV Girls Javelin – time permitting*

*JV Boys Javelin– time permitting*

Varsity Girls Discus

Frosh Boys Discus

Varsity Boys Discus

Fr/So Girls Discus

Varsity Girls Long Jump

Varsity Boys Long Jump

Fr/So Girls Long Jump

Frosh Boys Long Jump

*JV Boys Long Jump– time permitting*

*JV Girls Long Jump– time permitting*

Varsity Boys High Jump [5-2]

Varsity Girls High Jump [4-2]

**SATURDAY, MAY 16th – 10:00 AM**

**TRACK – 10:00 AM**

Varsity Girls 100m Hurdles Trials

Fr/So Girls 100m Hurdles Trials

Varsity Boys 110m Hurdles Trials

Frosh Boys 110m Hurdles Trials

Varsity Girls 800m

Varsity Boys 800m

Fr/So Girls 800m

Frosh Boys 800m

Varsity Boys 110m Hurdles Final

Frosh Boys 110m Hurdles Final

Varsity Girls 100m Hurdles Final

Fr/So Girls 100m Hurdles Final

JV Girls 800m

JV Boys 800m

Varsity Girls 200m – Final on Time

Varsity Boys 200m – Final on Time

Fr/So Girls 200m – Final on Time

Frosh Boys 200m – Final on Time

Varsity Girls 3200m

Varsity Boys 3200m

Fr/So Girls 3200m

Frosh Boys 3200m

Varsity Girls 4 x 400m Relay

Varsity Boys 4 x 400m Relay

**FIELD – 10:00 AM**

Varsity Girls Shot Put (4K)

Varsity Boys Shot Put (12lb.)

Frosh Boys Shot Put (8 lb.)

Fr/So Girls Shot Put (4K)

Varsity Boys Triple Jump

Varsity Girls Triple Jump

Fr/So Girls High Jump [3-10]

Frosh Boys High Jump [4-8]

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*JV Girls Javelin – if necessary*

*JV Boys Javelin– if necessary*

*JV Boys Long Jump– if necessary*

*JV Girls Long Jump– if necessary*