2026 Tri-County Conference
Track and Field Showcase Coaches Information Packet

PLEASE READ ALL INFORMATION CAREFULLY!

- **At Delsea Regional High School**
- **Wednesday, May 6th**
- **Field events begin at 3:15pm (Implement inspection by 2:45pm)**
- **Track events begin at 4:15pm with the 4x100 relay.**

Please note that Delsea's dismissal time is between 2:15pm-2:25pm. Buses will not be able to access the lot during that time. Please plan accordingly (either arriving before 2:15pm or after 2:25pm). The buses must enter the Delsea High School entrance off Fries Mill Road. Buses will drive straight into the parking lot and drop off by the stadium.

General Information:
The conference will use Tomahawk Timing for all meet results.

✓ Each school is entitled to 3 entries per event and 1 relay team per relay, based on qualifying times/height or distance.

> **CONTINUING FOR 2026:** If a school has more than 3 athletes in any individual event who have **MileSplit-verified winter or spring marks from this year that meet the B Standards from the 5/20 SJTCA Elite Meet**, those additional athletes will be allowed to compete as "extra entrants". PLEASE NOTE THAT IF YOU ENTER MORE THAN 3 IN AN EVENT, ALL OF THE SUBMITTED ATHLETES MUST MEET OR EXCEED THE STANDARD. (MILESPLIT VERIFIED IN ATHLETES PROFILE). Please submit your additional entries using the following google form: (GOOGLE FORM FOR EXTRA ENTRIES)

✓ The 4 conference divisions are combined for this showcase meet.
✓ Medals will be awarded to the top 6 boys and top 6 girls in each individual event.
✓ Medals will be awarded to the top 6 teams in the 4x400 relay.
✓ Medals will be awarded to the top 3 teams in the 4x100 and 4x800. May be adjusted up to 6.
✓ There will be NO team scoring.
✓ FAT timing will be used for running events, and hip numbers must be worn.
✓ Refreshments will be available.
✓ Athletic trainer will be on duty.
✓ Your help with supervision of athletes is needed and expected.
✓ The entry fee has been processed by each AD.

2026 TCC Track and Field Showcase

Entries: **Each school is entitled to 3 entries per event and 1 relay team per relay**. In addition, if a school has more than 3 athletes in any individual event who have **MileSplit-verified winter or spring marks from this year that meet the B Standards from the 5/20 SJTCA Elite Meet**, those additional events athletes will be allowed to compete as "extra entrants" (see above for "extra entrants")
An individual may enter 4 events. Coaches- please use your discretion in entering athletes, as this is a showcase.

In the throwing events, minimum mark standards will be set. Any throw short of the minimum mark will not be marked **after the first legal attempt**.

BOYS MINIMUM MARK STANDARDS: Shot: 40' Discus: 110' Javelin: 120'
GIRLS MINIMUM MARK STANDARDS: Shot: 30' Discus: 85' Javelin: 90'

Order of Events

*Field Events begin at 3:15pm (***Implements ready for inspection by 2:45pm)**

Event	Time	Order	Information
Long Jump	3:15	Girls then Boys	Total of 3 jumps per person (open pit)
Triple Jump	3:15	Boys then Girls	Total of 3 jumps per person (open pit)
Pole Vault	3:15	Girls then Boys	Girls-7'0 Boys-10'.
High Jump	3:15	2 Pits	Min. height: Girls-4'4", Boys-5'6"
Javelin	3:15	Boys then Girls	3 Throws and Top 8 go to Finals
Shot Put	3:15	Girls then Boys	3 Throws and Top 8 go to Finals
Discus	3:15	Boys then Girls	3 Throws and Top 8 go to Finals

Track Events begin at 4:15pm ***(Girls followed by Boys)***

Event	Information
4 x 100 Meter Relay	Medals to top 3 teams
4 x 800 Meter Relay	Medals to top 3 teams
100 M. High Hurdles (Girls)	Trials- Top 8 to Final
110 M. High Hurdles (Boys)	Trials- Top 8 to Final
100 Meters	Trials- Top 8 to Final
400 M. Int. Hurdles	Medals to top 6 for all individual events
1600 Meters	
400 Meters	
100 Meters	Finals
800 Meters	
110 M High Hurdles (Boys)	Finals
100 M. High Hurdle (Girls)	Finals
200 Meters	
3200 Meters	
4 x 400 Meter Relay	Medals to top 6 teams

EXTRA ENTRANT STANDARDS

(from 2026 SJTCA Elite Meet B Standards)

Again, if a school has more than 3 athletes in any individual event who have **MileSplit-verified winter or spring marks from this year that meet the B Standards from the 5/20 SJTCA Elite Meet**, those additional athletes will be allowed to compete as "extra entrants".

Event	***Girls B Standard***	***Boys B Standard***
100 HH	***18.50***	***16.60***
400IH	***1:12.80***	***1:00.50***
100	***13.30***	***11.35***
200	***27.00***	***23.17***
400	***1:03.00***	***52.00***
800	***2:29.00***	***2:03.50***
1600	***5:30.00***	***4:35.25***
3200	***12:02.00***	***10:11.22***
HJ	***5-0***	***6-2***
PV	***9-0***	***13-6***
LJ	***16-0***	***20-1***
TJ	***32-0***	***41-0***
Shot	***30-7***	***46-0***
Disc	***87-5***	***130-0***
Jav	***88-7***	***140-0***

TCC Showcase Meet Boy Record Holders (Through 2025)

Event	Name	School	Record	Year
100 Meter	Ajani Dwyer	Washington Twp.	10.45	2024
200 Meter	Ajani Dwyer	Washington Twp.	21.29	2024
400 Meter	Bruce Owens	Deptford	48.6	2005
800 Meter	Derrell Manhertz	Kingsway	1:54.08	2013
1,600 Meter	Bill Dolan	Clearview`	4:19.31	2014
3,200 Meter	Nicholas Krol	Williamstown	9:29.21	2023
110 Meter Hurdles	Yashahya Brown	Washington Twp.	13.64	2024
400 Int. Hurdles	Aaron Younger	Delsea	52.8	2007
Shot Put	Jonathan Harris	Delsea	62’ 3”	2025
Discus	Josh Awotunde	Delsea	187’ 1”	2013
Javelin	Charles Christopher	Salem	203’ 6”	1971
High Jump	Darryl Gause	Schalick	7’ 0”	2000
Long Jump	Ben Liles	Kingsway	23’ 3”	1992
Triple Jump	Josh Butler	Delsea	46’ 11 ¾ “	2006
Pole Vault	Nico Morales	Delsea	15’ 7“	2019
4x100 Meter Relay	Ramon Bentley, Jamere Furbush Justin Harris, Zaire Jones	Salem	41.71	2017
4x400 Meter Relay	Kyle Webb, Terrance Burns Austin Medley, Udochi Okoro	Delsea	3:20.3	2008
4x800 Meter Relay	Steve Maine, Ryan Carroll, Jamil Jackson, Tim Alicea	Highland	8:08.97	2013

TCC Showcase Meet Girl Record Holders (Through 2025)

Event	Name	School	Record	Year
100 Meter	Ryan Jennings	Timber Creek	11.49	2025
200 Meter	Ryan Jennings	Timber Creek	24.21	2025
400 Meter	Naylah Jones	Timber Creek	56.36	2024
800 Meter	Felicia O'Donnell	Delsea	2:16.57	2011
1,600 Meter	Jordan Hadfield	Schalick	4:59.06	2025
3,200 Meter	Chelsea Ley	Kingsway	10:44.9	2007
100 High Hurdles	Nyla Jones	Timber Creek	14.55	2024
400 Int. Hurdles	Courtney Smith	Penns Grove	1:01.79	2014
Shot Put	Janiece Rose	Delsea	45' 8"	2011
Discus	Jamine Moton	Delsea	161' 1"	1997
Javelin	Evelin Susec	Clearview	139' 0"	1985
High Jump	Brooke Minor Alanna Woolfolk	Kingsway Clayton	5' 6" 5'6"	2001 2022 & 2024
Long Jump	Kiara Lester	Deptford	18' 1 ½ "	2014
Triple Jump	Zenee Gadson	Glassboro	36' 10 ¼"	2012
Pole Vault	Ashley Preston	Delsea	12' 6"	2018
4x100 Meter Relay	Toni Glatz, Kaire Brackett Daneesha Brown, Cece Gerstenbacher	Delsea	47.84	2017
4x400 Meter Relay	Jaye Pollard, Kianje Pollard Courtney Smith, Faleesha Dowe	Penns Grove	3:54.92	2013
4x800 Meter Relay	Kelly O'Kane, Brooke Deibel Alexa DiGregorio, Sarah Fisher	Woodstown	10:00.17	2013