

69th ANNUAL
UNION COUNTY SPRING RELAYS CHAMPIONSHIP
WESTFIELD HIGH SCHOOL
May 3rd & 4th, 2012

NJSIAA AND NATIONAL FEDERATION RULES WILL APPLY.

SPIKES NO LONGER THAN 1/4" MAY BE USED ON THE TRACK.

AWARDS: TROPHY TO THE CHAMPIONSHIP TEAM
 PLAQUE TO THE SECOND PLACE TEAM
 MEDALS TO THE MEMBERS OF THE FIRST, SECOND AND THIRD PLACE RELAYS

SCORING THE THE SIXTH PLACE (10-8-6-4-2-1)

HIGH JUMP AND POLE VAULT:
SIX TOTAL JUMPS OR THREE CONSECUTIVE MISSES ENDS THE COMPETITION .
ALL TEAM MEMBERS MUST CLEAR A HEIGHT FOR THE TEAM TO SCORE!

TIES IN THE HIGH JUMP AND POLE VAULT:
ONLY FIRST PLACE TIES WILL BE BROKEN BY USING THE RICH THOMASEY
SYSTEM. ie, THE TEAM WITH THE LEAST NUMBER OF TOTAL MISSES PRIOR TO
AND INCLUDING THE LAST HEIGHT CLEARED BY EACH COMPETITOR WILL WIN.
IF THE TIE STILL EXISTS, THE TEAM WITH THE HIGHEST SINGLE JUMPER WINS!

TIES IN THE LONG JUMP AND TRIPLE JUMP:
ALL TIES FOR FIRST PLACE WILL BE BROKEN BY TOTALING THE SECOND BEST
ATTEMPT OF EACH TEAM MEMBER.

OPENING HEIGHTS: POLE VAULT 9' BOYS 7' GIRLS
 HIGH JUMP 5' 3" BOYS 4' 1" GIRLS
 THE H.J. BAR WILL BE RAISED IN THREE (3) INCH INCREMENTS FOR THE FIRST HEIGHT
 AND 2" THEREAFTER. 4'1"/4'4"/4'6" 5'3"/5'6"/5'8"
 THE P.V. BAR WILL BE RAISED BY 12" FOR ONLY THE FIRST NEW HEIGHT AND 6" THEREAFTER.

SEEDING: RUNNING EVENTS WILL BE SEEDED BY THE CLERK FROM THE CHECK-IN CARDS.
FIELD EVENTS WILL BE SEEDED BY THE EVENT JUDGE

INTERMEDIATE HURDLES:
WILL BE RUN WITH TWO TEAMS AT A TIME. THE WINNING TEAM WILL BE
DETERMINED BY THE BEST COMBINED TEAM TIME.

FIELD EVENTS: ALL FIELD EVENTS ARE THREE PERSON RELAYS.
THE POLE VAULT IS A TWO PERSON EVENT.
THREE ATTEMPTS OR THROWS (NO FINALS) IN THE SHOT, DISCUS, JAVELIN
LONG JUMP AND TRIPLE JUMP.

ONLY ONE TEAM PER RELAY. NO "B" TEAMS.
TIMING: FAT

ROSTERS: MUST BE SUBMITTED ELECTRONICALLY TO: rosters@njraces.com by Friday April 27th

UNIFORMS: MUST COMPLY WITH NATIONAL AND STATE FEDERATION GUIDELINES

MINIMUM ENTRY FEE \$ 100.00