



Bill Bruno Ocean County Track & Field Championships

Sponsored by:
Shore Track Coaches Association

2026 MEET INFORMATION

Day 1: Tuesday, May 5th

➤ Start Time: 4:00pm

Day 2: Thursday, May 7th

➤ Start Time: 4:00pm

Location: Jackson Township High School

On-Line Entry Deadline: Midnight May 4th

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 athletes will result in punitive actions.

ENTRY STANDARDS & INFORMATION for 2026

Each school is allowed 3 athletes per event, per gender +PLUS any additional athlete who has achieved the attached standards MAY also be entered as long as the first 3 have met the entry standard.

- Only one (1) Varsity 4 x 800, 4 x 400 & 4 x 100 team per school, per gender.
- Maximum spike size ¼"
- You must supply your own blocks & batons.
- Plaques will be awarded to the top 3 (three) boys & girls teams.
- Awards will be given to the top 8 finishers in each event.
- Scoring is 10-8-6-5-4-3-2-1
- Meet will be governed by the Rules of the NJSIAA.
- Absolutely NO Buses or dropoff in the main spectator parking lot (see attached map)

****In Case of Inclement Weather, call the Meet Director or check Njmilesplit.com for information about cancellations and/or delays****

****Note: Rain dates- Saturday, May 9th at 9am**



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2026 ORDER OF EVENTS

*Girls 1st in all Running Events
(Fastest heats FIRST – except 4x400)*

DAY 1

TRACK EVENTS

- 400m IH – FINAL ON TIME
- 100m Dash – Trials (Top 8 Advance)
- 1600m GIRLS – FINAL ON TIME
- 100m Dash – Finals
- 1600m BOYS – FINAL ON TIME
- 400m Dash – FINAL ON TIME
- 4 x 800 Relay

FIELD EVENTS

- Triple Jump – Girls
 - (Open flights – Top 8 to Final)
- Long Jump – Boys
 - (Open flights- top 8 to final)
- Pole Vault – Girls
 - (Opening height – 7')
- High Jump – Boys
 - (Opening height – 5'04")
- Shot Put – Girls (Top 8 to final)
- Discus – Boys (Top 8 to final)
- Javelin – Girls
 - (Open flights- top 8 to final)

DAY 2

TRACK EVENTS

- High Hurdles – Trials (Top 8 Advance)
- 800m GIRLS – FINAL ON TIME
- High Hurdles – Finals (Boys FIRST)
- 800m BOYS – FINAL ON TIME
- 4 x 100M Relay – Final on Time
- 3200m GIRLS – FINAL ON TIME
- 200m Dash – FINAL ON TIME
- 3200m BOYS – FINAL ON TIME
- 4x400m – SEEDED HEAT LAST

FIELD EVENTS

- Triple Jump – Boys
 - (Open flights- top 8 to final)
- Long Jump – Girls
 - (Open flights – Top 8 to Final)
- Pole Vault – Boys
 - (Opening height – 9')
- High Jump – Girls
 - (Opening height – 4'04")
- Shot Put – Boys (Top 8 to final)
- Discus – Girls (Top 8 to final)
- Javelin – Boys
 - (Open flights- top 8 to final)

**In the HJ & PV: increment increases will be determined by the number of competitors!

**Note: Rain date- Saturday, May 9th at 9am

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2026 MEET ENTRY & PAYMENT

Do Team Entries then Print Invoice from MileSplit

Day 1: Tuesday, May 5th 4pm

Location: Jackson Township HS

Day 2: Thursday, May 7th 4pm

School _____

Coach _____ Coach's Phone _____

Coach's Email _____

- Boys Entry - \$10 per entry - \$30 per relay - \$600 MAX Entry
- Girls Entry - \$10 per entry - \$30 per relay - \$600 MAX Entry
- Both - \$10 per entry - \$30 per relay - \$1,200 MAX Entry

- **Entry Deadline:** May 4th, 2026. ALL ENTRIES will be done online at: **MileSplit NJ**
- Teams are responsible for the entry fee based on your MILESPLIT INVOICE
- This is your **ENTRY FEE**...not participation fee!

ENTRY STANDARDS 2026

Each school is allowed 3 athletes per event, per gender +PLUS any additional athlete who has achieved the attached standards listed below may also be entered AS LONG AS the first 3 have met the entry standard.

Fill out this page

Print MileSplit Invoice

Mail this form, invoice and check

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

Direct Questions to:

Todd Engle-Meet Director
Jackson Liberty HS
Phone: 732-642-1185
E-Mail: tengle@jacksonsd.org

Mail ALL checks to:

Jim Schlentz
32 Cannon Road
Freehold, NJ 07728

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2025 MEET STANDARDS

Each school is allowed 3 athletes per event, per gender +PLUS any additional athlete who has achieved the attached standards listed below may also be entered AS LONG AS the first 3 have met the entry standard in either indoor OR outdoor track in 2025.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100	12.3	14.5
200	24.8	29.5
400	58	1:09.00
800	2:13	2:50
1600	4:55	6:10
3200	11:20	14:00
110/100H	20	20
400IH	1:10	1:20
HJ	5'6"	4'4"
PV	9'	7'
LJ	17'6"	13'6"
TJ	36'	28'
Shot	36'	26'
Disc	95'	70'
Jav	100'	60'



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