

2024 Tri-County Conference

Track and Field Showcase Coaches Information Packet

PLEASE READ ALL INFORMATION CAREFULLY!

- At Delsea Regional High School
- Wednesday, May 15th
- Field events begin at 3:15 (Implement inspection by 2:45pm)
- Track events begin at 4:15 with the 4x100 relay.

BUSES—ARRIVE BY 2:30 PM **but not before 2:15 pm.!!!**

Buses must enter the Delsea High School entrance off Fries Mill Road. Buses will drive straight into the parking lot and drop off by the stadium. A school sponsored group will then assist the bus drivers with parking.

General Information:

The conference will use Tomahawk Timing for all meet results.

Please make sure your roster is put into MileSplit completed and correct.

- ✓ Each school is entitled to 3 entries per event and 1 relay team per relay, based on qualifying times/height or distance.
- ✓ **NEW FOR 2024:** If a school has more than 3 athletes in any event who have **MileSplit-verified winter or spring marks from this year that meet the B Standards from the 5/6 SJ Elite Meet**, those additional athletes will be allowed to compete as “extra entrants”. Please list these athletes among your 6 event entries in the MileSplit entry.
- ✓ The 4 conference divisions are combined for this showcase meet.
- ✓ Final results for all running events are based on heat times. No trials- finals on time.
- ✓ Medals will be awarded to the top 6 boys and top 6 girls in each individual event.
- ✓ Medals will be awarded to the top 6 teams in the 4x400 relay.
- ✓ Medals will be awarded to the top 3 teams in the 4x100 and 4x800.
- ✓ There will be NO team scoring.
- ✓ FAT timing will be used for running events, and hip numbers must be worn.
- ✓ Refreshments will be available.
- ✓ Athletic Trainer will be on duty.
- ✓ Your help with supervision of athletes is needed and expected.
- ✓ The entry fee has been processed by each A.D..

2024 TCC Track and Field Showcase

Entries: **Each school is entitled to 3 entries per event and 1 relay team per relay.** In addition, If a school has more than 3 athletes in any event who have **MileSplit-verified winter or spring marks from this year that meet the B Standards from the 5/6 SJ Elite Meet**, those additional athletes will be allowed to compete as “extra entrants”. Please list these athletes among your 6 event entries in the MileSplit entry. An individual may enter 4 events. Coaches- please use your discretion in entering athletes, as this is a showcase.

In the throwing events, minimum mark standards will be set. Any throw short of the minimum mark will not be marked **after the first legal attempt.**

BOYS MINIMUM MARK STANDARDS: Shot: 40’ Discus: 110’ Javelin: 120’

GIRLS MINIMUM MARK STANDARDS: Shot: 30’ Discus: 85’ Javelin: 90’

*Please note there will be a qualifying procedure for the pole vault.

Order of Events

Field Events begin at 3:15 pm (Implements ready for inspection by 2:45)

| Event | Time | Order | Information |
|-------------|------|-----------------|---|
| Long Jump | 3:15 | Girls then Boys | Total of 3 jumps per person (open Pit) |
| Triple Jump | 3:15 | Boys then Girls | Total of 3 jumps per person (open pit) |
| Pole Vault | 3:15 | Girls then Boys | Girls-7’0 Boys-10’- top 20 qualifiers plus ties |
| High Jump | 3:15 | 2 Pits | Min. height: Girls-4’4”, Boys-5’6” |
| Javelin | 3:15 | Boys then Girls | 3 Throws and Top 8 go to Finals |
| Shot Put | 3:15 | Girls then Boys | 3 Throws and Top 8 go to Finals |
| Discus | 3:15 | Boys then Girls | 3 Throws and Top 8 go to Finals |

Track Events begin at 4:15 pm (Boys followed by Girls)

| Event | Information |
|----------------------------|---|
| 4 x 100 Meter Relay | Medals to top 3 teams |
| 4 x 800 Meter Relay | Medals to top 3 teams |
| 400 M. Int. Hurdles | Medals to top 6 for all individual events |
| 1600 Meters | |
| 400 Meters | |
| 100 Meters | No Trials- Finals on Time |
| 800 Meters | |
| 110 M High Hurdles (Boys) | No Trials- Finals on Time |
| 100 M. High Hurdle (Girls) | No Trials- Finals on Time |
| 200 Meters | |
| 3200 Meters | |
| 4 x 400 Meter Relay | Medals to top 6 teams |

EXTRA ENTRANT STANDARDS

(from 2024 SJ Elite Meet B Standards)

Again, if a school has more than 3 athletes in any event who have MileSplit-verified winter or spring marks from this year that meet the B Standards from the 5/6 SJ Elite Meet, those additional athletes will be allowed to compete as “extra entrants”. Please list these athletes among your 6 event entries in the MileSplit entry.

| <u>Event</u> | <u>Girls B Standard</u> | <u>Boys B Standard</u> |
|---------------------|--------------------------------|-------------------------------|
| 100 HH | 18.50 | 16.60 |
| 400IH | 1:12.80 | 1:00.50 |
| 100 | 13.30 | 11.35 |
| 200 | 27.00 | 23.17 |
| 400 | 1:03.00 | 52.00 |
| 800 | 2:29.00 | 2:03.50 |
| 1600 | 5:30.00 | 4:35.25 |
| 3200 | 12:02.00 | 10:11.22 |
| HJ | 5-0 | 6-2 |
| PV | 9-0 | 12-6 |
| LJ | 16-0 | 20-1 |
| TJ | 32-0 | 41-0 |
| Shot | 30-7 | 46-0 |
| Disc | 87-5 | 130-0 |
| Jav | 88-7 | 140-0 |

TCC Showcase Meet Boys Record Holders (Through 2023)

| Event | Name | School | Record | Year |
|----------------------|---|-----------------|---------------|-------------|
| 100 Meter | Jamil Benjamin | Cumberland | 10.5 | 2006 |
| 200 Meter | Jamil Benjamin | Cumberland | 21.5 | 2006 |
| 400 Meter | Bruce Owens | Deptford | 48.6 | 2005 |
| 800 Meter | Derrell Manhertz | Kingsway | 1:54.08 | 2013 |
| 1,600 Meter | Bill Dolan | Clearview` | 4:19.31 | 2014 |
| 3,200 Meter | Nicholas Krol | Williamstown | 9:29.21 | 2023 |
| 110 Meter Hurdles | Ed Ross | Penns Grove | 14.0 | 1980 |
| | Yashahya Brown | Washington Twp. | 14.13 | 2023 |
| 400 Int. Hurdles | Aaron Younger | Delsea | 52.8 | 2007 |
| Shot Put | Josh Awotunde | Delsea | 61' 6" | 2013 |
| Discus | Josh Awotunde | Delsea | 187' 1" | 2013 |
| Javelin | Charles Christopher | Salem | 203' 6" | 1971 |
| High Jump | Darryl Gause | Schalick | 7' 0" | 2000 |
| Long Jump | Ben Liles | Kingsway | 23' 3" | 1992 |
| Triple Jump | Josh Butler | Delsea | 46' 11 ¾" | 2006 |
| Pole Vault | Nico Morales | Delsea | 15' 7" | 2019 |
| 4x100 Meter Relay | Ramon Bentley, Jamere Furbush Justin Harris, Zaire Jones | Salem | 41.71 | 2017 |
| 4x400 Meter Relay | Kyle Webb, Terrance Burns Austin Medley, Udochi Okoro | Delsea | 3:20.3 | 2008 |
| 4x800 Meter Relay | Steve Maine, Ryan Carroll, Jamil Jackson, Tim Alicea | Highland | 8:08.97 | 2013 |

TCC Showcase Meet Girls Record Holders (Through 2023)

| Event | Name | School | Record | Year |
|----------------------|--|---------------|---------------|-------------|
| 100 Meter | Audrey Wilson | Deptford | 11.6 | 2008 |
| 200 Meter | Amirah Sharpe | Clayton | 24.35 | 2021 |
| 400 Meter | Faleesha Dowe | Penns Grove | 56.56 | 2012 |
| 800 Meter | Felicia O'Donnell | Delsea | 2:16.57 | 2011 |
| 1,600 Meter | Amanda Goetschius | Delsea | 5:03.4 | 2007 |
| 3,200 Meter | Chelsea Ley | Kingsway | 10:44.9 | 2007 |
| 100 High Hurdles | Jasmine Waddell | Kingsway | 14.58 | 2011 |
| 400 Int. Hurdles | Courtney Smith | Penns Grove | 1:01.79 | 2014 |
| Shot Put | Janiece Rose | Delsea | 45' 8" | 2011 |
| Discus | Jamine Moton | Delsea | 161' 1" | 1997 |
| Javelin | Evelin Susec | Clearview | 139' 0" | 1985 |
| High Jump | Brooke Minor | Kingsway | 5' 6" | 2001 |
| | Alanna Woolfolk | Clayton | 5'6" | 2022 |
| Long Jump | Kiara Lester | Deptford | 18' 1 ½ " | 2014 |
| Triple Jump | Zenee Gadson | Glassboro | 36' 10 ¼ " | 2012 |
| Pole Vault | Ashley Preston | Delsea | 12' 6" | 2018 |
| 4x100 Meter Relay | Toni Glatz, Kaire Brackett Daneesha Brown, Cece Gerstenbacher | Delsea | 47.84 | 2017 |
| 4x400 Meter Relay | Jaye Pollard, Kianje Pollard Courtney Smith, Faleesha Dowe | Penns Grove | 3:54.92 | 2013 |
| 4x800 Meter Relay | Kelly O'Kane, Brooke Deibel Alexa DiGregorio, Sarah Fisher | Woodstown | 10:00.17 | 2013 |