



2026 Ocean County Indoor Relay Championships

Sponsored by:
Shore Track Coaches Association

MEET INFORMATION

Tuesday, December 30th, 2025 – Start Time: 4:30pm

Location: Rothman Orthopaedic Indoor Sports Complex, Toms River

On-Line Entry Deadline: December 29, 2025

ALL ENTRIES will be done online at: **MileSplit NJ**

- ★ Seeding will be based on the times/marks submitted online at: **MileSplit NJ**
- ★ This is a Championship Meet so please use accurate and verifiable times/marks.
- ★ Flagrant mis-seeding of your relay teams will result in punitive actions.

ENTRY STANDARDS & INFORMATION for 2026

Varsity entries are limited to ONE (1) Team per event. JV entries will be UNLIMITED

- **ONLY 1/8" PYRAMID Spikes** are allowed.
- Starting blocks will be permitted in the SHUTTLE HURDLE RELAY only!!
- You must supply your own batons. BLOCKS WILL BE PROVIDED
- Plaques will be awarded to the top 3 (three) teams.
- Awards will be given to the top 6 (six) varsity teams in each event, top 3 teams in JV will medal.
- Scoring is 10-8-6-4-2-1 (Ties are NOT broken, points will be split)
- Meet will be governed by the Rules of the NJSIAA.
- Food, Drink, Bluetooth Speakers and/or Amplified Music are PROHIBITED in the Field House
- Note: No parents allowed on infield! The infield will be crowded enough. It is YOUR job to inform your parents. I will issue a warning and then your team will be disqualified. Please clean up your area after departure.



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ORDER OF EVENTS

Fastest heats FIRST — except 4x400m

Girls are FIRST in ALL Track Events

Athletes can compete in 4 events TOTAL

HOWEVER athletes CANNOT compete in the same Varsity & JV event

TRACK EVENTS

Starting at 4:30pm

- EVENT 1: Varsity 4x800m Relay
- EVENT 2: Varsity Shuttle Hurdle Relay
Girls 4x51.5m - Boys 4x55m
- EVENT 3: JV 4x200m Relay
- EVENT 4: Varsity 4x200m Relay
- EVENT 5: JV 4x800m Relay
- EVENT 6: Varsity Sprint Medley
(ORDER: 200-200-400-800)
- EVENT 7: Varsity Distance Medley
(ORDER: 1200-400-800-1600)
- EVENT 8: JV 4x400m Relay
- EVENT 9: Varsity 4x400m Relay

FIELD EVENTS

Field Events are 2-Person Relays
Starting at 4:30pm

- SHOT – Girls are FIRST
Seeded Flights Throw LAST
JV to follow after Varsity, Girls FIRST
NOTE: 2nd Shot Circle in use AFTER High Jump
- POLE VAULT– Girls are FIRST
Opening- Girls – 6' Boys – 8' (6" increments)
- HIGH JUMP– Boys are FIRST
Opening- Girls – 4' then 4'4" (then 2" increments)
Opening- Boys – 5' then 5'4" (then 2" increments)



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MEET ENTRY & PAYMENT

DO NOT Print Invoice from MileSplit- FILL OUT THIS FORM

Tuesday, December 30th, 2025 – Start Time: 4:30pm

Location: Rothman Orthopaedic Indoor Sports Complex- 1519 Hooper Ave, Toms River, NJ

School _____ Team BOYS or GIRLS or BOTH (circle one)

Coach _____ Coach's Phone _____

Coach's Email _____

Varsity entries are limited to **ONE (1) Team** per event. JV entries will be **UNLIMITED**

Number of BOYS Relay Teams _____ X \$30 = \$ _____

Number of GIRLS Relay Teams _____ X \$30 = \$ _____

OR

MAX BOYS ENTRY \$550.00 = \$ _____

MAX GIRLS ENTRY \$550.00 = \$ _____

TOTAL = \$ _____

- **Entry Deadline:** December 29th, 2025. ALL ENTRIES will be done online at: **MileSplit NJ**
- Teams are responsible for the entry fee based on THIS FORM. **NO MILESPLIT INVOICES**
- This is your **ENTRY FEE**...not participation fee!

➤ **Make Checks Payable To: The Shore Track Coaches Association (STCA)**

Direct Questions to:

Brian Decker-Meet Director

E-Mail: bdecker1600@gmail.com

Mail ALL Entry Forms & Checks to:

Jim Schlentz

32 Cannon Road

Freehold, NJ 07728