

Shore Track Coaches Association
2008 Spring Meets Packet

Enclosed is information for all meets sponsored by the STCA for the Spring 2008 season. **The following meets are sponsored by the STCA:**

Meet	Date	Site	Director(s)	Entry Due
Ocean Cty. Fr.-Soph (Boys)	May 3 th	Barnegat	Paul Santasieri	April 25 th
Monmouth County Championships	May 7 th - 10 th	Neptune	Hank Nonnenberg	April 27 th
Ocean County Championships	May 8 th - 10 th	Neptune	Hank Nonnenberg	April 27 th
Monmouth Cty. Fr.-Soph (Boys)	May 14 th	Holmdel	Hank Nonnenberg	May 7 th
Shore Area Frosh-Soph (Girls)	May 20 TH	Brick Township	Glenda Calabro	May 12 th

Please note: Do not let waiting on a check delay your entry...send in your entry forms ASAP...usually faxing your entry is best.

Contact Information: ALL HY-TECH TO BE EMAILED TO: hank@shoretrackcoaches.com
ALL INFORMATION AND UPDATES WILL BE POSTED ON OUR WEB SITE WHICH IS LOCATED AT SHORETRACKCOACHES.COM

IT IS YOUR RESPONSIBILITY (**THE COACH**) TO CHECK THE WEB SITE. IF IT IS POSTED ON THE SITE IT WILL BE FOLLOWED AT THE MEETS. **ALL MEETS REQUIRE A HY-TEK ROSTER**

SEND ALL SEED TIMES IN FOR ALL ATHLETES THAT ARE TO COMPETE ON YOUR HYTEK ENTRY. ALL HYTEK ENTRIES ARE DUE APRIL 27TH. THE ENTRIES WILL BY POSTED BY TUESDAY. THIS WILL GIVE ALL COACHES TIME TO LOOK OVER THE ENTRIES AND CHALLENGE ANY TIME AT THE SEEDING MEETING. ANY TIME MAY BE CHALLENGED AT THE SEEDING MEETING. ALL TEAMS MUST SEND A MINIMUM OF ONE COACH TO THE MEETING. **ONLY THE HEAD COACH** OR THE **ONE COACH**, WHICH IS FILLING IN FOR THE HEAD COACH, WILL BE ABLE TO CHALLENGE ANY TIME. THIS WAY EACH TEAM HAS ONLY ONE PERSON TALKING FOR THE TIME IN QUESTION. EACH COACH WILL GET A MINUTE TO TALK. IF A TEAM DOES NOT SEND A COACH AND THAT TEAM HAS AN ATHLETE THAT GETS CHALLENGED THEN THAT ATHLETE WILL LOSE THE CHALLENGE. SO PLEASE MAKE SURE EACH TEAM HAS AT LEAST ONE COACH PRESENT. ALL HAND HELD TIMES WILL BE CONVERTED TO AUTOMATIC TIMING FOR ALL CHALLENGES SO THE TIMES BEING CONSIDERED CAN BE COMPARABLE. NO RELAY SPLITS WILL BE ACCEPTED.

A CODE OF CONDUCT WILL BE ENFORCED SO PLEASE KEEP ALL DISCUSSIONS ABOUT THE ATHLETES TIMES AND DO NOT MAKE IT PERSONAL. IF A COACH IS ASKED TO LEAVE THE SEEDING MEETING, ANY AND ALL COACHES FROM THAT TEAM MUST ALSO LEAVE. THIS WOULD LEAVE THE TEAM WITH NO ONE TO ANSWER CHALLENGES.

YOU MUST BRING ALL VERIFICATION OF TIMES TO THE SEEDING MEETING IN CASE YOUR ATHLETE GETS CHALLENGED. IF YOU DO NOT HAVE THE VERIFICATION WITH YOU, YOU WILL LOSE THE

CHALLENGE. SO PLEASE BRING IT WITH YOU TO THE MEETING. THIS WILL BE EXTREMELY IMPORTANT IN 400 IH AS THEY WILL BE RUN AS A FINAL ON TIME. A VERIFICATION OF TIME MAY BE ANY OFFICIAL RESULTS WHICH INCLUDE BUT NOT LIMITED TOO- RESULTS PRINTED IN THE PAPER, ANY HY TEK RESULTS ON THE WEB, ANY DUEL MEET RESULTS. JUST REMEMBER, THE 400 IH IS RUN AS A THREE MAN RELAY WHERE EACH RUNNER IS TIMED INDIVIDUALLY AND THAT TIME MAY BE UTILIZED, BUT IT HAS TO BE ABLE TO BE VERIFIED AT THE MEETING IF CHALLENGED. YOU CAN USE EITHER THE ACTUAL CARD WITH AN OFFICIALS SIGNATURE OR A SIGNED NOTE FROM THE MEET DIRECTOR WITH THE ATHLETES TIME ON IT. IT MUST BE VERIFIABLE IF CHALLENGED. ALL TIMES SUBMITTED CAN BE TAKEN FROM ANY INDIVIDUAL RACE RUN IN THE WINTER OR SPRING SEASON OF THE CURRENT YEAR.

THE FOLLOWING CONVERSIONS MAY BE UTILIZED:

MILE TO 1600M- SUBTRACT 1.6 SECONDS 2 MILE TO 3200M- SUBTRACT 3.4 SECONDS
1500M TO 1600M- ADD 17.6 SECONDS 3000M TO 3200M- ADD 39.7 SECONDS

FOR 100M, 100H, 110H, 200M, AND 400M

THE TOP 16 ATHLETES WILL BE SEEDED WITH ALL ODD NUMBERS IN ONE HEAT(1,3,5,7,9,11,13,15) AND ALL EVEN NUMBER (2,4,6,8,10,12,14,16) IN THE OTHER. ALL OTHER HEATS WILL BE MADE UP OF THE NEXT 8 SEEDS AND SO FORTH. SO THAT

17,18,19,20,21,22,23,24 WOULD BE IN A HEAT AND 25,26,27,28,29,30,31,32 WOULD BE IN A HEAT AND SO ON.

LANE PREFERENCES SHALL BE:

PREFERENCE	1ST-	2ND	3RD	4TH	5TH	6TH	7TH	8TH
	LANE 4	LANE 5	LANE 3	LANE 6	LANE 2	LANE 7	LANE 1	LANE 8

FOR THE 800, 1600, AND 3200. SEEDED HEATS SHOULD BE NO MORE THAN 12 IN THE 800, 14 IN THE 1600, AND 16 IN THE 3200-ALL CALIFORNIA STARTS.

LONG & TRIPLE JUMP- ALL ATHLETES WILL BE REQUIRED TO CHECK IN BEFORE THE EVENT STARTS. EACH JUMPER WILL SIGN IN FOR A FLIGHT. THERE WILL BE OPEN WARM UPS BEFORE THE EVENT STARTS BUT THE PIT WILL CLOSE 15 MINUTES BEFORE THE MEET BEGINS FOR THE FIRST FLIGHT TO WARM UP. ONCE THE EVENT STARTS, EACH FLIGHT WILL BE ALLOWED A LIMITED TIME TO WARM UP. ONCE THE FIRST FLIGHT IS DONE THE NEXT WILL FOLLOW. THE NUMBER OF JUMPS IN EACH FLIGHT WILL BE LIMITED EXCEPT THE LAST FLIGHT. ALL JUMPERS THAT HAVE WAITED TO THE LAST FLIGHT, MUST JUMP IN THE LAST FLIGHT. LAST FLIGHT WILL GO OFF ABOUT 2 HOURS AFTER THE EVENT STARTS. WE HOPE TO RUN A FLIGHT ABOUT EVERY HALF HOUR. NO JUMPER WILL BE EXCUSED FROM THE LAST FLIGHT. THE PIT WILL CLOSE WHEN THE LAST FLIGHT IS COMPLETE AND THE FINALS WILL START AFTER THIS POINT. WE ARE DOING THIS SO JUMPERS CAN GET THEIR JUMPS IN TOGETHER IN A REASONABLE AMOUNT OF TIME. PLEASE DO NOT WAIT FOR THE LAST FLIGHT AS THERE MAY BE A LOT OF JUMPERS IN THAT FLIGHT.

MEET CONTACT INFORMATION:

Ocean County Fr. – Soph. Meet (Boys):

Paul Sanasieri work# 1-609-660-7510 ex-7063
Barnegat Highschool cell# 1-609-713-5662
180 Bengal Blvd Fax # 1-609-660-7563
Barnaget, NJ 08005

Mon& Ocean Cnty Meets & MON BOYS FROSH/SOPH

Hank Nonnenberg Jr. Home# 1-732-280-0779
3379 PATRICIA LANE cell# 1-732-539-7858
Wall, NJ 07719 fax# 1-732-280-6372

Shore Girls Frosh & Soph

Glenda Calabro Home# 1-732-458-5499
823 Maple Ave (please no calls after 9pm)
Brick, NJ 08724 FAX # 732-280-6372

Hank Nonnenberg
Monmouth County Championships
2008

Date(s): May 7th – 10th @ Neptune Township High School
Rain Date(s): May 9th / May 11th

Start Times: May 7th – 3:30 pm
May 10th – 9:00 AM

Meet Director: Hank Nonnenberg Jr.

PLEASE NOTE: The Monmouth County Meet will be **PRE-ENTERED**.
Hy-tek files need to be sent to **Hank Nonnenberg Jr** at the following e-mail address:
hank@shoretrackcoaches.com (Neptune's Timing will be timing/scoring the meet).

Due Date for Hy-tek file: **No later than SUNDAY, April 27th @ 8:00 P.M.**

A Seeding Meeting will be held at the following time and location:

Monday, May 7th @ 7:30 P.M. – Neptune High School
In Café

Entries and Fees: Unlimited Entries in all events (except 4 x 400 relay);
\$5.50 per person per event; \$20.00 per relay.
Make checks payable to: **Shore Track Coaches Association**

Awards: Medals to the top six (6) in each event. AWARDS to first-place team.
Outstanding athlete award for most outstanding male and female athlete – one for the track and one for the field for each gender.

Scoring: 10-8-6-4-2-1

Due Dates: APRIL 28TH – Paper entries due
APRIL 27TH --Updated Hy-tek files due (no later than 8:00 pm)

See first page of this packet for mailing information...do not let waiting on a check delay your entry...send it in ASAP!

Don't forget: the County Championship Meet is **PRE-ENTERED!!!**
Send your Hy-tek file to Hank Nonnenberg Jr. (hank@shoretrackcoaches.com)
No later than SUNDAY, April 27th @ 8:00 P.M.

**Hank Nonnenberg
Monmouth County Championships
2008 Order of Events**

BOYS followed by GIRLS in all running events.

Day 1

400 IH **FINAL ON TIME**
100m (Trials – Top 8 advance to Final)
1600m (BOYS - Final)
400m (Trials – Top 8 advance to Final)
110/100 HH (Trials – Top 8 advance to Final)
1600m (GIRLS - Final)
200m (Trials – Top 8 advance to Final)

BOYS Pole Vault – Final

BOYS Long Jump
(Open flights until 6:00+-Finals to follow)
GIRLS Triple Jump
(Open Pit flights 6:00+-Finals to follow)
GIRLS High Jump – Final

BOYS Shot Put – Final
GIRLS Discus – Final
BOYS Javelin – Final

Day 2 (All Finals)

110/100HH
800m (BOYS)
100m
800m (GIRLS)
3200 (unseeded BOYS)
400
3200 (unseeded GIRLS)
200m
3200m (seeded BOYS and GIRLS)
4 x 400 Relay (SEEDED HEAT LAST)

GIRLS Pole Vault — Final

GIRLS Long Jump
(Open flights until 11:30+-Finals to follow)
BOYS Triple Jump
(Open flights until 11:30+-Finals to follow)
BOYS High Jump — Final

GIRLS Shot Put — Final
BOYS Discus — Final
GIRLS Javelin – Final

The following are opening heights and minimum distances:

High Jump:	Boys 5'8"	Shot Put:	Boys 38'	Girls 25'
	Girls 4'8"			
Pole Vault:	Boys 11'0"	Discus:	Boys 110'	Girls 70'
	Girls 7' 0"	Javelin:	Boys 120'	Girls 80'

**Hank Nonnenberg
Monmouth County Championships
2007 Entry Form**

School _____ **Head Coach Name** _____

School Phone _____ **Coach's Home Phone** _____

A.D. Signature _____ **Coach's e-mail** _____

Events (Boys and Girls)	Circle Team:	Boys	Girls
100m	Shot Put		
200m	Discus		
400m	Javelin		
800m			
1600m	High Jump		
3200m	Long Jump		
100/110 HH	Pole Vault		
400IH	Triple Jump		
4 x 400 Relay			

Total number of Boys Entries @ \$5.50 = _____

Total number of Girls Entries @ \$5.50 = _____

Boys 4 x 400 Relay @ \$20.00 = _____

Girls 4 x 400 Relay @ \$20.00 = _____

Total Entry Fee _____

Reminder: the County Meet is PRE-ENTERED; send your Hy-tek files to Hank Nonnenberg Jr. (hank@shoretrackcoaches.com)

**Hy-tek files due: Monmouth County – APRIL 27TH @ 8:00 pm
Seeding Meeting – May 5th @ 7:30 P.M. (One Coach must attend)
(Neptune High school) in café**

**YOU MUST ALSO SEND THIS FORM TO THE MEET DIRECTOR!!!
See the front page of this packet for mailing information.**

Ocean County Championships 2007

Date: May 8th-10th @ Neptune Township High School
Rain Date(s): May 9th / May 11th (note this is Mothers day)

Start Times: May 8th -- 3:30 P.M.
May 10th -- 1:00 P.M.

Meet Directors: Hank Nonnenberg Jr.

PLEASE NOTE: The Ocean County Meet will be **PRE-ENTERED**.
Hy-tek files need to be sent to **Hank Nonnenberg Jr** at the following e-mail address:
hank@shoretrackcoaches.com (Neptune's Timing will be timing/scoring the meet.)

Due Date for Hy-tek files is no later than SUNDAY, April 27th @ 8:00 P.M.

A Seeding Meeting will be held at the following time and location:

Monday, May 5th @ 8:15 P.M. – Neptune High School (in café)

Entries and Fees: Unlimited Entries in all events (except 4 x 400 relay);
\$5.50 per person per event; \$20.00 per relay.
Make checks payable to: **Shore Track Coaches Association**

Awards: Medals to the top six (6) in each event. AWARDS to first-place team.
Outstanding athlete award for most outstanding male and female athlete – one for the track and one for the field for each gender.

Scoring: 10-8-6-4-2-1

Due Dates: Paper Entry – April 28th
Hy-tek file – April 27th @ 8:00 P.M.

See first page of this packet for mailing information...do not let waiting on a check delay your entry...send it in ASAP!

Don't forget: the County Championship is **PRE-ENTERED!!!**
Send your Hy-tek file to Hank Nonnenberg Jr. hank@shoretrackcoaches.com

Ocean County Championships 2008 Order of Events

BOYS followed by GIRLS in all running events.

Day 1

400 IH (FINAL ON TIME)
 100m (Trials – Top 8 advance to Final)
1600m (BOYS - Final)
 400m (Trials – Top 8 advance to Final)
 110/100 HH (Trials – Top 8 advance to Final)
1600m (GIRLS - Final)
 200m (Trials – Top 8 advance to Final)

BOYS Pole Vault – Final

BOYS-Long Jump
(Open FLIGHTS until 6:00+—Finals to follow)
 GIRLS Triple Jump
(Open FLIGHTS until 6:00+-Finals to follow)
 GIRLS High Jump – Final

BOYS Shot Put – Final
 GIRLS Discus – Final
 BOYS Javelin – Final

Day 2 (All Finals)

110/100HH
800m (BOYS)
 100m
800m (GIRLS)
 400m
3200 (unseeded BOYS)
 400 IH
3200 (unseeded GIRLS)
 200m
3200m (seeded BOYS and GIRLS)
 4 x 400 Relay (SEEDED HEAT LAST)

GIRLS Pole Vault — Final

GIRLS-Long Jump
(Open flights until 3:30+- –Finals to follow)
 Boys Triple Jump
(Open flights until 11:00+- –Finals to follow)
 Boys High Jump — Final

GIRLS Shot Put — Final
 BOYS Discus — Final
 GIRLS Javelin – Final

The following are opening heights and minimum distances:

High Jump:	Boys 5'8"	Shot Put:	Boys 38'	Girls 25'
	Girls 4'8"			
		Discus:	Boys 110'	Girls 70'
Pole Vault:	Boys 11'0"	Javelin:	Boys 120'	Girls 80'
	Girls 7' 0"			

YOU MUST SEND THIS FORM TO THE MEET DIRECTOR!!!
See the front page of this packet for mailing information.

**Monmouth and Ocean County
Frosh-Soph Championships
2008 (Separate divisions)**

Ocean County Boys – Saturday, May 3rd @ 9:00 A.M. – Barnegat High School

Monmouth County Boys – Wednesday, May 14th @ 4:00 P.M. – Holmdel High School

Shore-Area Girls – Tuesday, May 20th @ 4:00 – Brick Township

YOU MUST SEND A Hy-tech rosters to hank@shoretrackcoaches.com

*A **freshman** is a student in his/her first year of ninth grade who has not reached the age of **16** prior to **September 1, 2007**. Such a student has four years of eligibility as of 9/1/07. A **sophomore** is a student in his/her second year of high school who has not reached the age of **17** prior to **September 1, 2007**. This includes a student in hi/hers second year of ninth grade **OR** a student in his/her first year of ninth grade who does not meet the frosh age requirement but does meet the sophomore age requirement. Such a student has only three years of High School eligibility.*

Scoring: 10-8-6-4-2-1 in each division for all events.

Awards: The first six (6) finishers in all events, and the first six (6) teams in the Relay. Team trophies will be awarded to each Division Winner. Outstanding athletes in the field and on the track, for each division, will be chosen.

Entry Fees: \$5.50 per person per event; \$20.00 per relay.
Entries are unlimited, except in the **4 x 400 Relay (1 team per school)**
Make checks payable to: **Shore Track Coaches Association.**

Field Events: In the Long Jump, Triple Jump, Shot, Discus, and Javelin, competitors will have three (3) attempts. There will be no finals. In the High Jump and Pole Vault, Starting Heights will be as follows:

HJ:	Boys Frosh – 5' 0"	Girls Frosh – 4' 0"
	Boys Soph – 5' 2"	Girls Soph – 4' 2"
PV:	Boys Frosh – 8' 6"	Girls Frosh – 6' 0"
	Boys Soph – 9' 0"	Girls Soph – 6' 0"

These events will run simultaneously, with both divisions jumping together.

Long Jump and Triple Jump will be run as open pits. **Jumpers will have 90 minutes to take their three (3) attempts in each event.** In the Shot Put, boys will use the 12 lb. shot (both divisions), while girls will use the 4k shot (both divisions).

Entries Due: Ocean County Boys – Friday, April 25th
Monmouth County Boys – Wednesday, May 7th
Shore-Area Girls – Monday, May 12th.

See the first page of this packet for all mailing information.

No extra cards will be sold the day of the meet. Get what you need now!

**Monmouth and Ocean County
Frosh-Soph Championships
2008 Order of Events**

Seeding will be done on the day of the meet by the times and distances on the seed cards submitted to the clerks and judges. NJSIAA Rules and Regulations will be in effect. **Spikes may be no longer ¼”**. Runners will be wearing their entry cards; make sure you bring your own pins, as well as starting blocks.

All running events are Finals on Time, except where otherwise noted.

Running Events: (Soph followed by Frosh)

400 IH
100m (Trials – Semis if needed)
1600m
100m (Finals)
400m
800m
100/110 HH (Trials – Semis if needed)
3200 (Soph)
100/110 HH (Finals)
200m
3200 (Frosh)
4 x 400 Relay

Field Events: (All Cards must be turned in at the beginning of the meet)

Shot Put: Frosh followed by Soph (Seeded flights first)
Discus: Soph followed by Frosh (Seeded flights first)
Javelin: Open Area for two (2) hours

High Jump: Both divisions together – scored separately
Pole Vault: Both divisions together – scored separately
Long Jump: Open flights for 90 minutes.
Triple Jump: Open flights for 90 minutes.

*****Blue cards-frosh Green cards- soph*****

**Monmouth and Ocean County
Frosh-Soph Championships
2008 Entry Form**

School: _____

Coach: _____

Phone: (w) _____ (h) _____

e-mail: _____

A.D. or Principal's Signature: _____

Circle Team: Boys Girls

Events: Frosh Soph

400IH _____ _____

100m _____ _____

1600m _____ _____

400m _____ _____

100/110 HH _____ _____

800m _____ _____

200m _____ _____

3200m _____ _____

Shot Put _____ _____

Discus _____ _____

Javelin _____ _____

High Jump _____ _____

Long Jump _____ _____

Triple Jump _____ _____

Pole Vault _____ _____

4 x 400 Relay _____ _____

Total # of Frosh Cards _____ x \$ 5.50 = _____

Total # of Soph Cards _____ x \$ 5.50 = _____

Relay Cards needed: Frosh _____ Soph _____ x \$ 20.00 = _____

Total Amount Due: _____

**Make Checks payable to: Shore Track Coaches Association
No extra cards will be sold the day of the meet—get what you need now!!**

Brief Directions for Pre-Entering Using *Hy-Tek Team Manager*
(Windows Version)

Note: These directions assume you are somewhat familiar with the program;

You are working with a database; in order to enter the meet, you need to load into Team Manager three (3) things:

- a. Names of Athletes (which you should have done already if you sent your roster in for the State Meets)
- b. Names of Events
- c. Name of the Meet (Shore Conference)

At the top of the main page, choose “School/Team”; if you haven’t already done so, enter your Team information (“Add Team”)—be sure to put your state-assigned ID for your school abbreviation (these can be found in your State packet)

At the top of the main page, choose “Athletes”; if you haven’t already done so, you need to enter the names of any athletes who might be participating (“Add Athletes”)

At the top of the main page, choose “Meets”; if you haven’t already done so, create a meet called “Shore Conference Championships” (“Add Meet”).

At the top of the main page, choose “Events”; if you haven’t already done so, create the events you need (“Add Events”)— be sure to call everything from the 400 and down a “Dash” and the 800 and up a “Run” – use meters, not yards. For the Field Events, choose “English” for both entries and results, not “Metric”. The 4 x 400 is called the “1600m Relay” – make sure you are designating the proper gender for each event—also, it does not matter what order you choose the events; after each event chosen, click “ok” and it will clear the dialogue box for the next event to be chosen.

Go back to the main page, and choose “Meets”; choose “Shore Conference Meet”; choose “Entries” – you should have a two-paned window with events up top and athlete roster below. Highlight the first event and check the box next to the name of each athlete you wish to enter (maximum of 3 per event). To enter a seed for each athlete, click the box next to the athlete’s name under the “Custom” column and enter the seed – make sure you add the .0 on distance seeds so that it looks like this: “5:30.0” and not like this: “5.30” – for Field Events you can use the Dash (-) or quotation marks (i.e. 31-6 and not 31’ 6”).

When you add the relay, you must choose “Add New Relay” – it will ask for the Team (just highlight yours) ; it will be your “A” relay – you must also designate athletes who are eligible – simply double click from the roster on your left – you may designate up to 8 names – be sure to add the .0 to your relay times (4:28.0).

When done, go back to main page...choose “File”; drag down to “Export”; drag over to “Entries”; highlight “Shore Conference Meet”, save to disk (A Drive); file should read something like this “326entries001zip”.

Attach file to your e-mail ... await confirmation.

I hope this helps...if you have further questions, please contact me!