

# LAKELAND JUNIOR

## TRACK & FIELD

### LEAGUE

#### REVISED RULES 2014

*(UPDATE 21 February 14 )*

#### LEAGUE ESTABLISHED 1971

(We begin our 44<sup>th</sup> Year)

LEAGUE COORDINATOR:  
LEN PIETREWICZ

973-895-6005      Home  
973-895-2287      Fax

**GENERAL****1) TEAM BOUNDARIES & NEW TEAMS:**

When a new team enters the League, the area from which they draw team members must be specific. Most teams are restricted by their Recreation Department. The Lakeland Track League calls for "Town Team" competition. Towns are not permitted to merge. It is not established for "Walk-on" competition.

**2) NEW TEAM DUES:**

Two years of dues. At the present time dues are \$325/year **\$650.00** to join League. Dues would be paid for both the 1<sup>st</sup> & 2<sup>nd</sup> year

**3) DUAL/TRI MEETS:**

For the first two years a new team is not expected to host a home meet. During the third year they will be given an opportunity to host their own meets. If a new Team wishes to HOST a meet before the third year, they can work that out with the visiting team. They would not be expected to run the meet, just host.

**4) SCHEDULE:**

The schedule is usually setup at the February/March Meeting. We typically reverse the Home/Away schedule from the previous year. Track availability is always the determining factor. We also shift the schedule "UP" by one week which gives you the opportunity to compete against the other teams at different weeks of the season. We accomplish this by taking your first meet of the previous season and putting it at the bottom of the schedule. Your other meets would be shifted "UP" one week.

**5) DIVISION STATUS:**

Division Status is determined on a yearly basis using the following formula:  
If the 8<sup>th</sup> place team in Division I fails to score 100pts. in the Championship Meet, they CAN be replaced by the Division II winner and moved to Division II for the following year. In some situations a Division I (scored less than 100pts.) team may wish to stay in Division I. This will be finalized by both the Division I & II Teams and the League Coordinator.

**6) PARTICIPATION BY NON-RESIDENTS:**

Participation of non-residents on any team is not permitted.

**LEAGUE FUNDS:**

**1) DUES:**

Dues are payable in February each year. The current dues are **\$325.00**.

**2) SUSTAINING FUNDS:**

For the past 9 years we have been receiving funds from 2 additional sources. For our volunteer service at the Verizon 5k & Randolph Triathlon we receive funds which, keep the dues at the \$325 level. If your team fails to participate in these events, dues will increase to \$625 for the Spring season.

If dues are to remain at their present levels ALL TEAMS MUST participate in these programs. Beginning in 2013 any Spring Team which does not participate in these 2 fundraisers will be charged an additional \$300 for the Spring season. The XC program is now receiving enough money to sustain their program through Dues & Walk-on fees

**2014 TEAM COLORS:**

1.	Chester	Purple & Yellow
2.	Dover	Orange
3.	Denville	Red
4.	Hopatcong	Green
5.	Jefferson	Gold & Navy
6.	Long Valley	Navy Blue
7.	Madison	Maroon & Gold
8.	Mendham	White & Black
9.	Montville	Green & Yellow
10.	Mountain Lakes	Blue Orange Pants
11.	Mount Olive	Red & Gold
12.	Parsippany	White & Red
13.	Randolph	Royal Blue
14.	Rockaway Boro	Maroon
15.	Rockaway Twp	Gold
16.	Roxbury	Navy & Gold

**2014 DIVISION SYSTEM:****Division I**

Denville  
Mendham  
Mount Olive  
Parsippany  
Randolph  
Rockaway Boro  
Rockaway Twp  
Roxbury

**Division II**

Chester  
Dover  
Hopatcong  
Jefferson  
Long Valley  
Madison  
Montville  
Mountain Lakes

**DUAL-TRI MEET RULES:****1) AGE:**

The age of a competitor will be determined based on the year he or she is born.

**(December 31, 2014)**

<b>YOUTH:</b>	2001-00-99	(13-14-15)
<b>MIDGET:</b>	2002-03	(11-12)
<b>BANTAM:</b>	2004-05	(9-10)

A competitor must compete in his/her age division only. **"Moving Up"** in age division will not be accepted in any event, including relays. The program is set up for athletes in the 8<sup>th</sup> grade and under. **NO HIGH SCHOOL ATHLETES.**

**2) EVENT LIMITATIONS:**

- A. Each competitor will be allowed to compete in **FOUR EVENTS.**
- B. Maximum 2 individual running events
- C. Third running event would be a **RELAY.**
- D. Athletes are not permitted to compete in **4** individual events.
- E. Maximum individual events is 3  
Combinations:  
100/200/4x100/Long Jump  
100/Shot Put/Long Jump/4x100
- F. These rules are for non-scoring as well as scoring athletes.

**3) EXCEEDING THE EVENT PARTICIPATION RULE:**

The penalty for exceeding the event participation rule is as follows:

- A. 25 point reduction in the team score.
- B. In the last event:
  - a. all points forfeited.
  - b. all athletes advance to the next higher place.
  - c. all athletes receive the next highest award
 If the last event cannot be determined, use the event in which the athlete has placed highest in.
- C. Athlete does not forfeit award or record.

**4) MEET SCORING:**

- A. Dual Meet - running or field events: 5-3-1  
relay events: 5-0
- B. Tri-Meets - running or field events: 5-3-2-1  
relay events: 5-3-0

**5) TEAM PARTICIPATION LIMITATIONS:**

Running: each team is allowed to enter three (3) competitors in each event in dual meets and two (2) competitors in Tri-meets. These rules apply to events up to and including 400 meters. The 800 meters and mile are unlimited. An unlimited number of extra heats may be held at every meet in all running events.

Field:	Shot Put	Long Jump
Dual Meet	6	6
Tri-Meet	4	4

Teams that have multiple venues for the Shot Put & Long Jump may wish to use those areas if they have additional personnel. Any changes to these rules must be mutually agreed upon by both teams.

**6) MEET REFEREE:**

The meet referee must be designated before the meet begins by the host team and that person must be knowledgeable in all League Rules.

**7) FALSE STARTS:**

Competitors will be disqualified when they have committed two (2) false starts.

**8) SCORING HEAT:**

Coaches will decide at the start of the meet which heat will be the "Scoring Heat".

**9) STARTING AIDS AND SHOES:**

STARTING BLOCKS - permitted in the 13 - 14 age group.

FOOT BLOCKS - permitted in the 9 - 14 age groups.

SPIKES - permitted in ALL GROUPS. (Unless restricted at certain Tracks)

**10) RELAY RACES:**

In relay races, whenever possible, the scoring teams should be separated by one lane.

**11) ACCELERATION ZONE: (4 x 100m)**

Acceleration zones in the 4 x 100m will be permitted in all All Groups. Relay Zone judges should **SHOW** the runners the Passing & Acceleration Zones. It will be the runners job to setup in the zone.

**12) LANE INTERFERENCE:**

Individuals or relay teams will be disqualified for entering other lanes and impeding the progress of another runner or if they gain an advantage over another runner by running closer to the curve of changing lanes in races that are run in lanes.

**13) LONG JUMP AND SHOT PUT LISTS:**

Visiting teams must give the Home team a list of competitors in both the Long Jump and the Shot Put before the meet begins. This applies to all age groups. These lists should be called for over the speaker system.

**14) ATTEMPTS - LONG JUMP AND SHOT PUT:**

Each competitor will be allowed three (3) throws or jumps and a foul throw or jump will be counted as an attempt. Ample practice time should be allowed before the event begins.

**15) FOUL THROW IN THE SHOT PUT:**

The competitor must enter and leave the circle from the rear half. The shot must be pushed, not thrown. We should never use kids to mark the shot put.

**16) FOUL JUMP IN THE LONG JUMP:**

Stepping over the scratch line or running past the scratch line extended or touching outside the pit beyond their mark in the the pit. If the athlete leaves the pit by walking behind their mark in the pit, the jump will be measured from the point nearest the line. We should never use kids to mark the long jump.

**NOTE:** If possible the long jump board should be a minimum of **1 FOOT** from the pit and **6 INCHES** wide. If tape is used for the board, the tape should be **6 INCHES** wide. During Dual & Tri Meets competitors may be given a choice as to which LJ board they would like to use. They must tell the official prior to their jump.

**17) CALIFORNIA START:**

We should use the "California Start" in the 800m & Mile whenever we have an excessive number of athletes entered in the event. This will be used in the Championship Meet

**18) PROVIDING AID TO A RUNNER:**

Competitors may not receive assistance from any person during the course of a race. This includes pacing by a person next to the track, providing aid (e.g., fluids) or electronic communications (e.g., Radio/Phone) during the race.

19) **EVENTS:**

**13-14 Boys & Girls**

100 meters  
200 meters  
400 meters  
800 meters  
Mile  
Shot Put (8 lb.)  
Long Jump  
4 x 100 meter relay - Boys  
4 x 100 meter relay - Girls

**11-12 Boys & Girls**

100 meters  
200 meters  
400 meters  
800 meters  
Mile  
Shot Put (6 lb.)  
Long Jump  
4 x 100 meter relay - Boys  
4 x 100 meter relay - Girls

**9-10 Boys & Girls**

100 meters  
200 meters  
400 meters  
800 meters  
Mile  
Shot Put (6 lb.)  
Long Jump  
4 x 100 meter relay - Boys  
4 x 100 meter relay - Girls



20) ORDER OF RUNNING EVENTS: WEEKLY DUAL/TRI MEETS

- |                           |                      |
|---------------------------|----------------------|
| 1) 9-10 800-Boys-----     | 19) 9-10 Mile-Boys   |
| 1:00pm                    | 20) 9-10 Mile-Girls  |
| 2) 9-10 800-Girls         | 21) 11-12 Mile-Boys  |
| 3) 11-12 800-Boys         | 22) 11-12 Mile-Girls |
| 4) 11-12 800-Girls        | 23) 13-14 Mile-Boys  |
| 5) 13-14 800-Boys         | 24) 13-14 Mile-Girls |
| 6) 13-14 800-Girls        | 25) 9-10 400-Boys    |
| 7) 9-10 400 relay-Boys    | 26) 9-10 400-Girls   |
| 8) 9-10 400 relay-Girls   | 27) 11-12 400 Boys   |
| 9) 11-12 400 relay-Boys   | 28) 11-12 400 Girls  |
| 10) 11-12 400 relay-Girls | 29) 13-14 400-Boys   |
| 11) 13-14 400 relay-Boys  | 30) 13-14 400-Girls  |
| 12) 13-14 400 relay-Girls | 31) 9-10 200-Boys    |
| 13) 9-10 100-Boys         | 32) 9-10 200-Girls   |
| 14) 9-10 100-Girls        | 33) 11-12 200-Boys   |
| 15) 11-12 100-Boys        | 34) 11-12 200-Girls  |
| 16) 11-12 100-Girls       | 35) 13-14 200-Boys   |
| 17) 13-14 100-Boys        | 36) 13-14 200-Girls  |
| 18) 13-14 100-Girls       |                      |

20) ORDER OF FIELD EVENTS:

During the regular season, the field events should be run as "OPEN PITS"

**Shot Put**

- 37) 9-10 Boys
- 38) 9-10 Girls
- 39) 11-12 Boys
- 40) 11-12 Girls
- 41) 13-14 Boys
- 42) 13-14 Girls

**Long Jump**

- 43) 9-10 Boys
- 44) 9-10 Girls
- 45) 11-12 Boys
- 46) 11-12 Girls
- 47) 13-14 Boys
- 48) 13-14 Girls

**MEET MANAGEMENT:**

- 1) The **VISITING TEAM(S)** should call the home team several days before the meet to clear up any special problems. The two/three **HEAD COACHES** are in control of the Meet and should handle all disputes.
- 2) In case of poor weather, the decision to cancel the meet should be made 2 hours before the start of the meet. If lightning occurs during the meet, the meet should be suspended for a minimum of 30 minutes.
- 3) In our dual/Tri meets, the boys & girls mile should be combined. Use the "California Start" if necessary.
- 4) To speed the meet, relay teams should be sent directly to relay zones. This should be set up during the 800m runs. Each athlete should be given a slip of paper indicating the lane they will compete in or write the lane number on the hand of the competitor.
- 5) The shot put and long jump events must be completed before the conclusion of the running events. Final calls for the long jump & shot put will be made at the start of the 200m. Both events will close at the conclusion of the 200m
- 6) The shot put and long jump lists should be handed in to the home team before the meet begins. The **HOME TEAM** should run all Field Events unless other arrangements are made prior to the Meet
- 7) At the conclusion of the meet, the results of the all events should be distributed to all teams. The **HOME TEAM** should use the **NCR Forms** provided by the League to accomplish this task.
- 8) Use six **TIMER-JUDGES** at all meets. Upon completion of each race, the timer-judge must hand each runner a slip of paper with their **PLACE** and **TIME** written on that slip of paper.
- 9) Each meet should have a central **RECORDER**. After each runner has received their time and place on a piece of paper, they should take that paper to the recorder so their name can be kept on one list.
- 10) After the scoring heat, the **CLERK** should set up the remaining runners by ability with the fastest runners running first. Please rank your runners before sending them to the clerk.
- 11) Keep the infield as clear as possible while the meet is in progress.
- 12) Please use name tags to expedite the finish line

- 13) The Long Jump runway must have a 100' tape measure stretched next to the runway for the entire meet. If possible the long jump board should be a minimum of **1 FOOT** from the pit and **6 INCHES** wide. If tape is used for the board, the tape should be **6 INCHES** wide. During Dual & Tri Meets competitors may be given a choice as to which LJ board they would like to use. They must tell the official prior to their jump.

**CHAMPIONSHIP MEET:****1) CHAMPIONSHIP MEET PARTICIPATION:**

Each team is allowed to enter two (2) team members in each event in the Championship Meet.

**2) CHAMPIONSHIP MEET UNIFORM:**

All competitors must wear the same team uniform (T-shirt)

**3) CHAMPIONSHIP MEET ELIGIBILITY:**

To compete in the Championship Meet, each athlete must compete in two (2) dual or Tri meets during the season. This rule will only be waived due to canceled meets or because of injuries. Decisions will be made at the seeding meeting.

**4) CHAMPIONSHIP MEET OFFICIALS:**

The League will hire the following officials:

Finish Lynx Hy-Tek Operators: 5-6

Starter: 1

Long Jump: 6

Shot Put: 6

Inspectors: 3

**5) CHAMPIONSHIP MEET AWARDS:**

- A. **TEAM:** trophies to the first and second place teams in each Division
- B. **INDIVIDUAL:** each athlete placing 1st, 2nd, 3rd, 4th, 5th, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> will receive medals in each Division..
- C. **INDIVIDUAL:** in the event of ties in team or individual competition, duplicate prizes will be awarded.
- D. **INDIVIDUAL:** Ribbons to all other finishers.

**6) CHAMPIONSHIP MEET SCORING:**

Score eight places: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1. Each event will be separated by the computer into 2 Divisions & scored separately.

**7) CHAMPIONSHIP MEET GENERAL INFORMATION:**

- A. The Championship Meet will be a **ONE-DAY Meet**.
- B. The seeding meeting will be held before the Championship Meet.
- C. Entries **MUST** submitted using **Hy-Tek Team Manager**.

8) **CHAMPIONSHIP SEEDING MEETING:**

- A. Once the seeds have been determined for each event **NO SUBSTITUTIONS OR CHANGES** can be made. If for any reason an athlete does not attend the Championship Meet no replacements will be permitted. If after the seeding meeting an obvious mistake has been made in the seeding **corrections can be made**. If an athlete is injured or becomes sick after the seeding meeting, substitutions can be made up to Friday afternoon at 5:00pm.
- B. When submitting your seeds only run times can be listed, **no estimated times**.

9) **RELAYS:**

A minimum of three (3) teams will comprise the second heat of any Championship Relay. **Scratched** relay teams should be reported to the clerk when the event is called.

10) **SCRATCHES:**

Each team must send a representative to the clerk when the running event is called to report any scratches.

11) **MEET STRUCTURE:**

The Saturday meet will begin at **8:00am** Field & 10:00am Running. The Sunday meet will begin at **1:00pm for Field & 1:00pm Running Events**.  
Flights of 6 in the Shot Put & Long Jump for all Age Groups.

12) **SHOT PUT EQUIPMENT:**

Shot Puts will be provided by the **Lakeland League** and only those shots will be used for the competition. No other Shot Puts can be used at the Championship, leave your Shot Puts home.  
(2-8 lb. and 4-6 lb.)

13) **Batons:**

Batons will be provided by the **Lakeland League** and only those batons will be used for the competition

**OPEN MEET:****1) OPEN MEET:**

The League will hold a 2 Open Meets at the following locations:

Meet I is contested on Friday & begins at 5:00pm

Meet II is contested on Sunday & begins at 1:00pm

**Open Meet I (Sat-5/31)**      **Open Meet II (Sun-6/1)**

@ Mount Olive

@ Rockaway Twp

Chester

Denville

Dover

Madison

Hopatcong

Montville

Jefferson

Mountain Lakes

Long Valley

Parsippany

Mendham

Randolph

Roxbury

Rockaway Boro

**2) OPEN MEET PARTICIPATION:**

This meet is devised for participants not competing in the Championship Meet. The number of athletes competing is unlimited.

**3) EVENT LIMITATIONS:**

Event Limitations do not apply at the OPEN Meet

**4) OPEN/CHAMPIONSHIP MEET PARTICIPATION:**

An athlete that competes in the Open Meet will be excluded from the Championship Meet. There is one exception to this Rule. An Open athlete participant may substitute for an injured **RELAY** runner.

**5) OPEN MEET AWARDS:**

Ribbons will be awarded in every event to the 1st, 2nd, 3rd, 4th, 5th and 6th place finishers. In running events, each heat will be awarded six (6) ribbons.

**6) OPEN MEET SHOT PUT PARTICIPATION:**

Open Meet shot put contestants **MUST** have prior shot put experience before competing in this meet.

At the Open Meet we will run 2 shot put circles

PIT A= 9-10B,9-10G,11-12G

PIT B=11-12B,13-14B,13-14G

**PENTATHLON & TRIATHLON:**

- 1) **13 - 14 Boys & Girls Pentathlon**  
**11 - 12 Boys & Girls Triathlon**

Pentathlon: One boy and one girl per team compete in five (5) events

Triathlon: One boy and one girl per team compete in three (3) events

**Combined Pentathlon - Triathlon Order of Events**

100m	11 - 12 - B
100m	11 - 12 - G
100m	13 - 14 - B
100m	13 - 14 - G
Shot Put I	11 - 12 - B
Shot Put II	13 - 14 - G
Long Jump	13 - 14 - B
Shot Put I	11 - 12 - G
200m	13 - 14 - B
200m	13 - 14 - G
800m	11 - 12 - B
800m	11 - 12 - G
Shot Put II	13 - 14 - B
Long Jump	13 - 14 - G
Mile	13 - 14 - B
Mile	13 - 14 - G

- 2) **Pentathlon & Triathlon Scoring Tables:**

Points are given to each athlete for their performances in each event using the Lakeland Track Scoring Tables which are on the Web

**LEAGUE RELAYS:****1) Running Events:**

- A. Each athlete may enter three (3) of the (4) events.
- B. There will be no team championship.
- C. The 4x100 meter relay and the Sprint Medley will be run in multiple heats with the winner determined on time.
- D. The Distance Medley will be run as one race.
- E. Each team is permitted to enter one relay team per race.
- F. Medals to the top eight (8) teams in each race. Ribbons to all other places.
- G. The Sprint Medley seeding card must list the times of each runner. Those times when added together will provide a seed time for the race.
- H. Estimated should not be used in the 4x100, those seeds should be run times.
- I. Order of Events:
  - 9 - 10 4x100- G = 100 x 100 x 100 x 100
  - 9 - 10 4x100- B
  - 11 - 12 4x100- G
  - 11 - 12 4x100- B
  - 13 - 14 4x100- G
  - 13 - 14 4x100- B
  - 9 - 10 Sprint Medley - G = 100 x 100 x 200 x 400
  - 9 - 10 Sprint Medley - B
  - 11 - 12 Sprint Medley - G
  - 11 - 12 Sprint Medley - B
  - 13 - 14 Sprint Medley - G
  - 13 - 14 Sprint Medley - B
  - 9 - 10 Distance Medley - G = 800 x 200 x 400 x 1600 (start on opposite of track)
  - 9 - 10 Distance Medley - B
  - 11 - 12 Distance Medley - G
  - 11 - 12 Distance Medley - B
  - 13 - 14 Distance Medley - G
  - 13 - 14 Distance Medley - B

**2) RELAY MEET SEEDING INFORMATION:**

- A. Entries should be submitted using Hy-Tek Team Manager. Information must be received 2 days prior to the Relay Meet.
- B. The Hy-Tek Team Manager meet entry file will be posted on mctrack.org
- C. Seeding will take place 1-2 days prior to the Relay Meet after all entries have been received. Coaches will be contacted to correct any discrepancies.
- D. Seeding information (meet program) will be provided to coaches upon arrival day of the meet.
- E. The Shot Put will use a team card provided by the Lakeland League.



**3) SCRATCHES:**

All scratches and athlete substitutions (due to illness, other absence) should be reported to the Clerks by coaches upon arrival to the meet.

**4) OTHER:**

- A. All awards must be picked up by coaches (only) at the conclusion of the meet.
- B. Official meet results will be posted on [mctrack.org](http://mctrack.org).
- C. All Batons will be supplied by the Lakeland League

**5) Field Events:****13-14 Boys & Girls Shot Put Relay (2 Boys & 2 Girls)**

1. Competition will begin at **6:00pm**
2. Teams will throw in the order of sign-in.
3. Both throwers must be present to sign-in.
4. All sign-ups must take place by **7:30pm**
5. There must be two throwers present to compete
6. Three teams will throw at a time
7. Pit closes at **8:00pm**
8. The final three teams must begin throwing by **7:15pm**
9. Boys & Girls teams may throw together
10. Add the best throw of each thrower to produce the final score

**11-12 Boys & Girls Shot Put Relay (2 Boys & 2 Girls)**

1. Competition will **will follow 13-14 (approximately 7:00pm)**
2. Teams will throw in the order of sign-in.
3. Both throwers must be present to sign-in.
4. All sign-ups must take place by **7:30pm**
5. There must be two throwers present to compete
6. Three teams will throw at a time
7. Pit closes at **9:00pm**
8. The final three teams must begin throwing by **8:45pm**
9. Boys & Girls teams may throw together
10. Add the best throw of each thrower to produce the final score

**CLINIC PROGRAM: (8 and under, Birth date: 2006 & later)**

**1) Rules:**

League rules apply

**2) Events:**

50 meters  
200 meters  
800 meters  
4 x 100 relay  
8 x 50 shuttle  
Long Jump

**3) Order of Events:**

800 - B  
800 - G  
50 - B  
50 - G  
400 relay - B (not held @ the Ribbon Meet)  
400 relay - G (not held @ the Ribbon Meet)  
200 - B  
200 - G  
8 x 50 Shuttle - B  
8 x 50 Shuttle - G

**4) Scoring:**

None

**5) Meet Days:**

Thursday, Friday or Saturday morning. **NO SUNDAY MORNING MEETS.**

**6) Championship Meet:**

None

**7) Awards:**

Ribbons will be distributed in at the final "Ribbon Meet".

**8) Long Jump:**

Unlimited competitors, long jumpers will have 2 jumps.  
Lay out the tape and "guess-to-mate" each jump

**9) Meets:**

Minimum of four (4) meets.

**10) Relay Meet:**

**Events:**

4 x 100m

8 x 50m Shuttle

Sprint Medley (100-100-200-400)

**Entries:**

Unlimited

Unlimited

(3 Teams)

## CHAMPIONSHIP RECORDS: 1973 - 2013

## 13 - 14

Boys 13-14 800 Meter Run	2:05.12	1991	Chris Seifert - Rockaway Boro
Girls 13-14 800 Meter Run	2:20.32	1995	Megan McDonald - Roxbury
Boys 13-14 4x100 Meter Relay	47.92	2008	Mendham
Girls 13-14 4x100 Meter Relay	51.92	1993	Randolph
Boys 13-14 100 Meter Dash	11.69	2008	Kieran Kenny - Mendham
Girls 13-14 100 Meter Dash	12.74	1997	Amber Williams - Roxbury
Boys 13-14 1 Mile Run	4:49.43	2000	Jeremy Zagorski - Parsippany
Girls 13-14 1 Mile Run	5:14.42	1979	Meg Waldron - Bernardsville
Boys 13-14 400 Meter Dash	54.62	1996	Matt Strange - Madison
Girls 13-14 400 Meter Dash	59.22	1993	Samaria Quaintance - Randolph
Boys 13-14 200 Meter Dash	24.18	2007	Craig Kimbrough - Rockaway Twp
Girls 13-14 200 Meter Dash	26.74	1993	Samaria Quaintance - Randolph
Girls 13-14 200 Meter Dash	26.74	1996-97	Amber Williams - Roxbury
Boys 13-14 Shot Put	48-11.50	1992	Mark Talmage - Hopatcong
Boys 13-14 Long Jump	20-00.00	1992	Russell Buchmann - Denville
Girls 13-14 Shot Put	35-06.00	2007	Jennifer Jarvis - Rockaway Twp
Girls 13-14 Long Jump	17-03.00	2000	Collette DeBenedetto - Mountain Lakes

## 11 - 12

Boys 11-12 800 Meter Run	2:20.22	1992	Steven Slattery - Mount Olive
Girls 11-12 800 Meter Run	2:28.94	2010	Michelle Golowko - Montville
Boys 11-12 4x100 Meter Relay	55.13	2006	Mendham
Girls 11-12 4x100 Meter Relay	55.42	1996	Parsippany
Boys 11-12 100 Meter Dash	13.02	2006	Kieran Kenny - Mendham
Girls 11-12 100 Meter Dash	13.54	1997	Eniola Fageyinbo - Parsippany
Boys 11-12 1 Mile Run	5:14.22	1991	Bill Engel - Mount Olive
Girls 11-12 1 Mile Run	5:28.82	1993	Beth Jones - Randolph
Boys 11-12 400 Meter Dash	1:01.62	1996	Dave Snell - Madison
Girls 11-12 400 Meter Dash	1:02.67	1987	Amy Grabow - Mountain Lakes
Boys 11-12 200 Meter Dash	26.99	2007	Steven DeLosa - Denville
Girls 11-12 200 Meter Dash	27.94	1995	Amber Williams - Roxbury
Boys 11-12 Shot Put	40-07.50	2001	Arthur Pomiecinski - Randolph
Boys 11-12 Long Jump	16-03.00	2009	Greg Stickle - Randolph
Girls 11-12 Shot Put	39-09.75	2005	Jennifer Jarvis - Rockaway T
Girls 11-12 Long Jump	15-02.00	2000	Celeste Holder - Parsippany

## 9 - 10

Boys 9-10 800 Meter Dash	2:32.98	2012	Brian Daqua Hendrickson - Randolph
<b>Girls 9-10 800 Meter Run</b>	<b>2:39.08</b>	<b>2013</b>	<b>Lucie Antonius - Mendham</b>
Boys 9-10 4x100 Meter Relay	58.88	2009	Parsippany
Girls 9-10 4x100 Meter Relay	1:00.62	1991	Randolph
Boys 9-10 100 Meter Dash	14.11	2005	Thayer Wallace - Randolph
Girls 9-10 100 Meter Dash	14.42	1997	Bimpe Fageyinbo - Parsippany
Boys 9-10 1 Mile Run	5:27.77	2002	Andrew Bednarsky - Chester
Girls 9-10 1 Mile Run	5:55.14	2011	Regan Hakes - Mendham
Boys 9-10 400 Meter Dash	1:08.01	2009	Teax Armijio - Chester
Girls 9-10 400 Meter Dash	1:08.92	1997	Bimpe Fageyinbo - Parsippany
Boys 9-10 200 Meter Dash	28.93	2005	Thayer Wallace - Randolph
Girls 9-10 200 Meter Dash	31.04	1985	Amy Grabow - Mountain Lakes
Boys 9-10 Shot Put	29-01.25	2002	Cole Farrand - Rockaway Twp
Boys 9-10 Long Jump	14-1 $\frac{1}{2}$	2012	George St. Angelo - Hopatcong
Girls 9-10 Shot Put	27-09.75	2003	Jennifer Jarvis - Rockaway T
Girls 9-10 Long Jump	12-09.50	1993	Katie Sebastian - Denville

## 2013 LEAGUE RELAYS RECORDS

## 13 -14

4x100m -B	RANDOLPH	2013	47.81
4x100m -G	RANDOLPH	2009	51.5
SPRINT MEDLEY -B	MENDHAM	2011	1:44.1
SPRINT MEDLEY -G	RANDOLPH	1993	1:54.5
DISTANCE MEDLEY -B	MENDHAM	2011	8:30.1
DISTANCE MEDLEY -G	RANDOLPH	2010	9:24.2
SHOT PUT RELAY -B	ROXBURY	1997	83-1 $\frac{1}{4}$
SHOT PUT RELAY -G	ROCKAWAY TWP	2007	69-11

## 11 -12

4x100m -B	RANDOLPH	2010	54.4
4x100m -G	RANDOLPH	1993	54.5
SPRINT MEDLEY -B	HOPATCONG	2001	2:01.7
SPRINT MEDLEY -G	RANDOLPH	1993	2:01.5
DISTANCE MEDLEY -B	MOUNT OLIVE	1992	9:21.9
DISTANCE MEDLEY -G	RANDOLPH	2009	9:48.4
SHOT PUT RELAY -B	HOPATCONG	2001	66-4
SHOT PUT RELAY -G	ROCKAWAY TWP	2005	61-8

## 9 -10

4x100m -B	RANDOLPH	1993	59.7
4x100m -B	PARSIPPANY	2009	59.7
4x100m -G	RANDOLPH	1991	60.1
SPRINT MEDLEY -B	MOUNT OLIVE	1990	2:13.0
SPRINT MEDLEY -G	ROXBURY	1993	2:15.1
DISTANCE MEDLEY -B	MOUNT OLIVE	1990	10:09.7
DISTANCE MEDLEY -G	RANDOLPH	1991	10:53.6

## 2013 LEAGUE PENTATHLON RECORDS

EVENT	NAME	TEAM	YEAR	MARK
100 - B	BRIAN RICCIARDI	MENDHAM	2008	11.6
100 - G	JEAN TAORMINA	DENVILLE	1977	13.1
LJ - B	LESTER DAVIS	RANDOLPH	1978	19-4
LJ - G	TANYA SMOLIN	RANDOLPH	1981	16-0
200 - B	LIONEL CHAMBERS	PARSIPPANY	2010	24.3
200 - G	AMY GRABOW	MOUNTAIN LAKES	1988	26.8
SP - B	TODD ABER	RANDOLPH	1983	44-10
SP - G	ALIYAH HULAND EL	RANDOLPH	2010	28-5
MILE - B	CHARLIE LARSEN	HOPATCONG	1993	5:01
MILE - G	JAN BLAKE	DENVILLE	1988	5:34
TOTAL - B	LESTER DAVIS	RANDOLPH	1978	4835 pts.
TOTAL - G	AMY GRABOW	MOUNTAIN LAKES	1988	4759 pts.

## 2012 LEAGUE TRIATHLON RECORDS

100 - B	PETE JONES	MADISON	1984	13.0
100 - G	AMBER WILLIAMS	ROXBURY	1995	13.5
SP - B	NICK AVALLONE	PARSIPPANY	1987	38-0
SP - G	JENNIFER JARVIS	ROCKAWAY TWP	2006	37-8
800 - B	CHARLIE LARSEN	HOPATCONG	1991	2:26
800 - B	BILL ENGEL	MOUNT OLIVE	1992	2:26
800 - G	AMY GRABOW	MOUNTAIN LAKES	1987	2:34
800 - G	AMBER WILLIAMS	ROXBURY	1995	2:34
TOTAL - B	NICK AVALLONE	PARSIPPANY	1987	3080 pts.
TOTAL - G	AMBER WILLIAMS	ROXBURY	1995	3389 pts.