

Morris County Track Coaches Association

All-County Team Selection Criteria Spring Track

Automatic Selection

- 1-Individual winners at the County Champs will be an automatic selection.
- 2-Athletes that meet or exceed the "A" Standard will be an automatic selection.
- 3-Individual winners at the Meet of Champions will be an automatic selection.
- 4-4 x 400m Teams that meet or exceed the "A" Standard will be an automatic selection.

4 x 400m Selection

Qualifications: win 3 of 5 of the following criteria.

- 1-Win the County Relays 4 x 400m.
 - 2-Fastest County time in the NJAC 4 x 400m.
 - 3-Win the County Champs 4 x 400m.
 - 4-Fastest 4 x 400m time at the State Series.
 - 5-Fastest overall 4 x 400m time of the Season.
- No one takes 3 of 5 a vote will be taken.

All County Nominees

Openings are created when there are double, triple, or quad winners at the Morris County Championships. Additional nominees must meet the following criteria:

- 1-The athlete must better the winning performance of the county champion at the Morris County Championships.
- 2-Match or better the "B" Performance Standard listed at the bottom of the page.

Performance Verification

When making nominations to Brendan Donegan please use the Spring Track link in the MILESPLIT Calendar.

Enter the Dummy Meet on 6/1/22

4 x 400m:

We will make the 4x400 Ballot

Voting Procedures

Nominees for the All-County team must be made on
MILESPLIT

Enter the "Dummy Meet" & make your selection as an entry into the meet.

MILESPLIT will verify your nomination according to the standard.

All Nominations must be made prior to the All County Meeting.

Deadline for submitting nominations will be the day before the

Meeting: June 13 @ 12:00pm.

A list of all nominations will be sent to all coaches via email the night before the meeting.

The 4 x 400m Relay will always be selected first.

Updated for ST 2022

| All Standards FAT | "B" BOYS | "A" BOYS | All Standards FAT | "B" GIRLS | "A" GIRLS |
|-----------------------|----------|----------|-----------------------|-----------|-----------|
| 100 Meters | 11.04 | 10.88 | 100 Meters | 12.59 | 12.34 |
| 200 Meters | 22.32 | 22.22 | 200 Meters | 25.68 | 25.28 |
| 400 Meters | 49.29 | 48.94 | 400 Meters | 58.24 | 57.74 |
| 800 Meters | 1:55.73 | 1:54.95 | 800 Meters | 2:16.44 | 2:14.69 |
| 1600 Meters | 4:18.79 | 4:16.46 | 1600 Meters | 4:59.04 | 4:55.72 |
| 3200 Meters | 9:24.38 | 9:17.18 | 3200 Meters | 10:55.79 | 10:46.60 |
| 100/110 Meter Hurdles | 14.69 | 14.60 | 100/110 Meter Hurdles | 15.03 | 14.76 |
| 400 Meter Hurdles | 54.72 | 54.29 | 400 Meter Hurdles | 64.25 | 63.77 |
| Shot Put | 56-2 | 57-7.50 | Shot Put | 39-9.75 | 41-5.25 |
| Discus | 161-9 | 168-10 | Discus | 121-10 | 128-9 |
| Javelin | 181-6 | 192-9 | Javelin | 122-4 | 126-0 |
| High Jump | 6-4 | 6-6 | High Jump | 5-4 | 5-6 |
| Long Jump | 22-2.50 | 22-7 | Long Jump | 17-7 | 18-0.5 |
| Pole Vault | 13-6 | 14-1 | Pole Vault | 10-0 | 11-0 |
| Triple Jump | 44-2.25 | 45-0.50 | Triple Jump | 35-6.50 | 37-1 |
| 4 x 400m | | 3:22.41 | 4 x 400m | | 4:00.20 |

"A" Standard 8th best mark at the County Championships All Time

"B" Standard 16th best mark at the County Championships All Time