

SJTCA

WINTER 2022-2023

[LINK to SJTCA W9](#) (your school may require this for payment)

General Information:

1. Meets are at the Bennett Indoor Facility on Hooper Avenue in Toms River, except 1/16/2023, 2/6/2023 and 2/13/2023 those meets are at the Ocean Breeze facility in NYC

2. Spikes: 1/8" only are allowed at Toms River. Failure to comply will cause the school to be asked to leave the facility.

3. Shots: Must be the soft type. Schools may bring their own shots to the meet.

Meet dates:

- | | | |
|----------------------------|------------|----------------------------------|
| 1. Monday, December 19th | 5-10:00 pm | first 35 schools to enter |
| 2. Tuesday, December 27th | 9-2:00 pm | first 35 schools to enter |
| 3. Thursday, December 29th | 9-2:00 pm | first 35 schools to enter |
| 4. Monday, January 2nd | 5-10:00 pm | first 35 schools to enter |
| 5. Wednesday, January 4th | 5-10:00 pm | first 35 schools to enter |
| 6. Monday, January 16th * | 5-10:00 pm | first 35 schools to enter |
| 7. Wednesday, January 18th | 5-10:00 pm | NOVICE first 35 schools to enter |
| 8. Saturday, January 21st | 9-2:00 pm | first 35 schools to enter |
| 9. Monday, January 23rd | 5-10:00 pm | first 35 schools to enter |
| 10. Saturday, January 28th | 9-2:00 pm | first 35 schools to enter |
| 11. Monday, January 30th | 5-10:00 pm | first 35 schools to enter |
| 12. Monday, February 6th* | 5-10:00 pm | first 35 schools to enter |

13. Wednesday, Feb 8th	5-10:00 pm	first 35 schools to enter
14. Monday, February 13th*	5-10:00 pm	first 35 schools to enter
15. Wednesday, Feb 15th	5-10:00pm	first 35 schools to enter
16. Tuesday, February 21st	5-10:00 pm	first 35 schools to enter

*These meets will take place at the Ocean Breeze Facility in NYC

For all meets the number in () is how many may compete. You will be able to enter double the amount online.

Dec 19th

Order of Events Girls followed by Boys

- 1 DMR (1)**
- 2 55HH (4)**
- 3 4x200 (1)**
- 4 4x800 (1)**
- 5 SMR (1) **State format**
- 6 4 X 400 (1)**
- 7 High Jump (3)Opening hgt. Boys 5'0 Girls 4'0 (2" PROG)**
- 8 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)**
- 9 Shot Put(3) Girls than Boys 4 Throws Each**

Dec 27th

Order of Events Girls followed by Boys

- 1 SHUTTLE HURDLES RELAY (1)**
- 2 1600 (3)**
- 3 SMR (1) **State format**
- 4 200 (3)**
- 5 800 (4)**
- 6 4 X 400 (1)**
- 7 High Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (2" PROG)**
- 8 Pole Vault (4)Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)**
- 9 Shot Put (3) Girls than Boys 4 Throws Each****

****Top flight will receive 4 throws all others 3. Girls throw worst to best and boys will throw best to worst.**

Dec 29th

Order of Events Girls followed by Boys

- 1 1,000 (4)**
- 2 55HH (5)**
- 3 55 (5)**
- 4 600 (4)**
- 5 4 X 400 M RELAY (1) **MIXED RELAY**
- 6 4 X 400 M RELAY (1) **SINGLE GENDERED RELAY**
- 7 3200 (4)**
- 8 High Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (2" PROG)**
- 9 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)**
- 10 Shot Put (3) Girls than Boys 4 Throws Each**

()= increased by 1 on 12/28 due to low team entries

The 3200 boys will run Fast to Slow

The shot boys will throw Best to Worst

Jan 2nd and Jan 4th

Order of Events Girls followed by Boys

- 1 DMR (1) *12,4,8,16**
- 2 SHUTTLE HURDLES RELAY (1)**
- 3 4x200 (1)**
- 4 4x800 (1)**
- 5 SMR (1) **State format (4,2,2,8)**
- 6 4x400 (1)**
- 7 High Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (2" PROG)**
- 8 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)**
- 9 Shot Put (3) Girls than Boys 4 Throws Each**

Jan 16th **OCEAN BREEZE

Order of Events Girls followed by Boys

(infield and outer track to start at the same time)

- 1 55 (4) Trials**
- 2 55HH (4) Trials**
- 3 55 Finals**
- 4 55HH Finals BOYS FOLLOWED BY GIRLS**
- 5 3200 (2) **2 Heats of 18 (1 boys and 1 girls). per gender by seed.
Verified**
- 6 400 (3) **Run in lanes for lap 1. 6 per heat**
- 7 1600 (3)**
- 8 200 (3)**
- 9 800 (3)**
- 10 Long Jump (3)**
- 11 Triple Jump (3)**
- 10 High Jump (3) Opening hgt. Boys 5'2 Girls 4'2 (2" PROG)**
- 11 Pole Vault(4) Opening hgt. Boys 8'0 Girls 7'0 (6" PROG)**
- 12 Shot Put (3) Girls than Boys 4 Throws Each**
****Throwing at same time if we have enough officials**

Jan 18th *NOVICE MEET*****

Order of Events Girls followed by Boys

- 1 800 (4) Girls**
- 2 55 (4)**
- 3 800 (4) Boys**
- 4 55HH (4)**
- 5 1600 (4) Girls**
- 6 4x200 (1)**
- 7 1600 (4) Boys**
- 8 4x400 (1)**
- 9 4x800 (1)**
- 10 High Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (2" PROG)**
- 11 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)**
- 12 Shot Put (3) Girls than Boys 4 Throws Each**

Jan 21st

Order of Events Girls followed by Boys

- 1 400 (3)
- 2 1600 (3) Girls
- 3 55HH (4) Trials
- 4 1600 (3) Boys
- 5 55HH Finals **BOYS FOLLOWED BY GIRLS***
- 6 800 (3) Girls
- 7 55 (4) Trials
- 8 800 (3) Boys
- 9 55 Finals*
- 10 3200 (3)
- 11 High Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (2" PROG)
- 12 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)
- 13 Shot Put (3) Girls than Boys 4 Throws Each

***Blocks are permitted in the finals of the 55 and HH FINALS**

JAN 23rd

Order of Events Girls followed by Boys

- 1 55HH (4)
- 2 3200 (2)
- 3 55 (4)
- 4 400 (3)
- 5 1600 (3)
- 6 4x400 (1)
- 7 High Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (4" then 2" PROG)
- 8 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)
- 9 Shot Put (3) Girls than Boys 4 Throws Each

JAN 28th AND JAN 30TH

Order of Events Girls followed by Boys

- 1 400 (3) ****IN LANES**
- 2 1600(3) GIRLS
- 3 55HH (4) TRIALS
- 4 1600 M RUN (3) BOYS
- 5 55HH FINALS BOYS FOLLOWED BY GIRLS*
- 6 800 (3) GIRLS
- 7 55 (4) TRIALS
- 8 800 (3) BOYS
- 9 55 FINALS GIRLS FOLLOWED BY BOYS*
- 10 3200 (2)
- 11 High Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (4" then 2" PROG)
- 12 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)
- 13 Shot Put (3) Girls than Boys 3 THROWS AND 8 TO FINAL (3 THROWS)***

***Blocks are permitted in the finals of the 55 and HH FINALS**

*****In the shot put all flights will receive 2 warm up throws**

Feb 6th *OCEAN BREEZE

(infield and outer track to start at the same time)

Order of Events Girls followed by Boys

- 1 3200 (2) GIRLS**
- 2 55HH (4)**
- 3 55 (4)**
- 4 3200 (2) BOYS**
- 5 400 (3) **IN LANES**
- 6 800 (3)**
- 7 200 (2)**
- 8 1600 (3)**
- 9 4x800 (1)**
- 11 High Jump (3) Opening hgt. Boys 5'4 Girls 4'4 (2" PROG)**
- 12 Pole Vault (4) Opening hgt. Boys 9'0 Girls 8'0 (6" PROG)**
- 13 Shot Put (3) Girls than Boys 3 THROWS AND 8 TO FINAL (3 THROWS)**
****Throwing at same time if we have enough officials**
- 14 Long Jump (3)**
- 15 Triple Jump (3)**

Feb. 8th

Order of Events Girls followed by Boys

- 1 400 (3) ****IN LANES**
- 2 1600 (4) GIRLS
- 3 55HH (4) TRIALS
- 4 1600 (4) BOYS
- 5 55HH FINALS BOYS FOLLOWED BY GIRLS*
- 6 800 (3) GIRLS
- 7 55 (4) TRIALS
- 8 800 (3) BOYS
- 9 55 FINALS*
- 10 3200 (2)
- 11 4x400 (1)
- 12 High Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (4" then 2" PROG)
- 13 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)
- 14 Shot Put (3) Girls than Boys 4 Throws Each

***Blocks are permitted in the finals of the 55 and 55HH**

Feb 13th *OCEAN BREEZE

(infield and outer track to start at the same time)

Order of Events Girls followed by Boys

- 1 55HH (4) ****NO BLOCKS AND FINALS ON TIME**
- 2 55 (4) ****NO BLOCKS AND FINALS ON TIME**
- 3 4X800 (1)
- 4 200 (3)
- 5 800 (3)
- 6 1600 (3)
- 7 400 (3) ****IN LANES**
- 8 High Jump (3) Opening hgt. Boys 5'4 Girls 4'4 (2" PROG)
- 9 Pole Vault (4) Opening hgt. Boys 9'0 Girls 8'0 (6" PROG)
- 10 Shot Put (3) Girls than Boys 4 THROWS
****Throwing at same time if we have enough officials**
- 11 Long Jump (3)

12 Triple Jump (3)

Feb 15th

Order of Events Girls followed by Boys

- 1 SHUTTLE HURDLES RELAY (1)**
- 2 1,000 (4)**
- 3 55 (4)**
- 4 300 (4) **IN LANES**
- 5 600 (4) **IN ALLEYS**
- 6 high Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (2" PROG)**
- 7 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)**
- 8 Shot Put (3) Girls than Boys 4 THROWS**

*****2/21–This meet is now allowing DOUBLE the athletes than listed in the () below. This is due to low total team entries. No alternates will be listed in milesplit for this meet. (this change was announced on 2/16)**

Feb 21st

Order of Events Girls followed by Boys

- 1 400 (3) **IN LANES**
- 2 1600 (4) GIRLS**
- 3 55HH (4) TRIALS**
- 4 1600 (4) BOYS**
- 5 55HH FINALS **BOYS FOLLOWED BY GIRLS (blocks)**
- 6 800 (3) GIRLS**
- 7 55 (4) TRIALS**
- 8 800 (3) BOYS**
- 9 55 FINALS (Blocks)**
- 10 3200 (2)**

- 11 high Jump (3) Opening hgt. Boys 5'0 Girls 4'0 (2" PROG)
 12 Pole Vault (4) Opening hgt. Boys 7'0 Girls 6'0 (6" PROG)
 13 Shot Put (3) Girls than Boys 4 THROWS

2022 – 2023 SJTCA WINTER TRACK

SCHOOL _____

BOYS COACH _____

GIRLS COACH _____

	Boys & Girls	Boys only	Girls only	Fees
Dec 19th First 35 Girls and Boys				
Dec 27th First 35 Boys and Girls				
Dec 29th First 35 Boys and Girls				
Jan 2nd First 35 Boys and Girls)				
Jan 4th First 35 Boys and Girls)				
Jan 16th				
Jan 18th NOVICE				

First 35 Boys and Girls) Jan 21st First 35 Boys and Girls)				
Jan 23rd First 35 Boys and Girls)				
Jan 28th First 35 Boys and Girls)				
Jan 30th First 35 Boys and Girls)				
Feb 6th* First 35 Boys and Girls)				
Feb 8th				

First 35 Boys and Girls) 				
Feb 13th First 35 Boys and Girls) 				
Feb 15th First 35 Boys and Girls) 				
Feb 21st First 35 Boys and Girls) 				

Fee: Boys and Girls Team: \$450/meet Boys or Girls Team: \$325/ meet

THIS IS A ENTRY FEE NOT A PARTICIPATION FEE

Entry fees: Check payable to: SJTCA

Entry fees must be submitted to:

SJTCA

765 W MT VERNON AVE

HADDONFIELD, NJ 08033

Questions??:Email: Cal: tomahawktiming@yahoo.com

Awards for place 1st 2nd 3rd in each event each
meet