

LAKELAND JUNIOR

TRACK & FIELD

LEAGUE

REVISED RULES 2023 (UPDATE 6 March 2023)

LEAGUE ESTABLISHED 1969

(We begin our 54th Year)

LEAGUE DIRECTORS:

Jim Pangallo

Mike Starr

Treasurer:

Mike Pizzirusso

Board Member At Large:

Diana Pelov

GENERAL

1) TEAM BOUNDARIES & NEW TEAMS:

When a new team enters the League, the area from which they draw team members must be specific. Most teams are restricted by their Recreation Department. The Lakeland Track League calls for "Town Team" competition. Towns are permitted to merge if circumstances permit. It is not established for "Walk-on" competition.

2) DUAL/TRI MEETS:

For the first year a new team is only expected to host one home meet. During the second year they will host their own slate of home meets.

3) SCHEDULE:

The schedule is usually set up in advance of the Season opening Meeting. We typically reverse the Home/Away schedule from the previous year. Track availability is always the determining factor. We also shift the schedule around which gives you the opportunity to compete against the other teams at different weeks of the season. This is determined randomly by division. There may be some inter-division meets.

4) DIVISION STATUS:

Division Status is determined on a yearly basis using the following formula:

The Championship Meet will be re-scored without Divisions. The meet will be re-scored using 10 place scoring (10-9-8-7-6-5-4-3-2-1).

After the new Team scores have been calculated the League will be divided into 2 or 3 Divisions

5) PARTICIPATION BY NON-RESIDENTS:

Participation of non-residents is permitted within reason. Athletes must be from the HS sending district or pre-approved area. The goal is to be as inclusive as possible.

LEAGUE FUNDS:

1) DUES:

Dues are payable in February each year. The current dues are **\$875.00**. Increase in dues is due to the security cost for the Champs & Relay meets.

2) SUSTAINING FUNDS:

The XC & ST programs are receiving enough money to sustain the programs through Dues, Walk-on fees and Sponsorships.

2023 DIVISION SYSTEM:

Division I

Randolph
Mount Olive
Hackettstown
Denville
Long Valley
Rockaway
Montville
Roxbury
Parsippany

Division II

Mountain Lakes
Butler/Kinnelon
Chatham
Madison
Mendham
Sparta
Hopatcong
Jefferson
Berkeley Heights

2020 TEAM COLORS:

1. Chatham Blue & White
2. Denville Red
3. Hackettstown Black & Orange
4. Hopatcong Green
5. Jefferson Gold & Navy
6. Long Valley Navy Blue
7. Madison Maroon & Gold
8. Mendham/Chester White & Black
9. Montville Green & Yellow
10. Mountain Lakes Blue Orange Pants
11. Mount Olive Red & Gold
12. Parsippany Blue & white
13. Randolph Royal Blue
14. Rockaway Green & Gold
15. Roxbury Navy & Gold
16. Sparta Navy & Light Blue
17. Butler/Kinnelon Blue & Yellow
18. Berkeley Heights Navy & Red

DUAL-TRI MEET RULES:**1) AGE:**

The age of a competitor will be determined based on the year he or she is born.

(December 31, 2023)

YOUTH: 2009-08-07 (13-14-15)

MIDGET: 2010-11 (11-12)

BANTAM: 2012-13 (9-10)

A competitor must compete in his/her age division only. **"Moving Up"** in age division will not be accepted in any event, including relays. The program is set up for athletes in the 8th grade and under. **NO HIGH SCHOOL ATHLETES.**

2) BIRTH CERTIFICATES:

You must have Birth Certificates **"ON FILE"** within your Team.

3) EVENT LIMITATIONS:

A. Each competitor will be allowed to compete in **FOUR EVENTS.**

B. Maximum 2 individual running events

C. Third running event would be a **RELAY.**

D. Athletes are not permitted to compete in **4** individual events.

E. Maximum individual events is 3

Combinations:

100/200/4x100/Long Jump

100/Shot Put/Long Jump/4x100

F. These rules are for non-scoring as well as scoring athletes.

4) EXCEEDING THE EVENT PARTICIPATION RULE:

The penalty for exceeding the event participation rule is as follows:

A. 25 point reduction in the team score.

B. In the last event:

a. all points forfeited.

b. all athletes advance to the next higher place.

c. all athletes receive the next highest award

If the last event cannot be determined, use the event in which the athlete has placed highest in.

C. Athlete does not forfeit award or record.

5) MEET SCORING:

- A. Dual Meet - running or field events: 5-3-1
relay events: 5-0
- B. Tri-Meets - running or field events: 5-3-2-1
relay events: 5-3-0

6) TEAM PARTICIPATION LIMITATIONS:

Running: each team is allowed to enter three (3) competitors in each event in dual meets and two (2) competitors in Tri-meets. These rules apply to events up to and including 400 meters. The 800 meters and mile are unlimited. An unlimited number of extra heats may be held at every meet in all running events.

Field:	Shot Put	Long Jump
Dual Meet	6	6
Tri-Meet	4	4

Teams that have multiple venues for the Shot Put & Long Jump may wish to use those areas if they have additional personnel. Any changes to these rules must be mutually agreed upon by both teams.

7) MEET REFEREE:

The meet referee must be designated before the meet begins by the host team and that person must be knowledgeable in all League Rules.

8) FALSE STARTS:

This should be a learning experience., competitors receive a warning for the first false start.
Competitors will be disqualified when they have committed two (2) false starts.

9) SCORING HEAT:

Coaches will decide at the start of the meet which heat will be the "Scoring Heat".

10) STARTING AIDS AND SHOES:

STARTING BLOCKS - permitted in ALL age groups.
SPIKES - permitted in ALL GROUPS. (Unless restricted at certain Tracks)

11) RELAY RACES:

In relay races, whenever possible, the scoring teams should be separated by one lane.

12) PASSING ZONE: (4 x 100m)

Relay Zone judges should **SHOW** the runners the Passing/Acceleration Zones. Handoffs can take place anywhere inside the zone. It will be the runners job to set up in the zone.

13) LANE INTERFERENCE:

Individuals or relay teams will be disqualified for entering other lanes and impeding the progress of another runner if they gain an advantage over another runner by running closer to the curve of changing lanes in races that are run in lanes.

14) LONG JUMP AND SHOT PUT LISTS:

Visiting teams must give the Home team a list of competitors in both the Long Jump and the Shot Put before the meet begins. This applies to all age groups. These lists should be called over the speaker system.

15) ATTEMPTS - LONG JUMP AND SHOT PUT:

Each competitor will be allowed three (3) throws or jumps and a foul throw or jump will be counted as an attempt. Ample practice time should be allowed before the event begins.

16) FOUL THROW IN THE SHOT PUT:

The competitor must enter and leave the circle from the rear half. The shot must be pushed, not thrown. We should never use kids to mark the shot put.

17) FOUL JUMP IN THE LONG JUMP:

Stepping over the scratch line or running past the scratch line extended or touching outside the pit beyond their mark in the pit. If the athlete leaves the pit by walking behind their mark in the pit, the jump will be measured from the point nearest the line. We should never use kids to mark the long jump.

NOTE: If possible the long jump board should be a minimum of **1 FOOT** from the pit and **6 INCHES** wide. If tape is used for the board, the tape should be **6 INCHES** wide. During Dual & Tri Meets competitors may be given a choice as to which LJ board they would like to use. They must tell the official prior to their jump.

18) CALIFORNIA START:

We should use the "California Start" in the 800m & Mile whenever we have an excessive number of athletes entered in the event. This will be used in the Championship Meet

19) PROVIDING AID TO A RUNNER:

Competitors may not receive assistance from any person during the course of a race. This includes pacing by a person next to the track, providing aid (e.g., fluids) or electronic communications (e.g., Radio/Phone) during the race. Runners can be helped if they fall or are injured.

20) EVENTS:**13-14 Boys & Girls**

- 100 meters
- 200 meters
- 400 meters
- 800 meters
- Mile
- Shot Put (8 lb.)
- Long Jump
- 4 x 100 meter relay - Boys
- 4 x 100 meter relay - Girls

11-12 Boys & Girls

- 100 meters
- 200 meters
- 400 meters
- 800 meters
- Mile
- Shot Put (6 lb.)
- Long Jump
- 4 x 100 meter relay - Boys
- 4 x 100 meter relay - Girls

9-10 Boys & Girls

- 100 meters
- 200 meters
- 400 meters
- 800 meters
- Mile
- Shot Put (6 lb.)
- Long Jump
- 4 x 100 meter relay - Boys
- 4 x 100 meter relay - Girls

21) ORDER OF RUNNING EVENTS: WEEKLY DUAL/TRI MEETS (Start Time is determined by the home team according to track availability)

- | | |
|---------------------------|----------------------|
| 1) 9-10 800-Boys | 19) 9-10 Mile-Boys |
| 2) 9-10 800-Girls | 20) 9-10 Mile-Girls |
| 3) 11-12 800-Boys | 21) 11-12 Mile-Boys |
| 4) 11-12 800-Girls | 22) 11-12 Mile-Girls |
| 5) 13-14 800-Boys | 23) 13-14 Mile-Boys |
| 6) 13-14 800-Girls | 24) 13-14 Mile-Girls |
| 7) 9-10 400 relay-Boys | 25) 9-10 400-Boys |
| 8) 9-10 400 relay-Girls | 26) 9-10 400-Girls |
| 9) 11-12 400 relay-Boys | 27) 11-12 400 Boys |
| 10) 11-12 400 relay-Girls | 28) 11-12 400 Girls |
| 11) 13-14 400 relay-Boys | 29) 13-14 400-Boys |
| 12) 13-14 400 relay-Girls | 30) 13-14 400-Girls |
| 13) 9-10 100-Boys | 31) 9-10 200-Boys |
| 14) 9-10 100-Girls | 32) 9-10 200-Girls |
| 15) 11-12 100-Boys | 33) 11-12 200-Boys |
| 16) 11-12 100-Girls | 34) 11-12 200-Girls |
| 17) 13-14 100-Boys | 35) 13-14 200-Boys |
| 18) 13-14 100-Girls | 36) 13-14 200-Girls |

22) ORDER OF FIELD EVENTS:

During the regular season, the field events should be run as "OPEN PITS"

Shot Put

- 37) 9-10 Boys
- 38) 9-10 Girls
- 39) 11-12 Boys
- 40) 11-12 Girls
- 41) 13-14 Boys
- 42) 13-14 Girls

Long Jump

- 43) 9-10 Boys
- 44) 9-10 Girls
- 45) 11-12 Boys
- 46) 11-12 Girls
- 47) 13-14 Boys
- 48) 13-14 Girls

MEET MANAGEMENT:

- 1) The **VISITING TEAM(S)** should call the home team several days before the meet to clear up any special problems. The two/three **HEAD COACHES** are in control of the Meet and should handle all disputes.
- 2) In case of poor weather, the decision to cancel the meet should be made 2 hours before the start of the meet. If lightning occurs during the meet, the meet should be suspended for a minimum of 30 minutes.
- 3) In our dual/Tri meets, the boys & girls mile should be combined. Use the "California Start" if necessary.
- 4) To speed the meet, relay teams should be sent directly to relay zones. This should be set up during the 800m runs. Each athlete should be given a slip of paper indicating the lane they will compete in or write the lane number on the hand of the competitor.
- 5) The shot put and long jump events must be completed before the conclusion of the running events. Final calls for the long jump & shot put will be made at the start of the 200m. Both events will close at the conclusion of the 200m.
- 6) The shot put and long jump lists should be handed in to the home team before the meet begins. The **HOME TEAM** should run all Field Events unless other arrangements are made prior to the Meet.
- 7) At the conclusion of the meet, the results of the all events should be distributed to all teams. The **HOME TEAM MUST** use the **Google Score Sheet** provided by the League to accomplish this task.
- 8) Use at least six **TIMER-JUDGES** at all meets. Upon completion of each race, the timer-judge must hand each runner a slip of paper with their **PLACE** and **TIME** written on that slip of paper. Automatic timing is also acceptable. (SprintTimer app)
- 9) Each meet should have a central **RECORDER**. After each runner has received their time and place on a piece of paper, they should take that paper to the recorder so their name can be kept on one list.
- 10) After the scoring heat, the **CLERK** should set up the remaining runners by ability with the fastest runners running first. Please rank your runners before sending them to the clerk.
- 11) Keep the infield as clear as possible while the meet is in progress.

- 12) **The League will provide numbered bibs for each athlete** to expedite the finish line result recording
- 13) The Long Jump runway must have a 100' tape measure stretched next to the runway for the entire meet. If possible the long jump board should be a minimum of **1 FOOT** from the pit and **6 INCHES** wide. If tape is used for the board, the tape should be **6 INCHES** wide. During Dual & Tri Meets competitors may be given a choice as to which LJ board they would like to use. They must tell the official prior to their jump.
- 14) **All Final Meet results must be sent to the league coordinator for posting on the website** (lakelandtfxc@gmail.com)

CHAMPIONSHIP MEET:**1) CHAMPIONSHIP MEET PARTICIPATION:**

Each team is allowed to enter two (2) team members in each event in the Championship Meet.

2) CHAMPIONSHIP MEET UNIFORM:

All competitors must wear the same team uniform (T-shirt)

3) CHAMPIONSHIP MEET ELIGIBILITY:

To compete in the Championship Meet, each athlete must compete in two (2) dual or Tri meets during the season. This rule will only be waived due to canceled meets or because of injuries. Decisions will be made at the seeding meeting.

4) CHAMPIONSHIP MEET OFFICIALS:

The League will hire the following officials:

Finish Lynx Hy-Tek Operators: 5-6

Starter: 1

Long Jump: 6

Shot Put: 6

5) CHAMPIONSHIP MEET AWARDS:

A. **TEAM:** trophies to the first & second place teams in each Division

B. **INDIVIDUAL:** each athlete placing 1st, 2nd, 3rd, 4th, 5th 6th will receive medals in each Division..

C. **INDIVIDUAL:** in the event of ties in team or individual competition, duplicate prizes will be awarded.

D. **INDIVIDUAL:** Trophies are awarded to the overall Winners of the Mile, Long Jump & Shot Put in each age group Commemorating Individuals gave a significant contribution to the Lakeland League.

6) CHAMPIONSHIP MEET SCORING:

Score 6 places: 10- 8 - 6 - 4 - 2 - 1. Each event will be separated by the computer into 2 Divisions & scored separately.

7) **CHAMPIONSHIP MEET GENERAL INFORMATION:**

- A. The Championship Meet will be a **ONE DAY Meet**. (Sun=8:00am)
- B. The seeding meeting will be held before the Championship Meet.
- C. Entries **MUST** be submitted using **Athletic.net (online)**.

8) **CHAMPIONSHIP SEEDING MEETING:**

- A. Once the seeds have been determined for each event **NO SUBSTITUTIONS OR CHANGES** can be made. If for any reason an athlete does not attend the Championship Meet no replacements will be permitted. If after the seeding meeting an obvious mistake has been made in the seeding, corrections **can be made**. If an athlete is injured or becomes sick after the seeding meeting, substitutions can be made up to Friday afternoon at 5:00pm.
- B. When submitting your seeds only run times can be listed, **no estimated times**.

9) **RELAYS:**

A minimum of three (3) teams will comprise the second heat of any Championship Relay. **Scratched** relay teams should be reported to the clerk when the event is called.

10) **SCRATCHES:**

Each team must send a representative to the clerk when the running event is called to report any scratches.

11) **MEET STRUCTURE:**

The meet will begin at 8:00am Field & 9:00am Running.
Flights will be set up in the Shot Put & Long Jump for all Age Groups.

12) **SHOT PUT EQUIPMENT:**

Shot Puts will be provided by the **Lakeland League** and only those shots will be used for the competition. No other Shot Puts can be used at the Championship, leave your Shot Puts home.
(2-8 lb. and 4-6 lb.)

13) **Batons:**

Batons will be provided by the **Lakeland League** and only those batons will be used for the competition

OPEN MEET:

1) OPEN MEET:

The League will hold a 2 Open Meets at the following locations:

TBD

2) OPEN MEET PARTICIPATION:

This meet is devised for participants not competing in the Championship Meet. The number of athletes competing is unlimited.

3) EVENT LIMITATIONS:

Event Limitations do not apply at the OPEN Meet

4) OPEN/CHAMPIONSHIP MEET PARTICIPATION:

An athlete that competes in the Open Meet will be excluded from the Championship Meet. There is one exception to this Rule. An Open athlete participant may substitute for an injured **RELAY** runner.

5) OPEN MEET AWARDS:

Ribbons will be awarded in every event to the 1st, 2nd, 3rd, 4th, 5th and 6th place finishers. In running events, each heat will be awarded six (6) ribbons.

6) OPEN MEET SHOT PUT PARTICIPATION:

Open Meet shot put contestants **MUST** have prior shot put experience before competing in this meet.

At the Open Meet we will run 2 shot put circles

PIT A= 9-10B,9-10G,11-12G PIT B=11-12B,13-14B,13-14G

PENTATHLON & TRIATHLON: (Subject to change)**1) 13 - 14 Boys & Girls Pentathlon
11 - 12 Boys & Girls Triathlon**

Pentathlon: Up to 2 boys and 2 girl pers team compete in five (5) events

Triathlon: Up to 2 boys and 2 girl pers team compete in three (3) events

Combined Pentathlon - Triathlon Order of Events

100m	11 - 12 - B
100m	11 - 12 - G
100m	13 - 14 - B
100m	13 - 14 - G

Shot Put I	11 - 12 - B
Shot Put II	13 - 14 - G
Long Jump	13 - 14 - B

Shot Put I	11 - 12 - G
200m	13 - 14 - B
200m	13 - 14 - G

800m	11 - 12 - B
800m	11 - 12 - G

Shot Put II	13 - 14 - B
Long Jump	13 - 14 - G

1500m	13 - 14 - B
1500m	13 - 14 - G

2) Pentathlon & Triathlon Scoring Tables:

Points are given to each athlete for their performances in each event using the HyTek Scoring Tables which are on the Web.

LEAGUE RELAYS:**1) Running Events:**

- A. Each athlete may enter three (3) of the (4) events.
- B. There will be a team championship.
- C. The 4x100 meter relay and the Sprint Medley will be run in multiple heats with the winner determined on time.
- D. The Distance Medley will be run as one race.
- E. Each team is permitted to enter one relay team per race.
- F. Medals to the top eight (8) teams in each race. Ribbons to all other places.
- G. The Sprint Medley seeding card must list the times of each runner. Those times when added together will provide a seed time for the race.
- H. Estimates should not be used in the 4x100, those seeds should be run times.
- I. Order of Events:
 - 9 - 10 4x100- G = 100 x 100 x 100 x 100
 - 9 - 10 4x100- B
 - 11 - 12 4x100- G
 - 11 - 12 4x100- B
 - 13 - 14 4x100- G
 - 13 - 14 4x100- B
 - 9 - 10 Sprint Medley - G = 100 x 100 x 200 x 400
 - 9 - 10 Sprint Medley - B
 - 11 - 12 Sprint Medley - G
 - 11 - 12 Sprint Medley - B
 - 13 - 14 Sprint Medley - G
 - 13 - 14 Sprint Medley - B
 - 9 - 10 Distance Medley - G = 800 x 200 x 400 x 1600 (start on opposite of track)
 - 9 - 10 Distance Medley - B
 - 11 - 12 Distance Medley - G
 - 11 - 12 Distance Medley - B
 - 13 - 14 Distance Medley - G
 - 13 - 14 Distance Medley - B

2) RELAY MEET SEEDING INFORMATION:

- A. Entries should be submitted using Hy-Tek Team Manager. Information must be received 2 days prior to the Relay Meet.
- B. The Hy-Tek Team Manager meet entry file will be posted on mctrack.org
- C. Seeding will take place 1-2 days prior to the Relay Meet after all entries have been received. Coaches will be contacted to correct any discrepancies.
- D. Seeding information (meet program) will be provided to coaches prior to the day of the meet.
- E. The Shot Put will use a team card provided by the Lakeland League.

3) SCRATCHES:

All scratches and athlete substitutions (due to illness, other absence) should be reported to the Clerks by coaches upon arrival to the meet.

4) OTHER:

- A. All awards must be picked up by coaches (only) at the conclusion of the meet.
- B. Official meet results will be posted on lakelandtrack.org.
- C. All Batons will be supplied by the Lakeland League

5) Field Events:**13-14 Boys & Girls Shot Put Relay (2 Boys & 2 Girls)**

- 1. Competition will begin at **6:00pm**
- 2. Teams will throw in the order of sign-in.
- 3. Both throwers must be present to sign-in.
- 4. All sign-ups must take place by **7:30pm**
- 5. There must be two throwers present to compete
- 6. Three teams will throw at a time
- 7. Pit closes at **8:00pm**
- 8. The final three teams must begin throwing by **7:15pm**
- 9. Boys & Girls teams may throw together
- 10. Add the best throw of each thrower to produce the final score

11-12 Boys & Girls Shot Put Relay (2 Boys & 2 Girls)

- 1. Competition will **will follow 13-14 (approximately 7:00pm)**
- 2. Teams will throw in the order of sign-in.
- 3. Both throwers must be present to sign-in.
- 4. All sign-ups must take place by **7:30pm**
- 5. There must be two throwers present to compete
- 6. Three teams will throw at a time
- 7. Pit closes at **9:00pm**
- 8. The final three teams must begin throwing by **8:45pm**
- 9. Boys & Girls teams may throw together
- 10. Add the best throw of each thrower to produce the final score

CLINIC PROGRAM: (2015-2016-2017) December 31, 2023

(8) (7) (6)

1) Rules:

League rules apply

2) Events:

50 meters

200 meters

800 meters

4 x 100 relay

Long Jump

3) Order of Events:

800 - B

800 - G

50 - B

50 - G

200 - B

200 - G

4 x 100 relay - B (not held @ the Ribbon Meet)

4 x 100 relay - G (not held @ the Ribbon Meet)

4) Scoring:

None

5) Meet Days:Thursday, Friday, Saturday or Sunday. **Depending on home team's track availability****6) Awards:**

Medals will be distributed at the final "Medal Meet".

7) Long Jump:

Unlimited competitors, long jumpers will have 2 jumps.

Lay out the tape and "guess-to-mate" each jump

8) Meets:

Minimum of four (4) meets.

LEAGUE RECORDS: 1973 - 2022 (updated 2022)

13 - 14

Boys 13-14 800 Meter Run	2:05.12	1991	Chris Seifert - Rockaway Boro
Girls 13-14 800 Meter Run	2:20.32	1995	Megan McDonald - Roxbury
Boys 13-14 4x100 Meter Relay	47.92	2008	Mendham
Girls 13-14 4x100 Meter Relay	51.92	1993	Randolph
Boys 13-14 100 Meter Dash	11.69	2008	Kieran Kenny - Mendham
Girls 13-14 100 Meter Dash	12.74	1997	Amber Williams - Roxbury
Boys 13-14 1 Mile Run	4:47.42	2015	Jack Stanley - Mendham
Girls 13-14 1 Mile Run	5:14.42	1979	Meg Waldron - Bernardsville
Boys 13-14 400 Meter Dash	53.71	2018	Brian Allen - Denville
Girls 13-14 400 Meter Dash	59.22	1993	Samaria Quaintance - Randolph
Boys 13-14 200 Meter Dash	24.17	2014	Rey Almodovar - Rockaway Boro
Girls 13-14 200 Meter Dash	26.74	1993	Samaria Quaintance - Randolph
Girls 13-14 200 Meter Dash	26.74	1996-97	Amber Williams - Roxbury
Boys 13-14 Shot Put	51-6	2019	Nicholas Frattina - Mount Olive
Boys 13-14 Long Jump	20-00.00	1992	Russell Buchmann - Denville
Girls 13-14 Shot Put	35-06.00	2007	Jennifer Jarvis - Rockaway Twp
Girls 13-14 Long Jump	17-03.00	2000	Collette DeBenedetto - Mountain Lakes

11 - 12

Boys 11-12 800 Meter Run	2:16.71	2022	Joseph Pangallo - Hackettstown
Girls 11-12 800 Meter Run	2:28.94	2010	Michelle Golowko - Montville
Boys 11-12 4x100 Meter Relay	53.65	2015	Randolph
Girls 11-12 4x100 Meter Relay	55.42	1996	Parsippany
Boys 11-12 100 Meter Dash	13.02	2006	Kieran Kenny - Mendham
Girls 11-12 100 Meter Dash	13.54	1997	Eniola Fageyinbo - Parsippany
Boys 11-12 1 Mile Run	5:10.05	2019	Kennan Byers - Randolph
Girls 11-12 1 Mile Run	5:25.96	2022	Gabriella Pelov - Montville
Boys 11-12 400 Meter Dash	1:00.57	2015	Domenick Wallace - Rockaway Twp.
Girls 11-12 400 Meter Dash	1:02.67	1987	Amy Grabow - Mountain Lakes
Boys 11-12 200 Meter Dash	26.61	2022	Maxwell Kelly - Roxbury
Girls 11-12 200 Meter Dash	27.78	2022	Olivia Akpan-Roxbury
Boys 11-12 Shot Put	40-07.50	2001	Arthur Pomiecinski - Randolph
Boys 11-12 Long Jump	16-10.25	2022	Maxwell Kelly - Roxbury
Girls 11-12 Shot Put	39-09.75	2005	Jennifer Jarvis - Rockaway T
Girls 11-12 Long Jump	15-10.50	2022	Olivia Akpan-Roxbury

9 - 10

Boys 9-10 800 Meter Dash	2:32.98	2012	Brian Daqua Hendrickson - Randolph
Girls 9-10 800 Meter Run	2:38.69	2022	Lindsey Carney - Hackettstown
Boys 9-10 4x100 Meter Relay	58.88	2009	Parsippany
Girls 9-10 4x100 Meter Relay	1:00.62	1991	Randolph
Boys 9-10 100 Meter Dash	14.11	2005	Thayer Wallace - Randolph
Girls 9-10 100 Meter Dash	14.42	1997	Bimpe Fageyinbo - Parsippany
Boys 9-10 1 Mile Run	5:27.77	2002	Andrew Bednarsky - Chester
Girls 9-10 1 Mile Run	5:55.14	2011	Regan Hakes - Mendham
Boys 9-10 400 Meter Dash	1:07.75	2021	Brice Johnson-Rockaway Twp
Girls 9-10 400 Meter Dash	1:08.52	2021	Olivia Akpan-Roxbury
Boys 9-10 200 Meter Dash	28.93	2005	Thayer Wallace - Randolph
Girls 9-10 200 Meter Dash	31.04	1985	Amy Grabow - Mountain Lakes
Boys 9-10 Shot Put	29-01.25	2002	Cole Farrand - Rockaway Twp
Boys 9-10 Long Jump	14-1.5	2012	George St. Angelo - Hopatcong
Girls 9-10 Shot Put	27-09.75	2003	Jennifer Jarvis - Rockaway T
Girls 9-10 Long Jump	13-09.75	2021	Olivia Akpan-Roxbury

2019 LEAGUE RELAYS RECORDS (Not Updated)

13 -14

4x100m -B	RANDOLPH	2013	47.81
4x100m -G	RANDOLPH	2009	51.5
SPRINT MEDLEY -B	MENDHAM	2011	1:44.1
SPRINT MEDLEY -G	RANDOLPH	1993	1:54.5
DISTANCE MEDLEY -B	MENDHAM	2011	8:30.1
DISTANCE MEDLEY -G	RANDOLPH	2010	9:24.2
SHOT PUT RELAY -B	ROXBURY	1997	83-1 ¼
SHOT PUT RELAY -G	PARSIPPANY	2014	69-11

11 -12

4x100m -B	RANDOLPH	2015	54.33
4x100m -G	RANDOLPH	1993	54.5
SPRINT MEDLEY -B	DENVILLE	2015	1:58.77
SPRINT MEDLEY -G	RANDOLPH	2014	2:01.67
DISTANCE MEDLEY -B	MOUNT OLIVE	1992	9:21.9
DISTANCE MEDLEY -G	RANDOLPH	2009	9:48.4
SHOT PUT RELAY -B	HOPATCONG	2001	66-4
SHOT PUT RELAY -G	ROCKAWAY TWP	2005	61-8

9 -10

4x100m -B	RANDOLPH	1993	59.7
4x100m -B	PARSIPPANY	2009	59.7
4x100m -G	RANDOLPH	1991	60.1
SPRINT MEDLEY -B	MOUNT OLIVE	1990	2:13.0
SPRINT MEDLEY -G	ROXBURY	1993	2:15.1
DISTANCE MEDLEY -B	MOUNT OLIVE	1990	10:09.7
DISTANCE MEDLEY -G	RANDOLPH	1991	10:53.6

2014 LEAGUE PENTATHLON RECORDS (not Updated)

EVENT NAME	TEAM	YEAR	MARK
100 - B BRIAN RICCIARDI	MENDHAM	2008	11.6
100 - G JEAN TAORMINA	DENVILLE	1977	13.1
LJ - B LESTER DAVIS	RANDOLPH	1978	19-4
LJ - G TANYA SMOLIN	RANDOLPH	1981	16-0
200 - B LIONEL CHAMBERS	PARSIPPANY	2010	24.3
200 - G AMY GRABOW	MOUNTAIN LAKES	1988	26.8
SP - B TODD ABER	RANDOLPH	1983	44-10
SP - G JESSE CHIOTELIS	MENDHAM	2014	29-6
MILE - B CHARLIE LARSEN	HOPATCONG	1993	5:01
MILE - G JAN BLAKE	DENVILLE	1988	5:34
TOTAL - B LESTER DAVIS	RANDOLPH	1978	4835 pts.
TOTAL - G AMY GRABOW	MOUNTAIN LAKES	1988	4759 pts.

2014 LEAGUE TRIATHLON RECORDS

100 - B PETE JONES	MADISON	1984	13.0
100 - G AMBER WILLIAMS	ROXBURY	1995	13.5
SP - B NICK AVALLONE	PARSIPPANY	1987	38-0
SP - G JENNIFER JARVIS	ROCKAWAY TWP	2006	37-8
800 - B CHARLIE LARSEN	HOPATCONG	1991	2:26
800 - B BILL ENGEL	MOUNT OLIVE	1992	2:26
800 - G AMY GRABOW	MOUNTAIN LAKES	1987	2:34
800 - G AMBER WILLIAMS	ROXBURY	1995	2:34
TOTAL - B NICK AVALLONE	PARSIPPANY	1987	3080 pts.
TOTAL - G AMBER WILLIAMS	ROXBURY	1995	3389 pts.