

Morris County Track Coaches Association

All-County Team Selection Criteria

2023 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.

All County Eligibility

To be eligible for the All County Team, athletes must be members of a School Board APPROVED Team with a School Board APPROVED Coach.

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.

If Relay Teams make the Super Standards, the process is re-started for the next best team(s).

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 6/1/2023
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 @ 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 2023

All Standards FAT	"B" BOYS	"A" BOYS	All Standards FAT	"B" GIRLS	"A" GIRLS
100 Meters	10.96	10.86	100 Meters	12.53	12.29
200 Meters	22.32	22.22	200 Meters	25.60	25.28
400 Meters	49.28	48.88	400 Meters	58.24	57.74
800 Meters	1:55.73	1:54.83	800 Meters	2:16.44	2:14.69
1600 Meters	4:17.95	4:16.38	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	14.64	14.59	100/110 Meter Hurdles	15.00	14.74
400 Meter Hurdles	54.72	54.29	400 Meter Hurdles	64.19	63.77
Shot Put	56-2	57-7.50	Shot Put	39-9.75	41-5.25
Discus	161-9	169-0	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	22-8	Long Jump	17-7	18-1
Pole Vault	13-6	14-1	Pole Vault	10-0	11-0
Triple Jump	44-3	45-1.25	Triple Jump	35-9.50	37-4
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