2016 Big North Conference Indoor Track Championships @ The Armory

January 24: (5pm) United, Freedom, Independence, National Divisions

January 25: (5pm) Liberty, Patriot, American Divisions

Coaches Please Note the following:

* 3 entries per individual event, 1 relay team per event.
* Cards are color coded by division
* Place the division on the card
* Place the athletes roster # on each card
* Please return the unused cards. Thank you.
* Each school provides one student worker to help at events. No fee to be paid.
* No coaches on the infield during the 55m dash and hurdles.
* Please keep your athletes off the infield unless they are competing.

Order of competition:

Sunday 1/24: United, Freedom, Independence, National

Monday 1/25: Liberty, Patriot, American

Scoring will be as follows:

|  |  |  |
| --- | --- | --- |
| # of Teams | Individual Scoring | Relay Scoring |
| 4 | 6-4-3-2-1 | 6-4-2 |
| 5 | 8-6-4-2-1 | 8-6-4-2 |
| 6 | 10-8-6-4-2-1 | 10-8-6-4-2 |

ORDER OF EVENTS

On the Track In the Infield

*3200 Meter Run\**  55 Meter Hurdles-Trials

*Divisions Combined Separate Scoring*

*(See procedures attached)*

3200 M Relay 55 Meter Hurdles Finals

400 Meter Run 55 Meter Dash Trials

800 Meter Run 55 Meter Dash-Finals

200 Meter Dash \*See separate 3200 instruction sheet

1600 Meter Run

1600 Meter Relay

Girls followed by boys except in the hurdles.

Three athletes per event, 6 to the finals in infield events

\*Infield schedule may be changed: dash and hurdles may be run through trials to Final without removal and replacement of hurdles. (As done in most meets in North Jersey)

FIELD EVENTS

Pole vault, High Jump: Opening heights to be determined by seed heights on cards. HJ: Divisions compete concurrently. PV: Girls first then boys

The High Jump will start after the infield is completed. Boys and Girls will high jump at opposite ends of the infield.

Long Jump and Triple Jump, open pit all divisions, finals for each division and gender. Girls Triple First, Boys Long First.

Shot: Trials by Division, followed by finals. Seven (7) to finals. Girls then Boys.

All Field Events need cards to check in

**3200 Meter Run Procedures**

1. There will be a maximum of 40 competitors each for boys and girls competing in 2 heats.
2. Heats will be assigned according to seed times presented at the meet.
3. Each school may enter 3 competitors but is guaranteed only 1 participant.
4. The top 7 competitors from each division are guaranteed starting positions.
5. All competitors will be timed and separate points and awards will be presented as appropriate.
6. Heat lineups will be available for coach’s review at least 20 minutes before each race. Changes to seeds and heat lineups may be made upon consultation with the referee and meet director.

Division Alignment 2014-2015

|  |  |  |  |
| --- | --- | --- | --- |
| **UNITED** | **FREEDOM** | **INDEPENDENCE** | **NATIONAL** |
| Don Bosco | N. Highlands | Wayne Hills | Tenafly |
| IHA | Ridgewood | West Milford | Old Tappan |
| Bergen Cath. | Hackensack | Wayne Valley | Pascack Valley |
| St. Joe’s | Paramus | Passaic Valley | Bergenfield |
| Holy Angels | Indian Hills | Lakeland | Demarest |
| Paramus Cath. | Ramapo | Fair Lawn | Teaneck |
| DePaul |  |  |  |

|  |  |  |
| --- | --- | --- |
| **LIBERTY** | **PATRIOT** | **AMERICAN** |
| Clifton | Pascack Hills | Fort Lee |
| PCT | Westwood | Dwight Morrow |
| Passaic | River Dell | Cliffside Park |
| Kennedy | Ramsey | Dumont |
| Eastside | Mahwah | Ridgefield Park |
| Bergen Tech |  |  |

IMPORTANT BUS INFORMATION

The bus situation at The Armory continues to be a major problem.

Please wait upstairs until your bus driver has contacted you that they are outside – then please exit the armory – NO WAITING in lobby for your bus.

The Armory staff and New York City police have been more than cooperative and flexible in trying to solve this problem. Many bus drivers are not cooperating.

This year all buses are required to park on 155th St.

Please cooperate with this directive from the Armory Staff