

Mercer County Winter Track Championships

Wednesday, January 17, 2024
7:00pm (6:30 Lobby Entry, 7:00 Track)
Long Jump and Triple Jump
Jadwin Gym (Princeton U.)

Sunday, January 21, 2024
9:00am (8:00am Entry)
Remainder of Meet
Bennett Athletic Center (Toms River)

REGISTRATION PASSWORD: mercerindoor24

ORDER OF EVENTS

Wednesday, January 17 *(Time Schedule is Approximate – Meet may run ahead or behind)*

6:30pm	Teams Permitted in Jadwin Gym Lobby (Jumpers and Coaches Only!)
7:00pm – 7:30pm	Track Access Permitted, Run-throughs for LJ (Boys and Girls)
7:30pm – 8:00pm	Long Jump (Boys– 3 Jumps, No Finals)
8:00pm - 8:15pm	Additional Runthrough for Girls LJ
8:15pm - 8:45pm	Long Jump (Girls – 3 Jumps, No Finals)
8:45 – 9:05pm	Run-throughs for TJ (Boys and Girls)
9:05pm – 9:50pm	Triple Jump (Boys and Girls)
9:50pm	Exit Facility

Sunday, January 21 *(Time Schedule is Approximate – Meet may run ahead or behind)*

Girls followed by Boys unless noted – Seeded Heat Always Last

Track

9:00 – 400 Meters (Girls Followed by Boys - Final on Time – Lane Pref. 4, 5, 3, 6, 2, 1)
9:25 – 1600 Meters (Girls – Final on Time)
9:45 – 55 Hurdle Trials (Girls Followed by Boys – Fastest 8 Qualify for Final)
10:05 – 1600 Meters (Boys – Final on Time)
10:30 – 55 Hurdle Finals (Boys Followed by Girls)
10:35 – 800 Meters (Girls – Final on Time)
10:50 – 55 Dash Trials (Girls Followed by Boys – Fastest 8 Qualify for Final)
11:05 – 800 Meters (Boys – Final on Time)
11:20 – 55 Dash Finals (Girls Followed by Boys)
11:25 – 3200 Meters (Girls)
11:50 – 200 Meters (Girls Followed by Boys - Final on Time – Seeded Heat Last – Final on Time – Lane Pref. 4, 5, 3, 6, 2, 1)
12:20 – 3200 Meters (Boys)
12:45 – 4x400 Meter Relay (Girls Followed by Boys – Run in Lanes)

Field

9:00 – Pole Vault (Single Pit – Girls Followed by Boys) – Starting Heights 6’6” girls, 8’0” boys. Up six inches.
9:00 – Shot Put (Girls Followed by Boys) – 3 Throws Prelims, Top 8 to Final
9:00 – High Jump (Single Pit - Boys Followed by Girls) – Starting Height 4’6” girls, 5’6” boys. Up two inches.

OTHER NOTES

Spikes: 1/8 inch pyramid spikes only at the TR Bubble. Spikes will be checked prior to competition. 1/4 inch spikes permitted at Jadwin for LJ/TJ.

Meet Scoring: 10, 8, 6, 4, 2, 1 (Plaques for Boys & Girls Mercer County overall champions)

Spectators: Spectators permitted on Sunday, January 21 at Toms River.

ABSOLUTELY NO SPECTATORS permitted at Jadwin Gym on Wednesday, January 17. If spectators are present on 1/17, the event will be paused until they exit the facility.

Registration: Lineups must be entered on Milesplit by 8:00pm on Friday, January 19. Competitors for LJ/TJ must be entered by 8:00pm on Monday, January 15. The top 16 performances will be accepted and posted on Milesplit that evening.

Seeding: Seeds are locked to any Milesplit-verified performance from any year in any season. For new athletes, it is the coach's responsibility to obtain a seed mark for these athletes prior to the County meet. Athletes entered without a seed will be placed in the unseeded heats.

Scratches: Enter up to five athletes in each event on Milesplit, *choose three on meet day*. No meet-day substitutions! You MUST highlight your competing athletes upon arrival on meet day. Failure to highlight athletes will result in a scratch from that event. If more than three athletes are highlighted on meet day, the top three seeded athletes will compete. Once an event sheet has been pulled for seeding, there will be no additional highlighting, checking in, or changing of athletes competing.

Clerking: 1st Call – Athletes check in with clerks. 2nd Call – Athletes should not leave the check-in area. 3rd Call – Failure to be present may result in disqualification.

Long Jump/Triple Jump Notes:

- **For this year only, due to time constraints:**
 - Enter LJ/TJ athletes on Milesplit by 8pm on Monday, January 15. Top 16 athletes in each event will be accepted and posted on Milesplit that evening.
- Absolutely NO spectators allowed in the Jadwin facility for LJ/TJ. Coaches and athletes only! If spectators are present, the event will be paused until they exit the facility.
- 3 Jumps, No Finals in both LJ and TJ
- **Measurements:**
 - LJ: 1st legal jump measured, 2nd & 3rd jumps minimum measure: 18 feet & 14 feet
 - TJ: All jumps measured
- *Top 6 in each event medal and score*
- ***UPDATED NOTE (1/10/21): There is a max of 3 acceptances per school in the LJ/TJ. Additional entries are not permitted at indoor counties regardless of seeds.***