



NJIC Track & Field Divisional Championships

at Emerson Boro High School

Monday, April 27th – Colonial Division (A) & Meadowlands Division (B)

Tuesday, April 28th – Patriot Division (A) & Liberty Division (B)

***Where your division competes on order of events below is indicated by the letter A or B shown above.**

(Wednesday, April 29th will be the rain date for any division that faces inclement weather issues.)

This order of events will be posted on the NJIC website (spring season announcement link. Results will be posted on MileSplit NJ.

ORDER OF EVENTS

TRACK – 4:00 PM (SCORE 6 DEEP IN EACH DIVISION) (running events Fully Automatic Timed)

400 IH	Final on Time	Boys A – B, Girls A - B
100 M	Trials	Boys A – B, Girls A - B
1600 M	Final on Time	Boys A – B, Girls A - B
110HH – 100HH	Trials	Boys A – B, Girls A - B
100 M	Finals	Boys A – B, Girls A - B
400 M	Final on Time	Boys A – B, Girls A - B
100 HH – 110HH	Finals	Girls A – B, Boys A - B
800 M	Final on Time	Boys A – B, Girls A - B
200 M	Final on Time	Boys A – B, Girls A - B
3200 M	Final on Time	Boys A&B, Girls A&B (may be combined)
1600 M Relay	Final on Time	Boys A – B, Girls A - B

FIELD – 3:30 PM (SCORE 6 DEEP IN EACH DIVISION)

Shot Put	(A) Girls – (A) Boys - (B) Girls – (B) Boys
Discus	(B) Boys – (B) Girls - (A) Boys - (A) Girls
Javelin	Girls (A & B) Open Pit until 4:30 – Then Finals (B) Girls - (A) Girls Boys (A & B) Open Pit 5:00 – 6:00 – Then Finals (B) Boys - (A) Boys
High Jump	Combined Divisions (A) Girls - (B) Girls – (A) Boys - (B) Boys
Pole Vault	(B) Girls & (A) Girls – (B) Boys & (A) Boys (jump together)
Triple Jump #1	Boys Open Pit until 4:30 PM - Then Finals (B) Boys – (A) Boys
Triple Jump #2	Girls Open Pit until 4:30 PM - Then Finals (A) Girls – (B) Girls
Long Jump #1	Boys Open Pit 5:00 PM – 6:00 PM Then Finals (A) Boys - (B) Boys
Long Jump #2	Girls Open Pit 5:00 PM – 6:00 PM Then Finals (B) Girls – (A) Girls

** Minimum standards will be in place for measurement in the weight events. If the implement does not break this distance, the throw will not be marked, however the first legal throw will be measured.*

Boys: Shot Put 30' Discus 90' Javelin 90' Girls: Shot Put 20' Discus 65' Javelin 70'

* Pole Vault starts at 7' for Girls and 9' for Boys (then 6" increments), can be adjusted by meet management

* High Jump starts at 5'4" for boys and 4'4" for girls, can be adjusted by meet management

*This Championship Meet will be VARSITY events only. Three entries maximum per event.

*Medals will be awarded to the top 5 places in each event. Scoring will be 10,8,6,4,2,1

*Athletic Trainer will be on duty.

DIRECTIONS: ONLINE ENTRY OF ATHLETES IN EVENTS on MILESPLIT:

Online entry means commitment to 3 designated athletes per event.

Entries close at 2:00 PM – day of the meet

NO changes at the meet.

Monday, April 27

Colonial (A)

Eastern Christian
Elmwood Park
Garfield
Glen Rock
Hawthorne
Lodi
Manchester
Pompton Lakes
Rutherford

Meadowlands (B)

Becton
Hasbrouck Heights
North Arlington
Saddle Brook
St. Mary
Wallington
Weehawken
Wood-Ridge
Immaculate Conc.
(girls only)

Tuesday, April 28

Liberty (A)

Bergen Charter
Butler
Dwight Englewood
Leonia
Lyndhurst
New Milford
Ridgefield
Secaucus

Patriot (B)

Bogota
Cresskill
Emerson
Hawthorne Christian
Midland Park
Palisades Park
Park Ridge
Saddle River Day
Waldwick